

Grounding and Practical Tools for Wellness

Mindfulness

What is Mindfulness?

- Paying attention
 - Listening, watching or considering what naturally exists
 - Allow feelings to exist
- On purpose
- In the present moment
- Non-Judgmental
 - Being curious and objective about what you are experiencing
- Mindfulness is a form of meditation!

Mindfulness Research Found

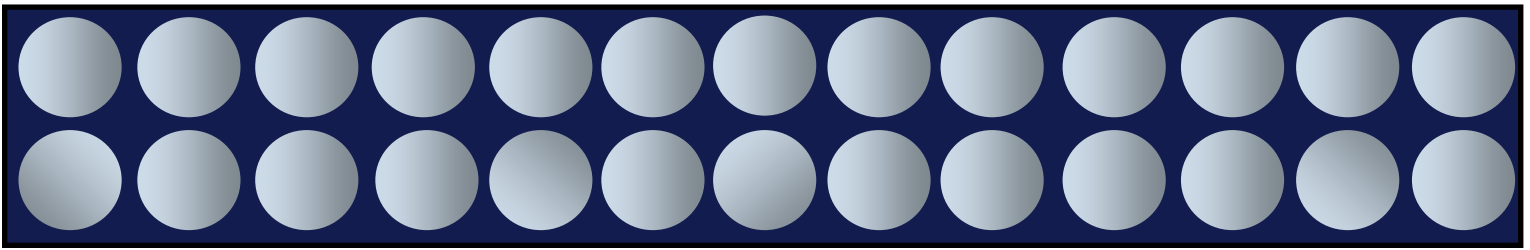
- Reduces Rumination
- Reduces Stress
- Boosts Working Memory
- Increases Focus
- Decreases Emotional Reactivity
- Increases Cognitive Flexibility
- Increases Relationship Satisfaction



Different Types of Mindfulness Exercise

- There are many different ways to practice mindfulness and many exercises that are available for free through YouTube or free apps such as "[Breathe](#)"
- For example:
 - Body Scan Meditation
 - Sitting Meditation
 - Mindful Seeing
 - Mindfully Eating
 - Compassionate Meditation
 - Sleep Meditation



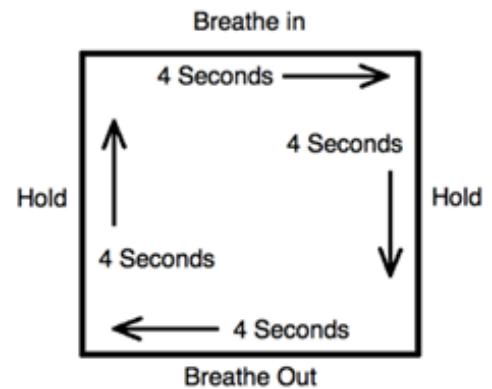


Practical Tools

Square Breathing or the 4x4 Breath

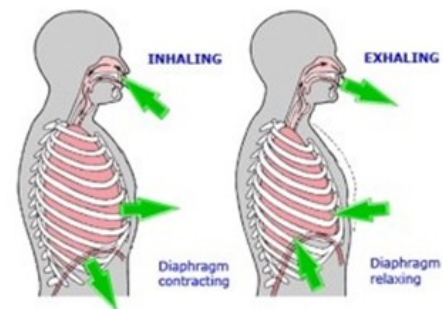
- Step 1:** Breathe in for 4 seconds. Count slowly!
- Step 2:** Hold the breath in for 4 seconds.
- Step 3:** Exhale for 4 seconds.
- Step 4:** Hold the breath out for 4 seconds.
- Step 5:** Repeat steps 1-4 three more times for a total of 4 breaths.

Lasts 1-1.5 minutes!



