

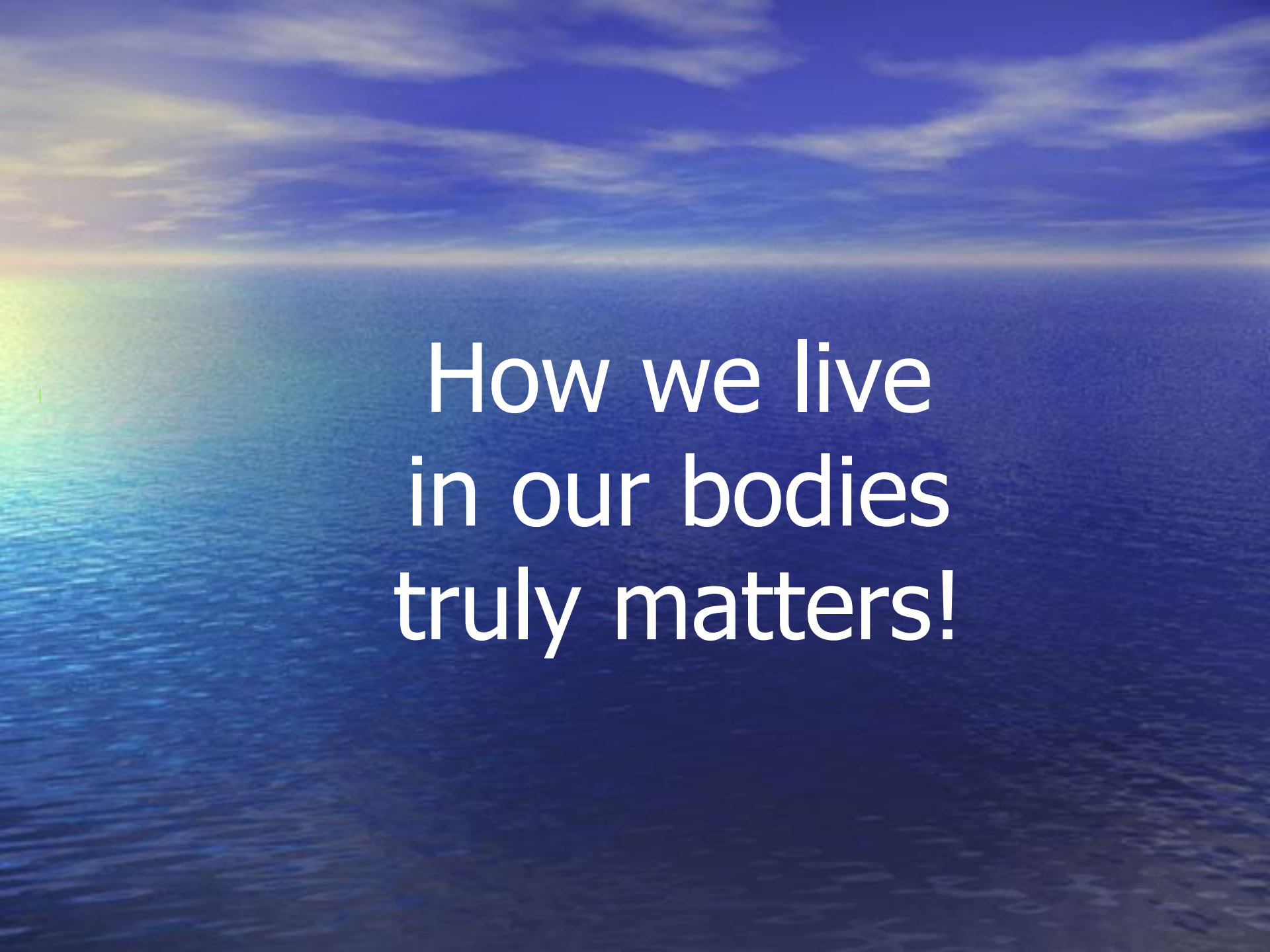
A Mind-Body Approach to Stress Management & Emotional Regulation

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How we live
in our bodies
truly matters!

