

# UGYG

## Mindfulness with Jen Delaney

### Mindfulness for Self-Regulation

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For more skills and visualizations take my course: **Get Calm! Mindful Neuroscientific Tips and Tools to Relieve Anxiety**. <http://jens-studio.thinkific.com/courses/get-calm-tips-tools>

### Mindfulness – Observe with Neutrality, Aware & Present

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us. (*Mindful Mag*)

- Accept things as they are – just notice without judgment
- Establish the habit and do it daily 5-20 minutes
- Use skills:
  - Tune in to senses
  - Tune in to Gravity
  - Deeper, slower breaths; counting breaths to 10

### Self-Regulation – Bringing Yourself Back into Balance

- Become aware that you (or your child) are stressed
- Identify the stressors. What's going on? Why now?
- Address those stressors. Is it biological, emotional or social? (Or all 3?)
- **Don't rationalize, judge or discipline if you or child are dysregulated.**
- Develop (and help your child to practice) self-regulating skills:
  - Hold ice or put a cold rag on your face
  - Drink some water and notice it in your mouth before swallowing
  - Rub your lips together
  - Tap your favorite meridian points
  - Take a walk while breathing more deeply



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## Relationship to Self – Be Good to You!

- Recognize that inappropriate behavior is often *physiological* and not psychologically sourced... Often, it's not within your control
  - Avoid comparing your situation to others'
  - Label negative self-talk as survival programming that no longer serves you (or your child)
  - Have compassion (for yourself and your child)

## Emotional Awareness – Every Emotion Has a Gift and a Message

“Self-awareness is central to the ability to self-regulate.” Dr. Shanker

- “Emotions are not the enemy; they are necessary – even when they are uncomfortable or socially inappropriate. They are a part of your psyche, your neural network, your socialization, and humanity.” From *Language of Emotions* by Karla McLaren
- Our bodies are sensing all day long. Often what the body senses is more helpful than what the brain thinks.
  - Check in 3-6 times a day and notice what you are feeling. Find the exact feeling word for what you are experiencing.

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