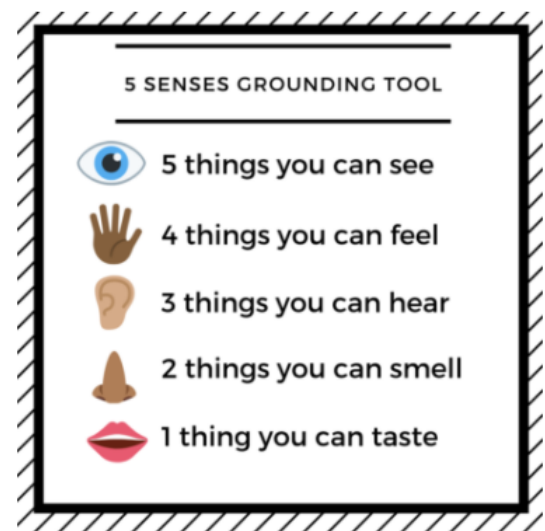
Deep Abdominal Breathing

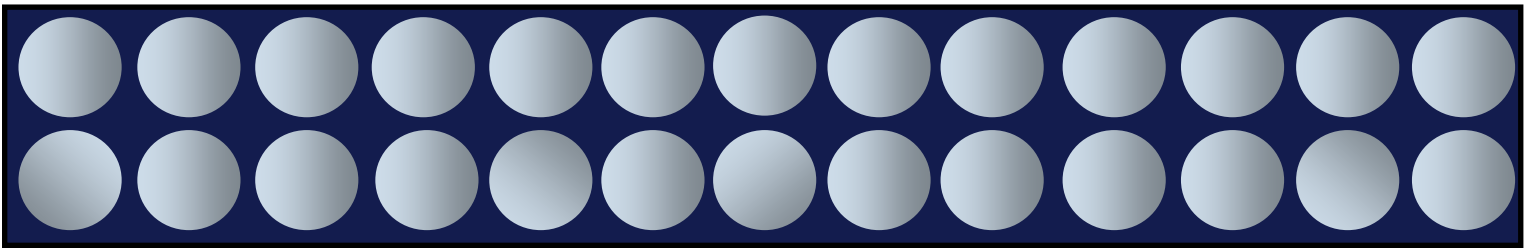
- Put a hand on your upper chest and a hand on your stomach.
- Breathe in slowly and deeply through your nose filling the bottom of your lungs (abdomen).
- Your hand on your stomach should rise first.
- Your hand on your chest should move only slightly.
- Heart rate naturally increases during inhalation and decreases during exhalation.



Grounding Techniques

- 5 Senses
 - Engage your senses to ground yourself .
- Spelling things backwards
 - Choose something in your environment that you can spell backwards such as "painting".
 - If that is not challenging enough for you say the alphabet backwards.





Practical Tools (cont'd)

Walking Meditation

- While walking:
 - Use deep breaths
 - Focus on sensations from your environment
 - Temperature
 - Humidity
 - Wind
 - Skin sensations
 - Light
 - Experience your process of walking
 - Shifting your weight
 - Movement of your legs
 - The solidness of the ground

Visualization

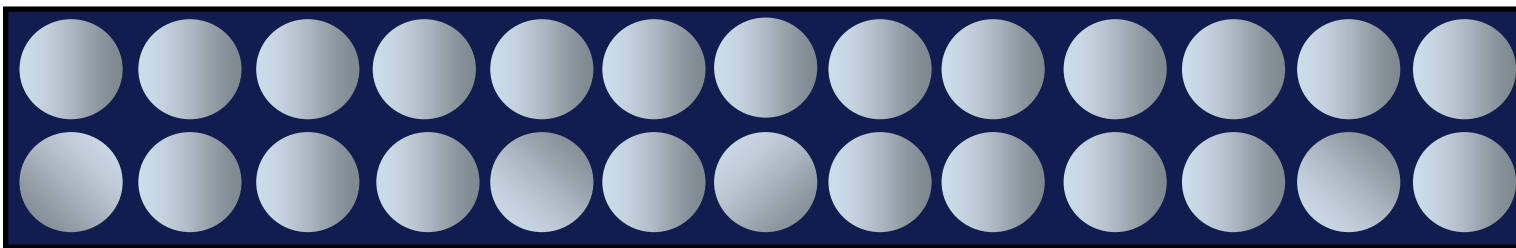
- Using visualization/imagery to help visualize a peaceful setting to promote a greater sense of relaxation
 - Pair with deep breathing
 - Place of relaxation can be real or imagined
 - The beach
 - The mountains
 - The forest
 - A personal and favorite memory
 - Maximize effectiveness by incorporating all 5 senses