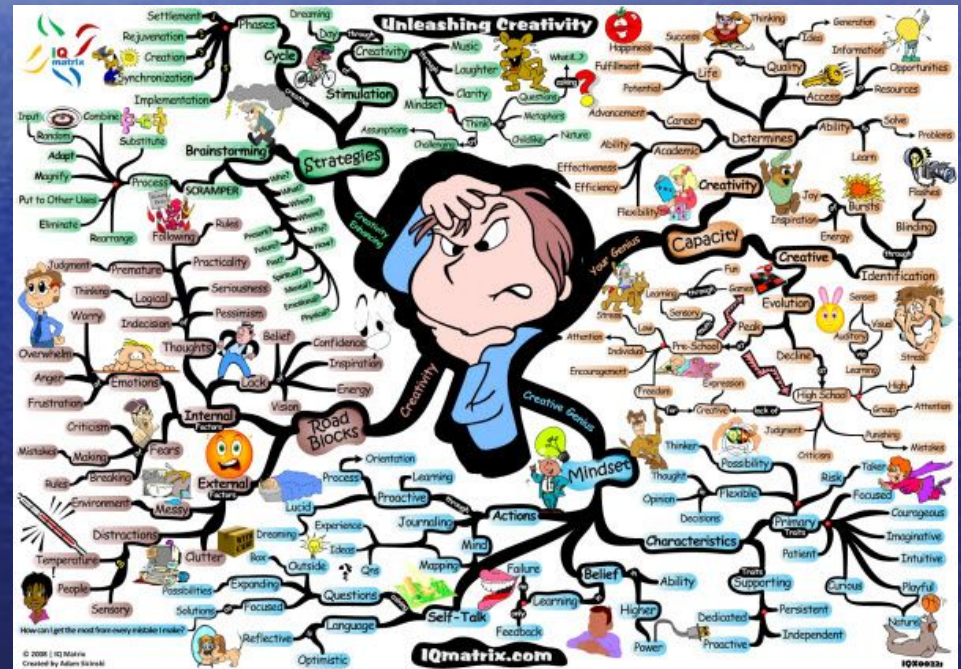
Today's agenda

- Body awareness
- Mind body practices/techniques
- Review



It doesn't take time, it
takes intention.

Disconnected & Disembodied



Audit of Body

- Clenching jaw Soften jaw
- Shoulder earrings Tighten then release
- Contracting Lengthen spine/torso
- Gripping toes Ground feet, wiggle/spread
toes

Body Awareness

- Awareness is key! Take time to be in and aware of your body
- Your presence and body language affects others
- You can shift your body to shift your mind



“I’ve never seen anyone become more
conscious of their body without becoming
more compassionate.”

