MINDFULNESS & PACED BREATHING

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BROUGHT TO YOU BY:

care coalition

RENEW
Therapeutic Enhancement Services

TODAY'S TOOLS

- Connecting to Others
- Choosing Mindfulness
- Controlling Breath

THE PANDEMIC

What is the problem?

Uncertainty and fear
Isolation
Substance abuse
Anxiety
Domestic violence

THE PANDEMIC

Why are we here today?

- We deserve to be comfortable in our own skin even during difficult times.
- We can come out of this stronger with better coping strategies
- We are #VegasStrong!

THE GOAL:

How will I know I am in the solution?

I can accept all my feelings in the present and by controlling my breath and thoughts I can help myself to feel better and think clearer *in 5 minutes*

WHAT IS MINDFULNESS?

- Focused, non-judgmental attention to the experience of the present moment
- Quieting of the mind which positively affects the brain and body
- A tool for decreasing stress, worry, anxiety, pain and craving

PACED BREATHING

Induce Relaxation Response (overcome F-F-F)

- Belly Breathing
- Four Count
- In and Out

OVERCOMING THE "MONKEY MIND"