



Welcome! Thank you for being here!
We will begin promptly at 1pm CDT.

Please feel free to introduce yourself in the chat with your name, personal pronouns (optional), position title, organization, and location.

Brenisen Wheeler, Education and
Outreach Coordinator, Women's Advocates

Saran Cryer, Mental Health Therapist,
Women's Advocates



Overview of the Next 90 Minutes

How trauma impacts the mind & body

How can mindfulness be a helpful tool for survivors?

Demos of Mindfulness Techniques

How survivors can integrate mindfulness into their daily lives/emotional safety plan



What is mindfulness?

Mindfulness Techniques Explained

When to use mindfulness

- Considerations for children



Poll: What best describes your role in the community?

Introductions

Saran Cryer

- 16 hours of fundamental mindfulness training from The Mindfulness Schools
- 3+ years of practicing mindfulness

Brenisen Wheeler

- Certified 235 hour Yoga Teacher from Devanadi School of Yoga & Wellness
- 30 hour Trauma Informed Yoga Certification
- Mindfulness Based Stress Reduction (MBSR) course from the University of Minnesota

We will be discussing our own personal and professional experience with mindfulness techniques for survivors.

“Meditation nourishes the mind in the same way that food nourishes the body.”

-@Headspace



How trauma impacts the mind and body

Making the connection

Webinar: The Brain on Trauma

Write in the chat: What are things that can get in the way of calming the mind?



Calm the mind & Renew Body Energy



Mind Full, or Mindful?

Write in the chat: How can trauma show up in the body?



Calming the mind and body response



- When practicing mindfulness meditation, the vagus nerve releases a calming chemical called acetylcholine which sends a feeling of calm throughout the nervous system.
- Expressing gratitude
- Practicing yoga
- Reading inspirational quotes and affirmations, and
- Daily exercising are also healing powers for the vagus nerve.

Poll: How familiar are you with the practice of mindfulness?

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing.

We bring our body and mind into harmony while we wash the dishes, drive the car or take our morning shower

What is mindfulness?

The basics

Mindfulness is not...

- The absence of thought
- About being complacent
- Religious
- A silver bullet
- About being calm or being one particular way
- Solely about stress reduction
- Only sitting in complete silence cross legged
- Ignoring reality or things that you need to do

What is mindfulness?

Write in the chat: What does mindfulness mean to you?



Awareness

Acceptance

Mindfulness is...

- A state of nonjudgmental awareness of what's happening in the **present moment**, including the awareness of one's own thoughts, feelings, and senses



How can
mindfulness be
a useful tool
for survivors?

Expanding the tool box

Benefits of Mindfulness

- Reduced symptoms of depression and anxiety
- Greater satisfaction within relationships
- Improved memory, focus, and mental processing speed
- Reduced rumination (repetitively going over a thought or problem)
- Improved ability to adapt to stressful situations
- Improved ability to manage emotions
- Increased ability to be in the here and now
- Decrease reactivity
- Increased awareness
- Increased capacity to be intentional

“In the face of emotional pain, a common human response is to withdraw, numb, distract, deny, or to otherwise **suppress awareness**. Yet psychological avoidance may actually prolong or intensify psychological distress. Those who abuse drugs or alcohol, dissociate, externalize through dysfunctional behavior, or suppress upsetting thoughts and memories, for example, are more likely than others to develop intrusive and chronic problems and symptoms.”

Mindfulness and Survivors

- Learn skills to settle
- Increased clarity of mind
- With practice in meditation, there is increasing confidence that there are **internal resources** to calm oneself.
- With a calm mind, there is an increased ability to think versus reacting to minor threats.
- The nervous system is calmer more often with the practice of meditation and mindfulness allowing for less activation of traumatic material.



Mindfulness Techniques Explained


Expanding your tool box!

Important reminder: Mindfulness may **not** be for every survivor. Studies have found specific mindfulness exercises such as seated meditation may **not** be helpful for some survivors. These resources and suggestions are intended to be adapted and changed or even ignored depending on the person. You know yourself best.



