

# 20 SECOND MEDITATIONS



For effective handwashing practices, the CDC recommends wetting then lathering hands with soap, then scrubbing them for a minimum of 20 seconds before rising and drying on a clean towel.

You can use even this small amount of time while washing your hands for self-care by practicing one or more of the 20 Second Meditations below!

## Deep Breathing

Breathe deeply and slowly in through the nose and out through the mouth. On the inhale, feel your belly expand, while on the exhale, feel your belly soften.

## Body Scan

Bring attention to your physical body. Starting with the top of your head, bring your awareness to forehead, jaw, neck, etc, working down your body. Notice any tenseness. If found, release the tension as you breathe. Scan your body as time allows, coming back to areas you missed next time.

## Notice What You Are Noticing

Simply bring awareness to your thoughts and feelings. For example, "I am noticing I am washing my hands", "I am noticing a feeling of anxiety", "I am noticing my shoulders feel tense". Checking in with yourself can help with self-care.

## Words of Affirmation/Gratitude

As you wash, repeat to yourself helpful, encouraging words, depending on how you are feeling. "This too shall pass", "I am present at this moment", "I am at peace", etc. Or name the things that bring about a feeling of gratitude.

## My Happy Place

Visualize yourself at a place that feels comfortable and safe for you. This can be a real place you've been, or one in your imagination. Close your eyes if it helps. Picture sights you'd see, sounds you'd hear, things you'd feel if you were in this place.

## Self-Compassion

Allow yourself to feel your feelings without judgement. Notice how you are doing the best you can in unknown situations. Notice the power of vulnerability and reaching out if it feels right. Remind yourself to be gentle with yourself.



Looking for an alternative to singing the ABCs twice while washing your hands? Check out the songs below which have 20 second choruses!

1. "Love On Top," by Beyoncé
2. "Truth Hurts," by Lizzo
3. "Jolene," by Dolly Parton
4. "Somewhere Over the Rainbow," from the Wizard of Oz
5. "The Sound of Music," from The Sound of Music
6. "My Shot," from Hamilton
7. "Hands Clean," by Alanis Morissette
8. "Karma Chameleon," by Culture Club
9. "Stayin' Alive," by The BeeGees (also a favorite song for performing CPR)
10. "Toxic," by Britney Spears
11. "Livin' On a Prayer," by Bon Jovi
12. "No Scrubs," by TLC
13. "Raspberry Beret," by Prince
14. "Landslide," by Fleetwood Mac
15. "Love Shack" by The B-52's

Source: <https://www.today.com/health/songs-sing-while-washing-hands-coronavirus-hand-washing-songs-t175755>



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