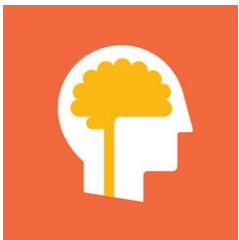




Prayer & Mantras

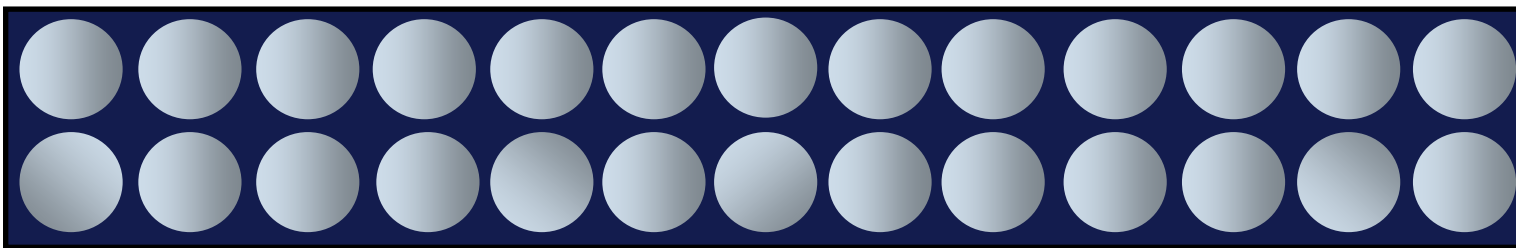
- Form of meditation
- For the non-religious: Develop a mantra:
 - I can do this.
 - I will achieve my goals.
 - Just keep swimming.










Wellness Apps

| | |
|---|---|
|  | <p>Lumosity – This is a fun app aimed toward intellectual wellness that uses engaging games to exercise different parts of our brain and thinking skills.</p> |
|  | <p>Calm – Calm helps users who are looking to start or sustain a meditation and/or mindfulness practice, and uses visually appealing graphics (with the ability to upload your own) and a variety of sounds and music to help individualize your meditation experience in a way that works for you. They also include meditations for specific moods and struggles you may be experiencing.</p> |
|  | <p>Lotsa Helping Hands – When life gets hard, people often band together to provide aid to those needing help, the only problem is sometimes this assistance can get a little disorganized. This app accompanies the website to provide a place for family and friends to come together to help manage care for a loved one or family member who may need a little extra help for whatever reason. Users can access a shared calendar to coordinate things like staggering out meal deliveries, providing a ride to an appointment, visiting someone in the hospital, or tasks around the house like lawn care.</p> |
|  | <p>Sleep Cycle Alarm Clock — This app has the ability to gently wake you up while in light sleep, rather than through an abrupt alarm. Helps you understand your sleep and sleep patterns, track quality and quantity of sleep, and documents bedtime rituals that assist in identifying trends that help or harm your night's sleep. Consider using this app with a blue light filter or greyscale settings to make our phone less visually stimulating in the evening and at night!</p> |
|  | <p>HabitBull — Are you trying to take on a good habit or banish a bad one for your New Year's resolution this year? This app may help you track your progress!</p> |



Wellness Apps (cont'd)

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|---|--|
|  | <p>Sober Grid — This is a virtual community to help recovering individuals stay sober by tracking progress and offering a place to both give and receive support.</p> |
|  | <p>Grateful — Science is now proving that focusing on the things in life we are grateful for increases our overall happiness and wellbeing, and begins retraining our brain to see the positive in our world rather than always focusing on the negative. We recommend adjusting this app's settings to remind you each day to document three things you are grateful for, and don't forget to look back from time to time to review them!</p> |
|  | <p>Happify – Happify is a mental health app that provides effective tools and programming to help take control of emotional well-being. It helps combat stress, anxiety, depression, and constant negative thoughts. Counselor: "I think it creates a positive message of mindfulness and encourages taking a break and checking in with yourself."</p> |
|  | <p>Insight Timer – This app is the most popular free meditation app in the Apple store. It has a timer with a pleasant chime, which can be used for silent or guided meditation. Insight Timer has more than 5,000 guided meditations from some of the world's best meditation teachers. There is also a support group feature for those who want to be part of a meditation community. Counselor: "A great simple app to begin and practice meditation. Offers timed and guided meditation... free, simple, and straightforward."</p> |
|  | <p>Sworkit: Workouts and Plans – Sworkit has a large library of guided exercises with accompanying videos to help users gain workout ideas and better understand how to perform certain exercises. Users can vary their exercise time, intensity, and the part of their body impacted by the exercise.</p> |