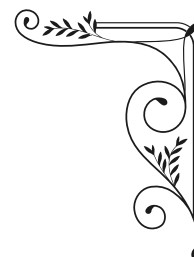


MINDFULNESS *Practices*



- EMBODIMENT -

DANCE

Put on music that makes you want to move, wiggle, shake, DANCE! Feel the music in your movement; let your body follow the beat vs the words vs the melody

STRETCH

Do your favorite yoga! If you don't know any, check out youtube or consider the following poses: child's pose, cat-cow, puppy pose, hip flexor stretches, forward fold; try to remember some old PE stretches!

WALK

Go for a walk around the block; if you're stuck inside, march in place, notice how the walking affects how you feel in your body

- BREATHING -

DIAPHRAGM BREATHING

Take deep breaths by sitting up straight, chest up, allowing stomach to fill with oxygen, then release

SQUARE BREATHING

Breathe in for 4 counts, hold for 4 counts, exhale for 4 counts, hold emptiness for 4 counts, repeat

DRAGON BREATHING

Breathe in through nose, exhale as if you are breathing fire or fogging a mirror, repeat

EXHALE-FOCUSED BREATHING

Breathe in through the nose for 4 counts, breathe out for 6 counts, let yourself play with the counts, keeping inhale shorter than exhale

- SEEKING SECURITY -

SECURE SPACE

Imagine yourself (and younger parts) in a place that is fun, safe, protected, nurturing, and calm; can use bilateral and/or breathing techniques when practicing secure space

- TENSION RELEASE -

PROGRESSIVE MUSCLE RELAXATION

Tighten all muscles in the body to the point that it is uncomfortable, then starting at toes, slowly release the tension while breathing

SOMATIC SHAKING

Use the natural response of shaking after a traumatic event to your benefit- noticing the tension in your body, let your body loose with rhythmic, self-led movements

- BILATERAL -

KNEE TAPPING

While focusing on mind and body, lightly tap knees back and forth for up to 30 seconds, take a deep breath, repeat

BUTTERFLY HUG

While focusing on a message of "I'm here," cross arms across chest, lightly lay fingers on collar bones and tap back and forth

- WRITING -

CATHARTIC JOURNALING

30 minute journaling activity can be found at tendingroots.com

BODY SCAN

Take an inventory of what you notice in your body and write it down with as much imaginative description as you can muster



HEALING TEAM

Imagine beings (creatures, people, fictional characters, etc.) that would have been helpful energy to have growing up, consider and imagine what their support would look like for you in this time; can use bilateral or breathing techniques with this skill