
MINDFULLNESS & RESILIENCY BUILDING

Wendy DeGraffenried, RN

WendyDeGraffenried@gmail.com

Moongatemindfulliving.wordpress.com

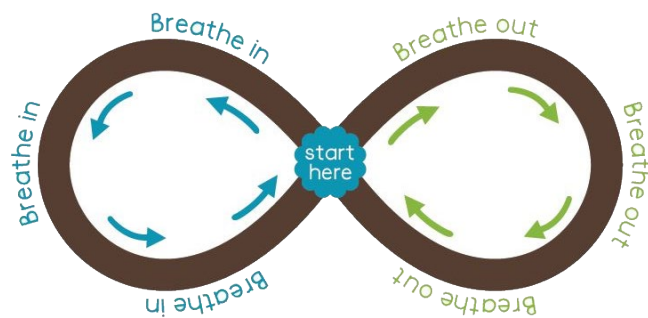
Find me on Instagram-Youtube-Facebook-Pinterest

907-355-2739 (texts are welcome, introduce yourself)



Types of Mindfulness:

1. Seated Posture
 - Hand Breathing
 - Mindful Posture
 - Breath Awareness
 - Just 3 Breaths
 - Toe Breathing
2. Mindful Breathing
 - Star Breathing
 - Square Breathing
 - Triangle Breathing
 - Figure 8 Breathing
3. Mindful Eating
4. Mindful Movements
 - Mix Fire & Water
 - Release the Steam
 - Scooping Water from the stream
 - Clean Bones
 - Wave Hands Like Clouds
5. Mindful Observing
 - 5-4-3-2-1 Method
 - Open Monitoring
6. Mindful Listening
 - Near to Far
 - Just Listen



Mindful eating exercise with a raisin

This should take around 3-4 minutes.

You will need one raisin

Please read and consider each step one at a time. Approach the exercise with an open mind and a gentle curiosity. There are no rights or wrongs.

1. Take the raisin and hold it in the palm of your hand or between your finger and thumb. Focus on it, imagine that you've never seen an object like this before in your life.
2. Take a good look: Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.
3. Explore how it feels in your hand: Turn the raisin over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.
4. Smell the raisin: Holding the raisin beneath your nose, with each inhalation drink in any smell, aroma, or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.
5. Place the raisin in your mouth: without chewing, noticing how the body has to move to get it into the mouth in the first place. Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.
6. Tasting: When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens, experiencing any waves of taste that come from it as you continue chewing. Without swallowing yet, notice the sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.
7. Swallow the raisin: Focus on the sensation. Is there a lingering taste? How do you feel physically and emotionally? Take a little while to consider the experience.

MINDFULNESS & RESILIENCY BUILDING

Wendy DeGraffenried, RN
WendyDeGraffenried@gmail.com
907-355-2739

1. More Mindfulness Strategies
 - Mindful Intentions
 - 4-7-8 Breathing
 - 4-7-8 with tapping
 - Body Scan
 - Me Moves
 - Tapping
 - Stretching Tap with pre-post assess
 - Butterfly Hug
 - Daily Gratitude
 - Good Things
 - Gratitude Lists
 - Gratitude Letter
 - Goal Visualization
 - Goal Boards
 - Creative Writing
 - Spending Time in Nature
2. Trauma-Sensitive Strategies- Eyes open, lack identifying specific body sensations or memories, involve extremities.
 - Finger Holds
 - Finger Breathing
 - Finger Fitness
 - Cross Laterals: Figure 8, shoulders, knees, heels behind, helicopter.
 - Punch with Fierce Eyes-Anger
 - Eagle Breathing
 - Turtle Breathing
 - Balloon Breathing
 - 123 Mirror Me
 - 123 Freeze High-Low
 - Peacock Feathers
 - Hands on Heart
 - Self-Regulation Stations for groups
 - Calm Corners for waiting rooms, therapy and classrooms.

