

Simple tools to apply

WORKSHOP

Mindfulness to Empower Your Life

Erasmus Training



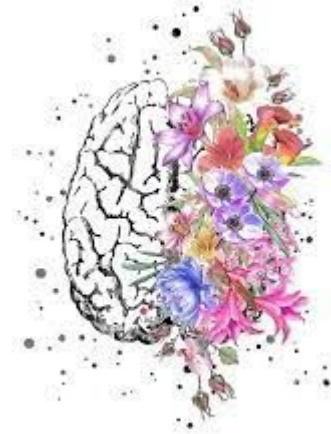
Topics

- Core skills of Mindfulness
- Mindful awareness of the present moment: calm your mind
- Breathe to connect
- Awareness of thoughts and emotions exercises: Take your power back
- SOS Stress and anxiety management
- Intentionally creating desired emotions
- Create a mindful routine
- Progressive relaxation

What is Mindfulness

It's about paying full attention to what is present, as it is, just observing without any form of judgement.

It allows you to be more aware of what you are experiencing.



Mindfulness and the 3 core skills

In order to live your life mindfully and develop self-awareness, there are three core skills that you need to develop:

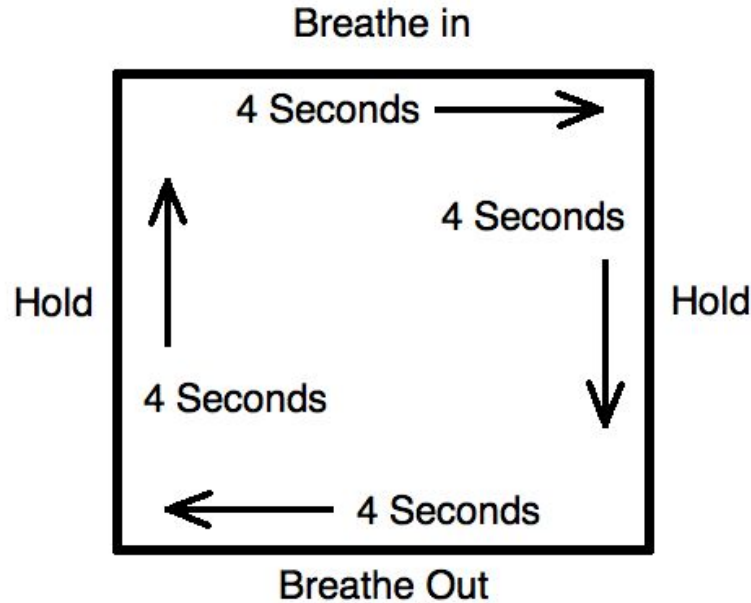
- 1) Focused attention or concentration
- 2) Open monitoring or present moment awareness
- 3) Acceptance and non-judgement

The 3 types of Mindfulness

- 1) **Informal** - Being Present of whatever you are doing (ex: Going for a walk)
- 2) **Formal** - Routine with predetermined techniques
- 3) **Retreat** - You are conducted for a large amount of meditation in a short period of time



Let's pause and breathe to calm - Square Breathing



SOS Anxiety - 3x3 technique

- Three things you're seeing,
- Three things you're hearing.
- Three things you're feeling.



Physiological signing

2 inhalations through the nose followed
1 extended exhalation through the mouth
(for about 6 to 8 seconds).



Urge Management or Urge Surfing

- 1) Identify the location of the urge: Where is it in your body?
- 2) Shift your attention to your breath: How is it now?
- 3) Shift the attention to the urge: Notice any sensations that may have changed.
- 4) Anticipate the falling of the wave



Practicing Emotional Awareness

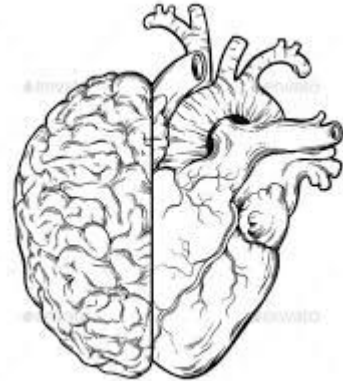
How do I feel?

What do I feel?

Where do I feel it?

How do I recognize the signs in my body

What do I observe in my body language



RAIN technique for accepting emotions

R - Recognize what's happening

A - Allow your life to be just as it is

I - Investigate your inner experience

N - Non-identification/ Nurture with compassion

Intentionally creating desired emotions

- 1) Imagine your desired outcome - FEEL the FEELING you want to nurture
- 2) How can you cultivate it?
- 3) Gratitude practice



Apply Meditation easily into your routine

- 1) Prepare the set up
- 2) Set up the time for it
- 3) Start with only a few minutes (3 minutes)



Example of what it could be

- 1) Take 3 deep breaths and connect with your body
- 2) Check in on how are you feeling today (no judgements)
- 3) Be Grateful (3 aspects you are grateful for)
- 4) Set your intention for your day or night



Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.

Eckhart Tolle

GRATITUDE

Daniela Luz

