

5 At-Home Mindfulness Techniques for Anxious Parts

1. Name & Notice (Parts Check-In)

What to do:

- Pause and take a few slow breaths.
- Ask yourself: "Who's here right now?"
- Notice any feelings, thoughts, or body sensations.
- Gently name the part (e.g., "I notice a worried part that's afraid of failing").
- Thank it for showing up and let it know you're listening.

Why it works:

This simple check-in builds mindful awareness and opens compassionate space between Self and part.

2. 5-4-3-2-1 Grounding with a Part Twist

What to do:

- Name:
 - 5 things you see
 - 4 things you can touch
 - 3 things you hear
 - 2 things you smell
 - 1 thing you taste or like to taste
- Then ask: "How does my anxious part feel now that I'm grounded?"

Why it works:

It shifts focus from anxious loops to the present moment and brings the Self online.

3. Object Companionship

What to do:

- Hold a comforting object (like a stone, keychain, or stuffed animal).
- Gently speak to your anxious part: "You're not alone. I'm here with you."
- Imagine the object absorbing some of the part's worry or representing the Self's calm presence.

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Why it works:

Physical touch anchors awareness while encouraging soothing internal connection.

4. Self-to-Part Breath & Mini-Meditation

What to do (2-4 minutes):

- Sit comfortably and place a hand on your chest or stomach.
- Inhale for 4 counts, hold for 2, exhale slowly for 6.
- As you breathe, repeat silently: "Breathing in calm... breathing out tension."
- Now say to the part: "I see you. I'm here. You don't have to carry this alone."
- Imagine sending warm light or calm energy from your breath to the part that's activated.

Why it works:

Combines deep breathing, compassionate witnessing, and soothing imagery to regulate and reassure the part.

5. Color Visualization with Breath

What to do:

- Inhale a calm color (like blue or green).
- Exhale an anxious color (like gray or red).
- Repeat for a few minutes, imagining the calm color surrounding and softening the anxious part.

Why it works:

Pairs breath with visualization to gently shift emotional state and care for the part that's activated.