List of techniques

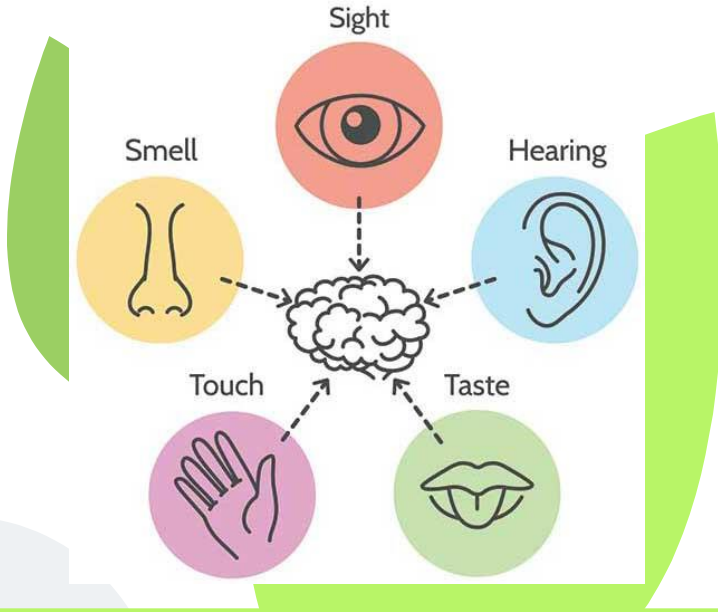
- Practicing gratitude
- Mindful eating
- Body scan
- Mindfulness walks
- Mindful Affirmations
- Yoga/physical activity
- Grounding in nature
- Mindful Visualizations
- Progressive muscle relaxation
- Belly Breathing

- Sitting meditation
 - Mountain meditation
 - Acceptance of thoughts and feelings
 - Lake meditation
 - Non-guided breath focus
 - Mindful seeing
 - Mindful listening
 - Mindful breathing
 - Mindful Cooking
- 



Demonstrations of Select Mindfulness Techniques

Experience the benefits



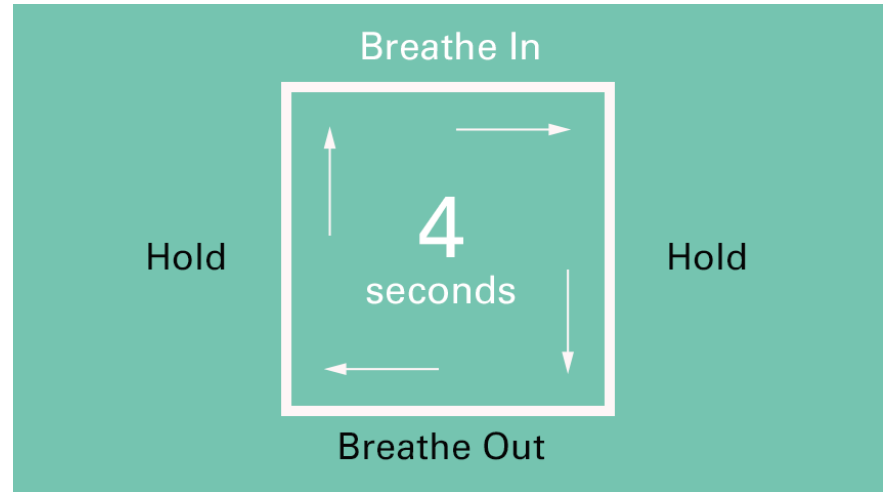
For this activity, please make adjustments based on your abilities! (e.g. Feel free to skip what you can hear and find 7 things you can SEE instead.)

Five Senses with Saran

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

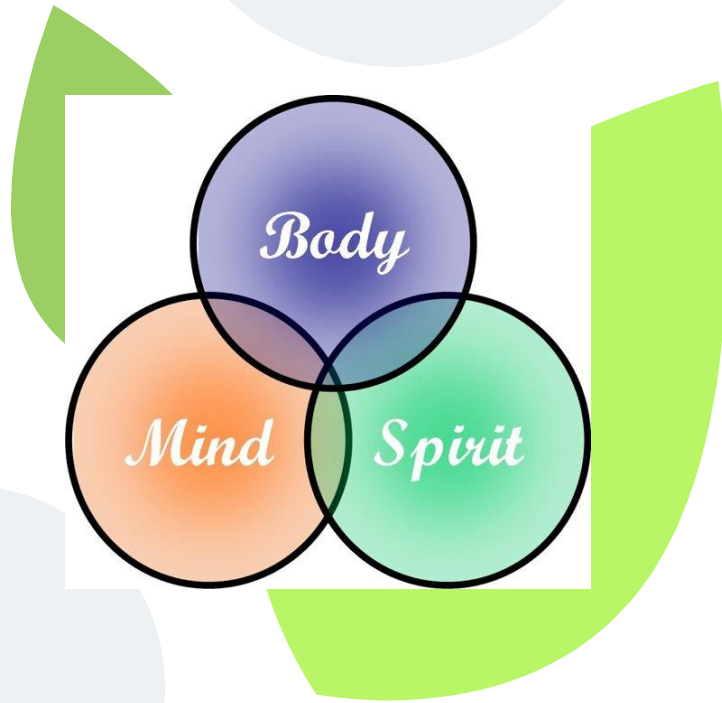
How do you feel after this exercise?

