

## GUIDED MINDFUL BREATHING\*

Close your eyes and rest your hands on your knees.

*5 second pause*

Bring your awareness to the touch of your body on your seat. Feel the weight of your body on your chair.

*5 second pause*

Make sure that your back is straight, and that you are comfortable.

*5 second pause*

Take a few deep breaths.

*10 second pause*

While you are breathing deeply, relax your shoulders, your stomach muscles, the muscles in your face, your hands, and your legs.

*5 second pause*

Let go of all the tension in your body.

*10 second pause*

Now bring your attention back to your breath.

*5 second pause*

Notice what it feels like as it enters through your nose, goes down through your throat, fills your lungs, and goes back out through your nose.

*10 second pause*

Notice your stomach and chest rise and fall with each inhale and exhale, and allow your breathing to be natural and relaxed.

*15 second pause*

Now bring your awareness to the feeling of your breath in your nose. Feel the sensation as it comes in and goes out. Just focus on this sensation, paying attention to each inhale and exhale.

*30 second pause*

When your mind wanders, or if you become distracted, just notice what's going on in your head, and then gently bring your attention back to your breath, going in and out.

Focus on the sensation of your breath in the foreground, allowing thoughts and feelings to come and go in the background.

*30 second pause*

Now, take a minute to set an intention for yourself during your writing process. Your intention could be grounded in the learning goals you have for our class. It could be a goal you have for improving your writing in general. It could be a specific goal for this essay. What do you hope to accomplish today in your writing?

*60 second pause*

Now gently bring your attention back to the touch of your body on your seat, and slowly open your eyes.

Under the first section of your worksheet, take a moment to record the intention you set. Then, proceed to fill out the rest of the worksheet.

\*This has been adapted from *Stop, Breathe & Think's* "Mindful Breathing" guided meditation.

## WRITING MEDITATION WORKSHOP

### SETTING AN INTENTION

1) What do you hope to accomplish today in your writing? Write down the intention you set at the end of your mindful breathing.

2) Before you read through your draft, take a moment to explain how you plan to approach this intention. What are some steps you might take to reach this goal?

### MINDFULLY REVIEWING YOUR DRAFT

1) Now that you have recorded your intention, release it from your mind. Without thinking about anything in particular, read through your draft with mindful contemplation. Use the space below to reflect upon your thoughts as they arise naturally out of your reading.

2) Now that you are aware of these raw thoughts about your writing, use the following space to critique each thought, determining whether to use it, develop it, or let it go.

### INTENTIONALLY REVIEWING YOUR DRAFT

1) Return to your set intention. With this writing goal in mind, read through your draft again. Mark the areas you hope to improve. In the space below, explore how your intention could be applied to these areas. In other words, apply your intention to your raw thoughts.

### REFLECTING UPON YOUR WRITING MEDITATION

1) On a separate sheet of paper, take a moment to reflect upon your experience with this writing meditation workshop. How did it make you feel? Did you find it helpful? How so? Did you not find it useful? Why not?

"I do not feel very good about my own academic writing...because I find it difficult to be engaged in my writing. Overall I really dislike writing..."

"I really do not enjoy academic writing because of the stress there is for it to be worthy of approval from somebody else...so my heart isn't in the writing..."

"My initial [reflective] reading of Carr's text...did affect the way I feel about writing this second essay....I felt like I understood it."

"I think that the reflective writings have helped [me] be more real in my writing. Before I would write things that I thought are what the teacher wanted, but now I'm more real with myself and what I write."

"My experience with reflective writing and freewriting so far this semester.... has made me feel that writing is more important. I feel I write more positively..."

"The [writing] meditation...surprisingly helped. It brought me to a calm enough level to actually want to write and work on my essay."

"I found this [writing meditation] to be very helpful...When you read your essay in general, you get overwhelmed with what to change and with what not to change. Having a specific intention though was much easier and productive."

"[Meditation] makes you feel positive and at peace. I found it helpful because I wasn't looking at all the negative things but instead looking at [my writing] as a whole."

"Mindfulness and meditation both... embody the same...idea...about taking control of your mind in a healthy way in order to use it to its fullest ability."

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# How Students Experience Academic Writing: Mindfulness in the Composition Classroom



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