

An overview of Program 1

Relaxation and resilience building tips and techniques

1. Relax by yawning and stretching and being mindful
2. Daydream – mind wander - it shifts your consciousness and aids creativity
3. I minute mindfulness technique
4. Big breath, 1 step back, 2 clear head, 3 calm body, breath, say relax or calm
5. Take pleasure breaks - Do pleasurable activities while learning – it helps the learning
6. Create a crap board – your worries and your weaknesses
7. Create a pleasure board or create an accomplishment or skills or strengths board
8. Each day reflect on 3 things you did well and 1 thing you would do differently
9. Each day reflect on 3 things you are grateful for.
10. Breathing to relax – flight, fight, freeze
11. Mindful breathing – breathing in calm, breathing out stress
12. Loving kindness meditation – May you be free of suffering, may you have joy and ease. May I be free of suffering, may I have joy and ease”. “May I be happy, may I be well, may I Be filled with kindness and peace. May you be happy, may you be well, may you be filled with kindness and peace”
13. Write an affirmation
14. Decide on an aspiration for your day (and or what are your values)
15. A guided visualization
16. Smile down mindfulness meditation
17. Forgiveness meditation
18. Change meditation
19. RAIN mindfulness meditation – (recognize, acknowledge, investigate, notice with empathy)
20. Concentrative meditation
21. Listening skills
22. Assertive communication – “When, I feel, because.....”
23. Something you like and something you don’t like – introduction to Focusing
24. Clearing a space
25. Getting bigger than what is bothering you
26. Trust your intuition.

This is my own work, however, **some of the above adapted from Jane Quayle [www.creatingconnections](http://www.creatingconnections.com) Ann Weiser Cornell www.focusingresources.com and Gene Gendlin www.focusing.org Tara Brach www.tarabrach.com and Mark Waldman www.markrobertwaldman.com. Individual handouts used in these workshops will credit these experts where appropriate**