

STYLIST

This cat meditation video will help ease
your Trump anxiety



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09 NOV 2016

The world is still reeling from the news that President Donald Trump is no longer a nightmarish possibility: he is now our reality and our future.

So it's understandable that many people are feeling shocked, upset, and, above all else, utterly anxious right now.

Read more: [The most uplifting messages of hope in the wake of the US 2016 election](#)

If you, like so many others, are grappling with feelings of unease, we've spoken with a skilled anxiety therapist and created a [10-point action plan which can be found here](#). But, if you need something a little more immediate, then why not try this cat meditation video?

After all, pussies were a big part of this dystopian-style election – it seems only right that they should be the ones to help negate our Trump anxiety.

Watch it for yourself below:

https://www.youtube.com/watch?time_continue=18&v=eorAXbKQP4

Featuring beautiful rescue cats, this video – created by [The Mindfulness Project](#) in association with the [Blue Cross](#) – encourages you to close your eyes, focus on your breathing, and gently ease yourself back into a state of calm.

After guiding you through several meditation exercises, the voiceover then asks you to open your eyes and watch the kittens interact, paying special attention to the feelings that arise in your body as you do so.

“Has your mouth taken on the form of a smile?”

Read more: [An open letter to our daughters as Trump is named US President](#)

We are asked to watch their tiny paws, look into their eyes and listen to the gentle rhythmic rumbles of their purrs. After trying it for ourselves, we can report there's certainly no harm in focusing attention on these fluffy bundles for a few moments...

In the meantime, we're happy to report that all of the rescue cats featured in the video have since been adopted, thanks to the tireless efforts of the folk at the Blue Cross. If you fancy channelling your own unease about the state of the world into action for something better, [sponsoring a homeless pussy](#) isn't a bad place to start.

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