

# Mind/Body Restorative Practices

This is a gift of time you give to yourself, a time for your own self-care.



- Calligraphy by Thich Nhat Hanh

Our breathing has the function of helping our body and mind to calm down.

**Calm Breath:** Slow steady breathing... in through your nose and out through your mouth

**Hand on Heart:** Place hand on heart while breathing; say centering words or imagine pleasing images,

<https://youtu.be/MJJdCFEsGNU>

**Calm with 5 Senses:** Take a moment to notice your surroundings and find **5** things you see, **4** things you hear, **3** things you feel, **2** things you smell, and **1** thing you can taste.

**STOP Technique:** Stop, Take a breath, Observe your body, Proceed with what you are doing.

**Distant Breathing:** Focus on something in the distance (e.g. looking out a window), take 3 breaths in/out.

**Relaxed Body Breathing:**

Inhale, place palms together; Exhale, press INTO your palms

Repeat (can be also done pressing feet into the floor, pressing on your legs, your chair...etc).

**Self-Care Tips from The Center for Mind/Body Medicine:** <https://cmbm.org/self-care/>

**Embracing Our Needs:**

Think of two qualities that help you to cope (support/strength/hope/compassion/courage).

- ★ Place your right hand on your left shoulder (or arm) and think of one of the qualities
- ★ Keep that hand in place and place your left hand on your right shoulder (or arm) and think of the second quality.
- ★ Take a moment and imagine these qualities as you breathe in and out.
- ★ Option: As you breathe out, press your hands on your shoulders or arms.
- ★ Option: Think of images of a person, place, or thing that helps you cope.
- ★ Option: Use slow bilateral tapping of arms or legs

**Butterfly Hug** Think of an engaging, pleasant focus while using bilateral butterfly tapping <https://youtu.be/iGGJrqscvtU>

**Elephant Breath: For Energizing and Calming!** Think about something you want to shower yourself with. Stand with your feet apart. Link your hands and dangle your arms in front of you like an elephant trunk. Inhale as you raise your arms high above head and lean back. Exhale and swing your arms down between your legs (if this makes you dizzy, just bring hands down in front of you). Repeat for 3 rounds. On next round, stay up, arch back, and shower yourself with whatever you need right now to feel energized or to feel calm. ~Tara Guber and Leah Kalish *Yoga Pretzels*

**Mountain Pose** – Stand tall, with feet firmly planted on ground, arms down by side.

**Embrace Tiger/Return to Mountain (adapted from Tai Chi)**

- ★ Breathe in, reach your arms out wide and imagine embracing something very heavy.
- ★ Breathe out, pushing your hands down, feel your feet firmly planted.
- ★ Imagine you are a large and beautiful mountain ~ steady, solid, and strong

**4B's of Self-Settling** Kornblum, Rena (2003). Disarming the Playground: Violence Prevention through Movement and Prosocial Skills

**BRAKE:** Reach up and pull your arms toward your body “catch the energy”

**BREATHE:** Release and stretch your arms overhead while taking a breath in

**BRAIN:** Exhale and gently place your hands on your head. Think of a calming, strengthening peaceful thought. Repeat

**BODY:** Lower your hands and place them over your heart. Notice how you feel in your body.

**Progressive Muscle Relaxation (PMR)**

- ★ A voluntary releasing of stress and strain in your body through the process of tensing and relaxing different muscle groups in a progressive manner.
- ★ Can also be done all at once (tighten whole body—release

**Peaceful Place (Guided Imagery):** Think about an environment in which you feel calm, safe, and peaceful; a place you would most like to be if you could be anywhere you choose, real or imaginary. Take a few moments to imagine yourself in this place (can also draw or write about this peaceful place)

### **Breathing Relaxation**

The simple act of breathing changes your physical body. By breathing in peace, calm, and comfort, you release tension, stress and/or worry. This is welcome relief to our bodies.