Diaphragmatic Breathing with Brenisen





Saran Leads a 5 minute Meditation



- Enhance Body Movement
- Stimulate the Brain
- Deepen Divine Awareness
- [Link to Saran's 15-minute guided meditation](#)



MEDITATION



When to use mindfulness

+ considerations for children



Mindfulness Might Be for You If...

Source

- You're constantly on autopilot
- You don't understand why you feel a certain way
- You feel stuck in your head
- You're constantly overthinking
- You're rushing through your meals
- You're constantly exhausted
- You're eating your food in a trance
- Your anger is on the rise
- Feeling distracted when communicating with others



- [Mindfulness Exercises for Children](#)
- [Mindfulness for Kids - Mindful](#)
- [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\)](#)

Considerations for children

- Use language and words that they connect to
- Make a game out of it
- Explain the benefits / why you're asking them to engage in mindfulness
- Create a calm corner or safe space
- Make it a routine, somewhat predictable in nature

- [MINDFULNESS FOR CHILDREN - Annaka Harris](#)
- [11 Ways to Teach Mindfulness to Kids - Verywell Family](#)
- [Mindfulness \(for Kids\) - Nemours KidsHealth](#)



How to integrate mindfulness into your daily life

Shifting perspective

- [Small ways to be mindful throughout the day](#)
- [50 tips for practicing mindfulness](#)
- [6 steps to living in the moment](#)
- [How to live in the present moment](#)
- [More on mindful action](#)

mindfulness is “not really about sitting in the full lotus... pretending you’re a statue in the British Museum. Simply put, mindfulness is moment-to-moment awareness.”
- Jon Kabat-Zinn

Moment-to-Moment Mindfulness Tips

- Pause & take 3 deep breaths before getting out of bed
- Pay attention to the physical sensations when brushing your teeth
- If you feel a sense of gratitude for something, write it down
- Check in with your body throughout the day
- Bring awareness to your body in space/posture
- Create a calm corner



Integrating mindfulness into YOUR life

For Survivors

- Practice shifting thoughts to the present moment
- Paying attention to sensations during everyday activities/chores (e.g. brushing your teeth)
- Putting mindful quotes on your mirror
- Scheduling a daily walk outside

For Service Providers

- Mindful scheduling of meetings
- Taking time for you before and after meetings
- Start meetings with grounding
- Consider having a daily mindfulness routine (begin or end the work day)



More Resources

- ◉ [Mindfulness Meditation for Kids \(video\)](#)
- ◉ [5 Minutes Body Scan Meditation for Families & Classrooms \(video\)](#)
- ◉ [3 Minutes Body Scan Meditation for Kids & Adults \(video\)](#)
- ◉ [Mindfulness for Beginners \(webpage\)](#)
- ◉ [Top 13 meditation tips](#)
- ◉ [Mindfulness for Beginners by Jon Kabat-Zinn](#)
- ◉ [Mindfulness in Plain English by Henepola Gunaratana](#)
- ◉ [Coming to Our Senses by Jon Kabat-Zinn](#)
- ◉ [Trauma Sensitive Mindfulness](#)



Resources mentioned in the webinar (thank you attendees!)

- ◉ [The Daily Shine Podcast](#)
- ◉ [Pleasure Activism](#)
- ◉ [How to Train a Wild Elephant](#) Book
- ◉ [How to Find Mental Health Support for Yourself](#)
- ◉ [The Little Book of Mindfulness](#) (Book)
- ◉ [Healing: The Radical Act of Self-Care](#) (Book)
- ◉ [Top 50 Best Mindfulness Books](#)



Meditation Specific Resources

- ◉ [Basic meditation](#)
- ◉ [One-minute meditation](#)
- ◉ [5-minute meditation](#)
- ◉ [10-minute meditation](#)
- ◉ [Meditation for relaxation](#)
- ◉ [Meditation for anxiety](#)
- ◉ [Meditation for anger](#)
- ◉ [Meditation for focus](#)
- ◉ [Meditation for a healthy body image](#)
- ◉ [Meditation for compassion](#)
- ◉ [Meditation for kids](#)
- ◉ [Meditation for sports](#)
- ◉ [Meditation for walking](#)
- ◉ [Meditation for running](#)

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