

PSS: EVERY AGE & STAGE
More Mindfulness, Less Stress
December 03, 2025

1. MINDFUL BREATHING - anytime, anywhere, for the length of one breath or several.

Take a slightly deeper than usual breath, in through the nose, hold it for a moment, then exhale out through the mouth.

Notice where you feel the in-breath. Is it in the lifting of the chest and shoulders, or the swelling of the belly? Do you feel a slight stretch in the spine? Or maybe there's a coolness or tickling or tingling in the nose.

Notice where you feel the out-breath – perhaps where the air passes over the lips, in the shoulders relaxing down, or maybe in the sound of the air moving out of the body.

2. MINDFULNESS OF THE BODY – anytime, anywhere, for a moment or minutes.

Take a moment to really notice the body as a whole.

Notice each place where the body comes into contact with the surface below it.

3. MINDFULNESS OF EMOTIONS – anytime, anywhere, for a moment or minutes.

Notice, then name the feeling – Fatigue, Confusion, Anger, and so forth. Just notice, name, and as you are able, let it flow on by.

4. METTA (Lovingkindness, friendliness, well-wishing) - anytime, anywhere, once or repeatedly. [You can also do this for strangers and even 'difficult' people.]

Mentally picture a being who is near to your heart, someone you love easily.

Hold them in mind, while silently repeating such phrases as:

May you be happy. May you be healthy. May you live with ease. May you be safe.

Mentally picture yourself as you are or at a different age or stage and say:

May I be happy. May I be healthy. May I live with ease. May I be safe.

SOME MINDFULNESS RESOURCES

Apps and Online Recordings

- [Audio Dharma](#)
- [Dharma Seed](#)
- [Happier](#) (app)
- [Headspace](#) (app)
- [Insight Timer](#) (app)
- [Plum Village](#) (website and app)

Mindfulness Meditation Centers (in-person and virtual options for meditation practice, programs & trainings, and retreats)

- [East Bay Meditation Center](#), Oakland CA
- [Insight Meditation Center](#), Redwood City CA
- [Insight Meditation Community of Washington](#) DC
- [Insight Meditation Society](#), Barre MA
- [Mindful Shenandoah Valley](#), Winchester VA
- [Spirit Rock Insight Meditation Center](#), Woodacre CA
- [Upaya Zen Center](#), Santa Fe NM

Research Centers

- [Greater Good Science Center](#), UC Berkeley
- [John Hopkins](#)
- [Mindful Awareness Research Center](#) – UCLA
- [U Mass Memorial Health](#)

Publications

- [Lion's Roar: Buddhist Wisdom for our Time](#)
- [Mindful](#)
- [Tricycle: The Buddhist Review](#)

Teachers

- [Tara Brach](#)
- [Gil Fronsdal](#) (Insight Meditation Center, Redwood City)
- [Joseph Goldstein](#) (Insight Meditation Society)
- [Dr. Rick Hanson](#)
- [Joanna Hardy](#)
- [Jon Kabat-Zinn](#)
- [Jack Kornfield](#)
- [Sharon Salzberg](#)
- [Jeff Warren](#)