

Emotional Self-Defense Workshop

Practices

Mindfulness

Take a posture that is: Grounded: feel your feet on the floor, your seat on the seat

Upright: upright spine, strong back

Open: open heart, soft front.

Relaxed: resting your hands comfortably

Connect with the physical sensation of breath. (or sound)

When the mind wanders, bring it back to the physical sensations. Repeat, Repeat. . . .

Informal Practice: Build in pauses throughout your day. Take a moment to pause, take a deep breath in and a long slow breath out and just check in to see how you are. You can do this before you open your computer, get out of bed, after you finish your lunch, complete a workout, turn off the lights in your house.

Self-Compassion

Hands over your heart – feel the warmth of the gesture

Acknowledge with a phrase: This is hard. This hurts. This is a moment of suffering

Recognize that other people feel this too

Ask yourself - What do I need?

Flexible Thinking

“And my life is blessed”

When you see that you are complaining, out loud or to yourself, pause and add the phrase “and my life is bless

KORABEK TRAINING

Building *Resilience* Through Mindfulness

Resources

Books

<i>Self-Compassion</i>	Kristin Neff
<i>Bouncing Back</i>	Linda Graham
<i>Hardwiring Happiness</i>	Rick Hanson
<i>Awakening Joy</i>	James Baraz
<i>Fully Present</i>	Diana Winston

Websites

www.korabektraining.com There are several free minute guided meditations in Resources under Why Mindfulness?

www.insighttimer.com has a timer on a free app for your phone

<http://greatergood.berkeley.edu/>

<http://www.mindful.org/>

<https://self-compassion.org/>

Slides

Slide 1

Resilience is the capacity to respond to pressures and tragedies quickly, adaptively and effectively.

Linda Graham *Bouncing Back*

Resilient people – develop adaptive, flexible coping skill in response to challenging experiences.

Garrison Institute

Those who possess resilience share certain qualities that can be identified and learned: confidence, emotional regulation and mental flexibility.

Garrison Institute study on Resilience 2014

Slide 2

The main purpose of (mindfulness) meditation is to create self-knowing and awareness so we can break through our patterning and respond with more openness, clarity and understanding.

Ani Tenzin Palmo *Reflections on a Mountain Lake*

Slide 3

1st Arrow - Unavoidable suffering - Birth, old age, sickness, death

2nd Arrow - Avoidable suffering - stories we tell ourselves

Slide 4

How Mindfulness Helps

1. See whether we are caught up in avoidable or unavoidable suffering
2. If it's unavoidable, practice self-compassion, practice flexible thinking
3. If it's avoidable, let go of the story and be more flexible