

Sympathetic division
Stimulation: "fight or flight"

Parasympathetic division
Inhibitory: "rest and digest"

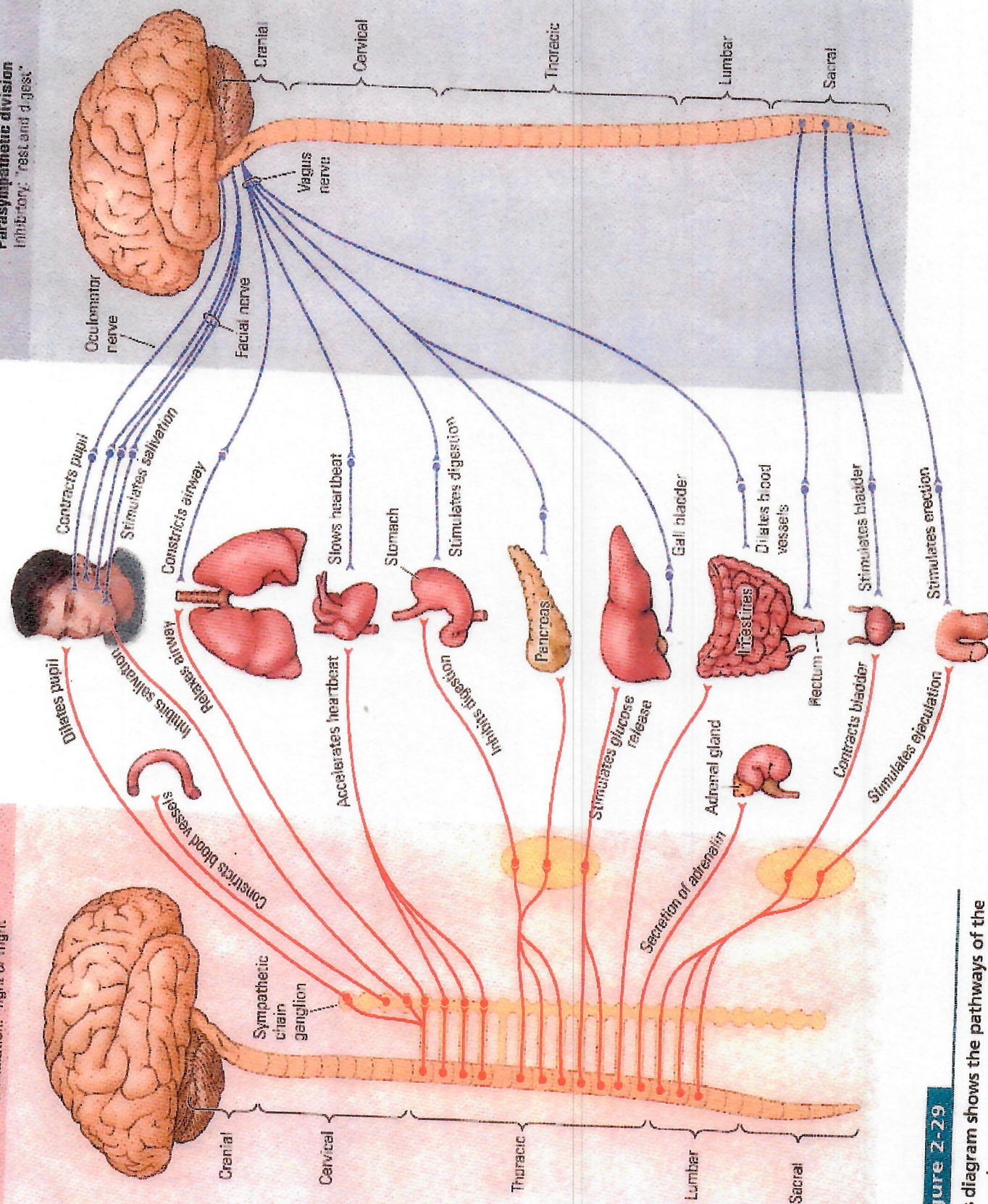


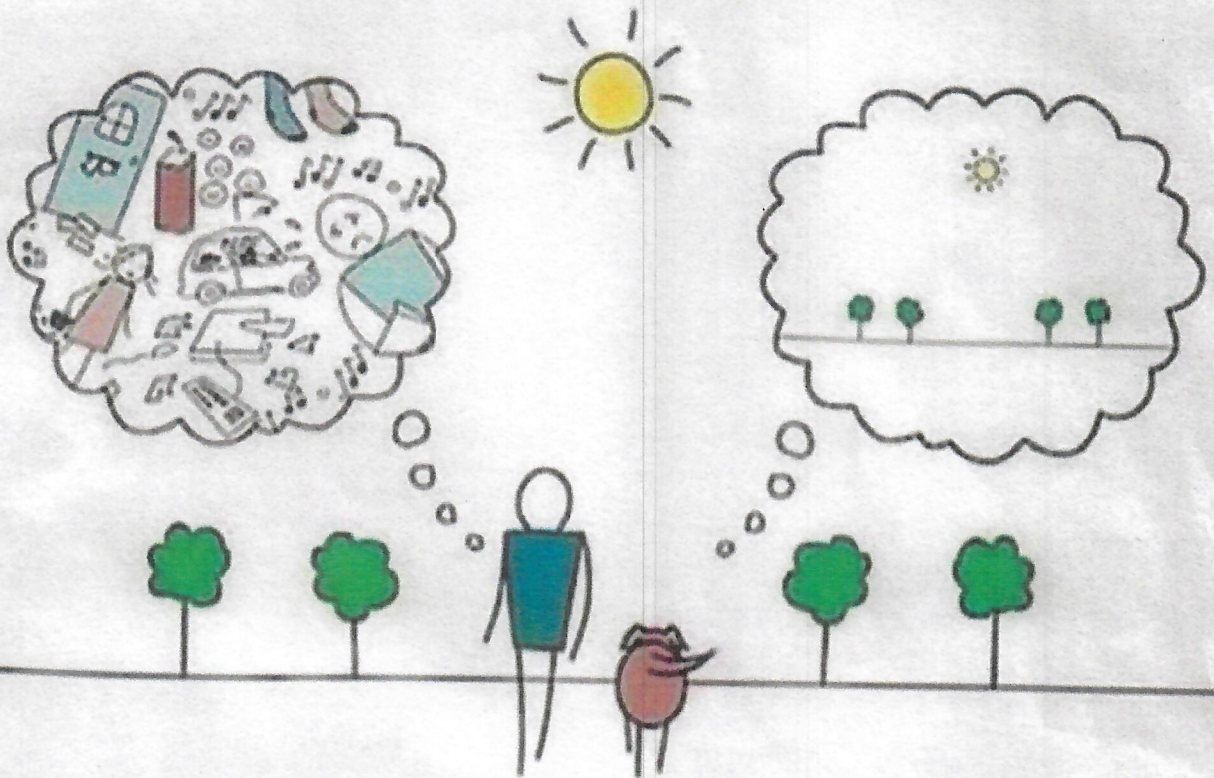
Figure 2-29

This diagram shows the pathways of the

Mind full

vs

Mindful



Learn to be present
and enjoy the moment.

AUTOGENICS

WARM HEAVY MELT SOFTEN LENGTHEN
RELAX RELEASE LET GO

WARM CALM LOVE PEACE JOY GOD ONE

Choose a word that feels good to think when letting go of excess tension (muscular and stress). This will become your key/cue word to use when exhaling from each deep, diaphragmatic breath. Choose one favorite word to become conditioned to and do not change it.

To speed the process of conditioning, spend 2 minutes of uninterrupted time, 4x/day, thinking this word slowly and repeatedly in your head while in a quiet place and sitting comfortably. Estimate the time vs. clock watching, or set a timer.

QUIETING RESPONSE/REFLEX

- 1) Awareness of a worry, annoyance, or anxiety.
- 2) Inhale an easy, deep breath.
- 3) Smile inwardly, with mouth and eyes, saying to yourself, "alert mind, calm body".
- 4) While exhaling, let your jaw, tongue, and shoulders go loose, feeling a wave of limpness and warmth flowing to hands and feet.
- 5) Resume normal activity.

*Choose a memory that makes you smile to yourself every time you think of it.

*Copy the 5 steps of Quieting Response/Reflex onto index card and tape it up in a place you will see it frequently.

MINDFULNESS MEDITATION

*Can be done in sitting, standing, or walking. Not recommended for lying down. Must stay alert.

*Recommend starting with 4 minute practice sessions/4x/day

*Focus on your breath (slow and deep, don't worry about counting or if doing it correctly)...just observe in and out.

*If and when thoughts occur:

1) Observe (label as: thought, thought, thought.....

Feeling, feeling, feeling.....

Sound, sound, sound.....)

