



Mindful Tradition

# Tips for descelation & Tricks

JUST BREATH AND TRY SOME OF THESE.

- Everything is optional, please take space and breaks as needed. This is a judgment-free space, and we are all just here to do our best and participate as we are able.

- Remember that even just witnessing is a step in the learning process. Any of these exercises should be practiced time and time again with no sense of urgency.

- Remember when you are leading someone through these exercises that you are using a calming voice and also engaging in the breathwork in and out of the nose.

- These exercises can be done at the start or end of each day, or when tensions start to rise and a shift in the energy or mood would be helpful.

- Remember to use that mindful breathing in and out of the nose. Some individuals will benefit from reminders throughout the prompts for each exercise.

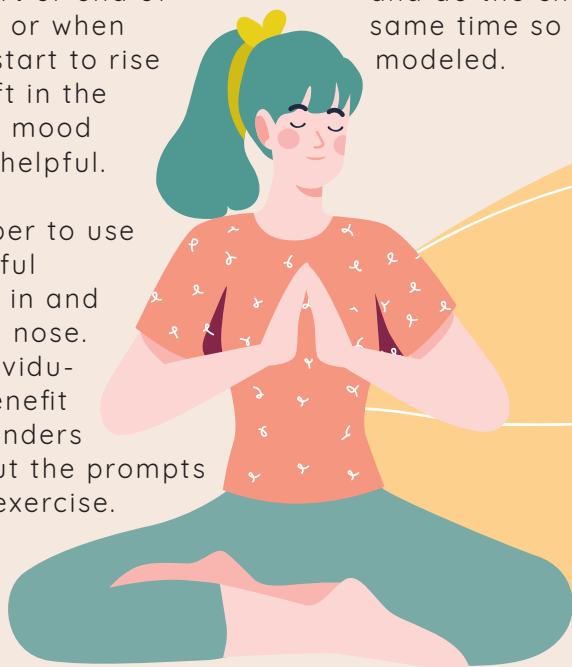
- These exercises are prompted as sitting, standing, etc. but the most important thing is that the individual is comfortable. So if you try an exercise as is and it seems to cause stress to try it with a different orientation.

- An individual may not always be physically comfortable doing all the steps of an exercise. When this is the case it is still beneficial to watch someone else do the exercise to gently introduce the work and overtime then encourage the individual to try it on their own. For example, in the Tummy Ride exercise, an individual may not want to put a stuffed animal on their stomach, but their support person can lay next to them and do the exercise at the same time so that it can be modeled.

- Some exercises call for movement. If that is too distracting that step can be skipped, but I would encourage you to try and incorporate it later when the individual is more comfortable with the exercise.

- If an individual does not like the imagery used in an exercise, feel free to play with it and use something else. For example, in Be A Mountain if someone does not like water and waves you could use clouds and air.

- These exercises are a great way to begin to cultivate body awareness. If an individual tends to slump the shoulders or round the back when sitting, it can be helpful to sit with your back against a wall to help with posture. This way the individual can feel the back nice and straight.



It is Important to remember that all of these exercises are suggestions, so tweak them to meet your specific needs.