- ★ As you focus on your breath, pay attention to how your body relaxes ... softens ... opens ... fills with peace. Notice how you are breathing: fast, slow, deep, shallow...etc.
- ★ Begin to let your breathing become slow and steady; Inhale through your nose and exhale through your mouth (“Releasing breath”-can make a sound or sigh if you feel comfortable)
- ★ Imagine what you’d like to take in for yourself (breathe in) and what you’d like to release (breathe out).
- ★ Ending the relaxation: Gradually begin to be aware of your surroundings—feel your feet on the ground and, if your eyes are closed, slowly open them. Take a moment to pay attention to how you are feeling in your body and what this time of relaxation and reflection was like for you.

**Community Resiliency Model** Online APP (free): <http://www.ichillapp.com/> (or App on Mobile phone)

### **Children's Books for Calming and Regulation**

- ★ Bailey, Kellie Doyle (2019). *Some Days I Flip My Lid: Learning to be a Calm, Cool Kid*.
- ★ Buron, Kari Dunn (2014). *When My Worries Get Too Big* (young children).
- ★ Coombs, Kate (2017). *Breathe and Be: A book of Mindfulness Poems*
- ★ Cave, Kathryn (2018). *You’ve Got Dragons* (coping with fears, worries).
- ★ Drescher, Joan (2005). *The Moon Balloon: A Journey of Hope and Discovery for Children and Families*
- ★ Garcia, Gabi (2017). *Listening to My Body* (A guide to sensations and feelings, ages 4-7)
- ★ Garcia, Gabi (2020). *Find Your Calm: A Mindful Way to Relieve Anxiety and Grow Your Bravery*
- ★ Haines, Jean (2016). *Paint Yourself CALM: Colorful, Creative Mindfulness through Watercolor*
- ★ Ippen, Chandra Ghosh (2019). *Holdin Pott* (young children and caregivers dealing with sadness/anger).
- ★ Karst, Patrice (2020). *The Invisible String Workbook: 50 Activities to comfort, calm, and connect*.
- ★ Kwaymullina, A. & E. *The Two-Hearted Numbat* (2008). All ages (about being strong and gentle; self-care)
- ★ Lang, Suzanne (2018). *Grumpy Monkey* (all ages).
- ★ Lite, Lori (2014). *A Boy and a Bear: the children’s relaxation book* (boy teaches a bear breathing ideas).
- ★ Lorig, Stephanie & Frankel, Rosalie (2014). *Draw it Out* (art journal for school-age kids)
- ★ MacLean, Kerry Lee (2009). *Moody Cow Meditates* (school age, using a mind jar to help with angry feelings).
- ★ Miller, Pat Zeitlow (2019). *When You are Brave* (school age).
- ★ Paradis, Susan (2012). *EDNA* (a book about an elephant learning to cope with worries-all ages-adults too)
- ★ Roberts, Lisa (2014). *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation, and Relaxation to Kids and Teens* (lots of simple, creative and fun breathing techniques!).
- ★ Rubenstein, Lauren (2014). *Visiting Feelings* (rich imagery/metaphors; inviting mindfulness around feelings).
- ★ Saltzman, Amy (2013). *A Still Quiet Place* (mindfulness activities for all ages).
- ★ Snel, Eline (2013). *Sitting Like a Frog: Mindfulness Activities for Kids and their Parents*.
- ★ Verde, Susan (2017). *I am Peace: A Book of Mindfulness*.
- ★ Willy, Kira (2017). *Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm & Focused Anytime, Anywhere*.
- ★ Willard, Christopher & Rechtschaffen (2019). *Alphabreaths: The ABCs of Mindful Breathing*.
- ★ Witek, Jo (2013). *In My Heart: A Book of Feelings* (young to school aged).
- ★ Young, Karen (2017). *Hey Warrior: A book about anxiety*. <https://youtu.be/fzhka72RV30>
- ★ Young, Karen (2018). *Hey Awesome: A book for kids about anxiety, courage, and being already awesome*.