

Building Resilience with Mindfulness

Presented by Bhanu Joy Harrison, LCSW

Mindfulness Skills and Practices to Increase Resilience

*Mindfulness* is paying attention to this moment, on purpose with curiosity, non-judgment and kindness. It is the awareness of what is happening as it’s happening.

Resilience increases when we can be ‘present’ and aware of what is happening in the moment, as it offers us a chance to respond rather than react. This gives our nervous system an opportunity to ‘rewire’ itself, creating more lasting change over time.

**Mindfulness Tools for Yourself and Clients**

**1.** **Nervous System Check-In**

Are you in the green, yellow or red zone? What sensations am I aware of right now? What activities can I do to move back to the green zone?

**2. S-T-O-P exercise**

Stop – Take a Breath – Observe (body sensations, thoughts, emotions)– Proceed

**3. Speedometer Exercise**

What speed is my body/mind going right now? Is it too fast or slow for my current activity? Take a moment to adjust your speed, feeling your body slow down or speed up as needed.

**4. Orienting**

Look around with your eyes, turn your neck and check out if you are safe right now, in this moment. Be curious! This exercise can engage the green zone (ventral vagal system)

**5. Orienting with your 5 senses**

Look around and notice what you SEE, what you HEAR, what you SMELL, what you TASTE, what you feel through TOUCH. Name it to yourself or another.

**6. Savoring the Good** (Rick Hanson)

Stretch out the goodness of an experience by noticing the actual body sensations of goodness…is your heart full? …are your muscles softening into a bit of relaxation?

Feel the sensations for at least 12-20 seconds if you can. Remember, neurons that fire together, wire together!



**7. Abdominal Breathing with longer Exhales**

Place your hands on your belly and breathe into your lower abdomen, feeling it expand. Make your exhales a bit longer than your inhales, as this will induce the parasympathetic system to come online, helping you calm down.

**8. Don’t believe everything you think!**

Our thoughts and emotions are always shifting and changing. Take a pause, step back and observe your thoughts and emotions. This will give you a moment to respond rather than react. This takes practice so be kind to yourself!

**9. Less is more (Titration)**

It is better to practice mindfulness skills for shorter periods of time, more frequently. It can be very difficult for some people to attend to their inner sensory experience, especially if they have a trauma history. For those with psychotic disorders, it is often best to keep the focus on external experiences. If you or your client are feeling overwhelmed by these practices, honor this experience and back off.

**10. Deep listening and cultivating presence**

Attend to the person you are with. Listen deeply, without formulating a response, or judging what they are saying. This can help prevent burnout, create a safe space for you and the other and invite creativity and intuition.

**For these skills to have a positive effect, you must practice them yourself, before sharing with clients. You are your own wonderful laboratory! See what happens!**

**Additional Resources**

* I am a certified teacher of the researched UCLA Mindful Awareness Practices six week class which will give you the skills to start your own practice. Appropriate for late teens through adults. 12 CEU’s available.
* *When Mindfulness Meets Trauma* – a 4 week class for the public and professionals on the physiology of trauma and mindfulness skills to increase self regulation. Excellent for those who have had difficulty meditating because of stress or trauma. 6 CEU’s available.
* There are many apps available that offer guided meditations. Some of my favorites are: *Insight Timer, Headspace, Buddify, ichill, Buddha’s Brain.*
* Books: *Fully Present – The Science, Art and Practice of Mindfulnes*s by Diana Winston & Susan Smalley. Any books by Tara Brach, Jack Kornfield and Jon Kabat-Zinn are great.

**Bhanu Joy Harrison, LCSW**

505-837-2100 x3 [www.choosingmindfulness.net](http://www.choosingmindfulness.net) bjoy47@comcast.net



**presents**

**Mindfulness Classes – Spring 2018**

***Presented by Bhanu Joy Harrison, LCSW***

*UCLA Trained Mindfulness Facilitator*

**Register at:** [**www.choosingmindfulness.net**](http://www.choosingmindfulness.net)

**505-837-2100 x3**

**CEU’s available**

**Learn to Meditate! UCLA’s Mindful Awareness Practices (MAPS) 6 weeks**

***April 7-May 12, 2018 Saturdays 10:00 am – 12:00 pm***

 Mindful Awareness Practices (MAPs) are exercises that teach mindfulness meditation, including sitting, walking meditations, and how to work with difficult thoughts and emotions. These practices will help you develop greater mind-body awareness and reduce stress, improve attention, boost immune function, reduce emotional reactivity and promote a general sense of wellbeing. Developed and researched at UCLA’s Mindful Awareness Research Center. Appropriate for late teens through adults.

**12 CEU’s for Social Workers, Counselors and Massage Therapists**

**$200** See website for discounts for seniors, vets, students, NASW and SWBHIPA

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**When Mindfulness Meets Trauma - 4 weeks**

 **(formerly titled The Intersection of Trauma & Mindfulness)**

***April 2-23, 2018 Mondays 6:00 – 7:30 pm***

 **Topics covered**: why mindfulness can be difficult for those with trauma, physiology of trauma, skills to increase self regulation, mindfulness tools

**6 CEU’s for Social Workers, Counselors & Massage Therapists**

**$120** See website for discounts for seniors, vets, students, NASW and SWBHIPA

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**Monthly Mindfulness Practice**

***Wednesdays March 28, April 25, 2018 6:00-7:15 pm***

 Open to anyone who has had mindfulness instruction and wants to enliven their daily practice. Different topics will be discussed each month with plenty of time for silent sitting or walking and Q & A. **$10/session**

 **All Classes Held at: Full Circle Wellness Center – 5701 Carmel NE, Suite B, ABQ, NM**