2) Accept (without judgement or blame)

3) Let it go

4) Return to focus on the breath

Gratitude Meditation

Take a slow deep breath, and as you exhale, feel your whole body beginning to relax. Notice your legs, feeling them let go of all muscle tension. Say to yourself the words “relax and let go” as you release all tension in your legs.

Now repeat the phrase (in your mind) “relax and let go” as you release the tension in your arms and shoulders. Feel the relaxation deepen as you take another slow breath. Think “relax and let go” as you release all tension in your forehead, cheeks, and jaw. Let your whole face become smooth and relaxed. Think “relax and let go” as you loosen all tension in your neck. Think the phrase, one last time, “relax and let go” as you release all tension in your chest, stomach, and back. Take a deep breath, and as you exhale, feel your chest, stomach, and back completely relaxing.

Now, it's time to reflect back on your day. Thinking of the last 24 hours, let your attention focus on 3 things for which you feel grateful. It's likely to be nothing major: a warm greeting by a friend or co-worker, a pleasant lunch, a sweet moment with your child,(pet), (loved one), the cool (warm) evening air on the drive home (a fresh breeze), late-night peacefulness in bed. This is your chance to relive and appreciate your experiences, to keep them in mind, to save them from being lost in an endlessly receding stream of time.

Continue to think back on the day, thinking of the last 24 hours, this time let yourself remember 3 things you did that you feel good about. They'll usually be quite ordinary: perhaps something you finished that went well, something you did to help another person, or a small problem you solved – perhaps even something you did to take care of your health or well-being. For a few moments, let yourself relive these positive events of the day.