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?)