~ Matthew Sanford

Sensation

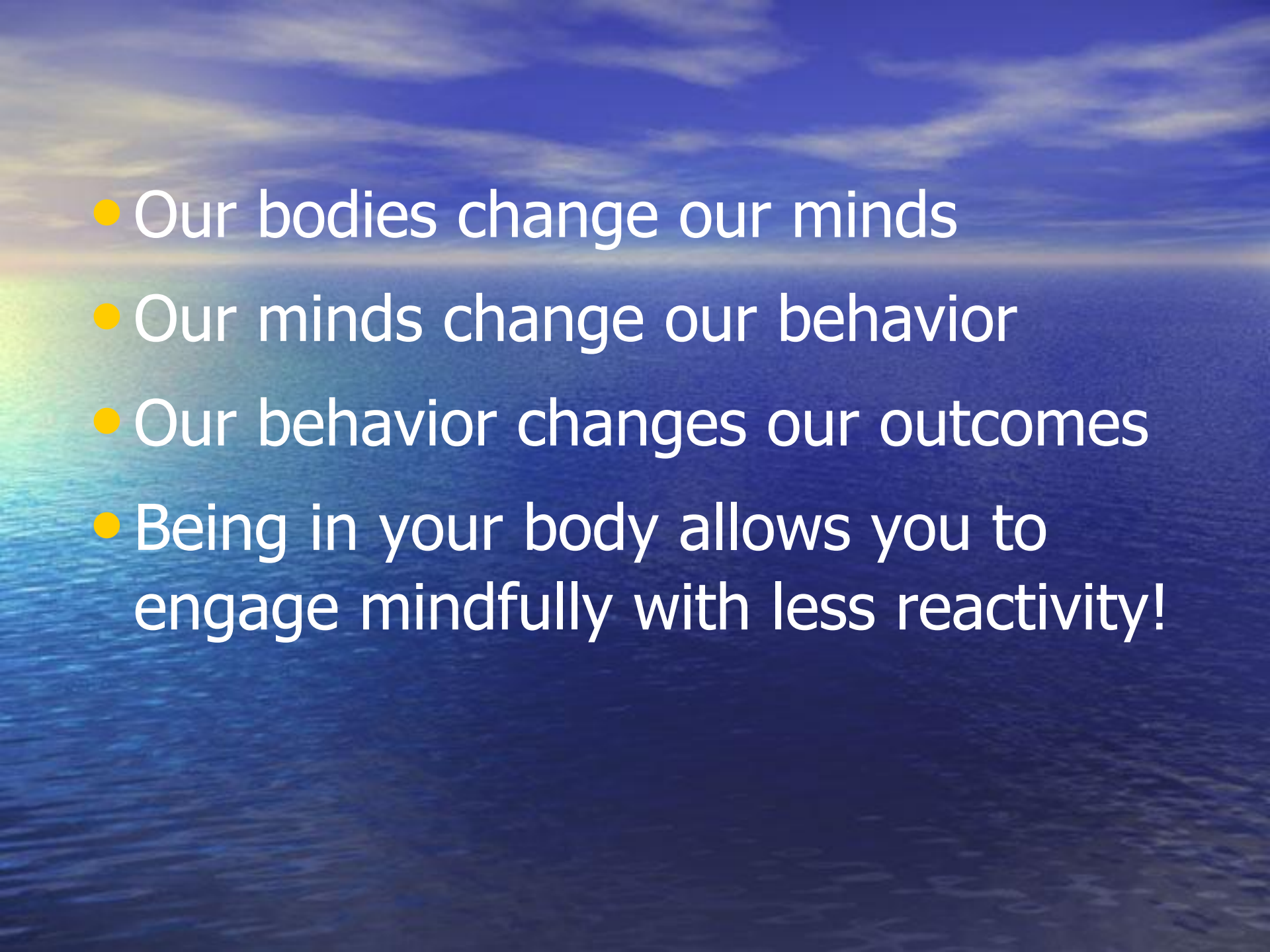
- Grounding/Boundary
 - Increases sense of relief & body awareness, allows for expansion, creates calm
- Breathing
 - Calms mind, grounds body
- Expansion
 - Releases tension, expands mind
- Rhythm
 - Calms mind, fun, increases energy

Review

- Let your body teach your mind
- Expand, breathe, relax
- Ground, find boundary, rhythm
- Little things throughout the day: calm the brain, soften inside of mouth, feel feet, stand against wall or back to back with someone, stand with legs wide

Review

- Develop a practice to help you remember
- Practice when not under fire
- Allow it, trust it
- Believe in your experience & pass it on!
- Get support from peers & share successes & challenges

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- Our bodies change our minds
 - Our minds change our behavior
 - Our behavior changes our outcomes
 - Being in your body allows you to engage mindfully with less reactivity!

“Your body is the best home your mind will ever have.” ~ Matthew Sanford



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