

MINDFULNESS STRATEGIES

- **The Bell/Singing bowl/Rain stick**
- **Mindful jar and Monkey mind**
(Mindwandering)
- **The train/bus thoughts**
- **Personal Weather report**
- **Exercises: anchor words; finger breathing;**
breathing buddies; 7/11; mindful breathing; dot b.;
beditation; thinking vs sensing mode: mindful
listening/seeing/tasting/touching and
walking/moving; mindful eating (out of autopilot
mode)
- **Loving kindness meditation or friendly wishes (cf.**
attendance)/ gratitude practice (What Went Well?)