

**WEBINAR WORKSHOP
HANDOUTS**

*Mindfulness &
Meditation: Learning Tools
to Cope with Anxiety
During COVID-19*

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**THE GLOBAL HEALTHY LIVING FOUNDATION
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HANDOUT 1

Self-Soothing With Your Five Senses

Self-Soothing is a tool to take care of yourself, feel more at ease and slow down. Doing something nice and caring for yourself can help you get to a calmer state of mind. When self-soothing, think of all your five senses, and try to make yourself feel better by stimulating them in pleasing ways. We can't always take care of all our senses, so mindfully chose what will work in the moment.

Vision

What do you find calming and enjoyable visually? Here are some examples: nature, fish tank, fireplace, clothes spinning in the dryer, favorite picture.

What are three things you enjoy looking at?

Hearing

What do you like to listen to? Do you find nature sounds enjoyable, the sound of children playing, great music?

Name three sounds that you enjoy?

Smell

Do you have a perfume or cologne that you enjoy? Aromatherapy, fresh cookies, candles, fresh air, old books?

Name three scents that help you feel calm?

Taste

A favorite mint candy, chewing gum, flavored water, herbal tea.
Identify three small things you could use to stimulate your taste buds?

Touch

A soft blanket, warm bath, massage, scarf, lotion, petting an animal.

What three things physically feel good to you?

HANDOUT 2

Mindfulness Techniques

Eating

Pick a small piece of food (piece of chocolate, almond, rice cake, scoop of peanut butter). Take the object beneath your nose and carefully notice the smell of it. Bring the object to one ear and squeeze it, roll it, listen for any sound coming from it. Begin to slowly bring the object to your mouth, noticing that the arm knows exactly where to go and perhaps noticing your mouth watering. Gently place the object in your mouth, or take one bite if it is larger than one bite-size, but do not chew yet. Feel it on your tongue: its weight, temperature, size, texture. Explore the sensations of it in your mouth. When you are ready, intentionally bite into it. Does it go automatically to one side of the mouth? Notice when the taste releases. Slowly, slowly chew, noticing the change in consistency, until you are conscious of the impulse to swallow. Sense the food moving down to your throat and into your stomach.

Walking

Notice your body as you stand in stillness. Feeling the connection of the body to the ground, or the floor. Becoming aware of your surroundings, taking in any sights, smells, tastes, sounds or other sensations. Notice any thoughts or emotions and let them be. Notice your arms by your sides or if you prefer, hold your right hand in your left hand at the front, or clasp your hands at your back. Notice your breath, moving in and out of your body. No need to change it; just let it be. Now shift your weight to the left leg and begin to lift your right foot up. Move it forward, place it back down on the ground. Mindfully shift the weight the right leg and begin to lift the left foot up, move it forward, place it back down on the ground. And continue with this walking... walking mindfully, walking slowly, and paying attention to the sensations on the soles of your feet. As each part of the sole, from heel to toe, touches the ground. Lifting, moving, placing. One step at a time. That suits your body and your balance. As you move forward, notice your body, notice your head sitting on your shoulders, your arms & hands, your torso, your legs, moving you forward, step by step. Notice any thoughts that arise and let them be. Returning your focus to the sensation of walking. Lifting, moving, placing. Notice your breath. Has it moved into a rhythm; a rhythm that fits with your pace of walking, step by step?

HANDOUT 2 (CONTINUED)

Mindfulness Techniques

Body Scan

Sit or lie down in a comfortable position, making sure that you do not have any constriction. Loosen any tight clothing. Starting with your feet, pay attention to the physical feelings in them: any pain, discomfort, coolness, warmth, tension, tightness. Simply pay attention to the physical feelings and sensations. Don't judge them as good or bad, don't try to change them, just be aware of them. Slowly allow your awareness to drift up from your feet to your lower legs, again simply paying attention to any physical sensations in that part of your body. Then slowly let your awareness drift further up your body, doing the same gentle noticing for all of the parts of your body – your upper legs, hips, buttocks, pelvic region, stomach, chest, your lower back, upper back, fingers and hands, lower arms, upper arms, shoulders, neck, your head, forehead, temples, face – eyes, cheeks, nose, mouth, jaw line. Then let your awareness drift gently and slowly back down your body, noticing any other places where there is pain, discomfort or tension and simply noticing this, until you awareness settles back at your feet. Commence doing this exercise just for 5 minutes. It can be done sitting down in a chair or lying in bed. Over time, don't worry about how long it takes – just allow yourself to pay attention to the sensations in your body. If, while doing this exercise, thoughts intrude, that's okay – just notice the thoughts, notice yourself noticing the thoughts and gently guide your awareness back to your body.

You can also focus on a color while walking (like looking for the color orange), you can hold a rock instead of tasting a food and use the same idea of texture, weight, rolling it around your hand etc.

HANDOUT 3

Stress Management Techniques

The Belly Breath

- #1 Find a comfortable position
- #2 close your eyes or leave them open focusing on a spot on the floor
- #3 focus on your breath
- #4 as you breathe in allow your abdominal muscles to rise
- #5 as you breathe in allow your abdominal muscles to fall
- #6 on the in breath count 1-2-3-4
- #7 on the out breath count 4-3-2-1

Mantra Breathing

- #1 Find a comfortable position
- #2 close your eyes or leave them open focusing on a spot on the floor
- #3 continue abdominal breathing
- #4 on the in-breath repeat the words "I am"
- #5 on the out breath repeat the words "relaxed"

Heart Zone Breathing

- #1 Place your hand over your heart
- #2 feel your heart beating within your chest
- #3 activate a positive emotion by thinking of a person or pet that is easy to love and for whom you feel gratitude
- #4 Let that feeling expand inside your heart
- #5 create a slide show in your minds eye of all the wonderful events in your life that have brought you joy