

IONIS

Executive Whole Person Coaching

MINDFULNESS TOOLS

Types & Resources

TOOLS FOR PROCESSING EMOTION

JOURNALING

This isn't about writing a dialog or autobiographical stories, as much as it is to dive deep into feelings. You pick something that is bothering you and then you begin to ask yourself "Why does this bother me?", and then write it down. Ask yourself again, "Why does this bother me?", and then write it down. You keep doing this until you get to the root emotion. Once there, then you try to conjure up the source situation and feel the emotion, allowing it to physically come up and out of you.

Example: It made me mad when Sally didn't ask if I wanted to go out to dinner with the rest of the team. "Why does this bother me?", because it's rude. "Why does this bother me?", because it hurts my feelings. "Why does this bother me?", because I don't like to be left out. "Why does this bother me?", because it's lonely. "Why does this bother me?", because I feel lost and unwanted...

ART PAINTING MUSIC

This can be effective when trying to tap into emotion. The strokes of paint or notes of music sometimes trigger emotions. If it does, then run with it...not away from it. Embrace the emotion, allow yourself to feel the emotion. Allow the emotion to fully process.

NATURE

Being alone in nature can be very calming and can be a place which allows for your emotional side to relax and open up. Breathe in your surroundings, look around and take every nuance of plants, trees, water, sky in. What does this feel like in your body. Allow the feeling to fill your entire body – regardless if you perceive it was a happy or sad feeling. Let it fill you up. So much, that it almost radiates from your body. Relax your muscles and allow for the emotional feeling to fully process and finish radiating out.

MEDITATION FORMATS

Body scan.

This technique is designed to sync body and mind by performing a mental scan, from the top of the head to the end of your toes.

Reflection/ Contemplation.

This technique invites you to ask yourself a question, something that's troubling you. Repeating it, focusing on the question. Be aware of the feelings, not the thoughts, that arise when you focus on the question. Seek to understand the feelings that come up for you.

Visualization.

This type of meditation invites you to picture something or someone in your mind. By conjuring a specific visualization, we not only get to observe the mind, but we also get to focus on any physical sensations.

Noting.

this technique involves specifically "noting" what's distracting the mind. We "note" the thought or feeling to restore awareness.

Mantra.

A word, sound, or small phrase, is repeated. The idea is that this technique will allow you to settle inward to a profound state of relaxation and rest, with the goal of achieving inner peace without concentration or effort.

In the Zone (Movement Meditation).

Seeking an action, that when being done, no other thoughts enter your mind. Your full concentration is dedicated to it (i.e. in the throes of a sport or Yoga)

Resting awareness.

Rather than focusing on the breath or a visualization, this technique involves letting the mind truly rest; thoughts may enter, but instead of distracting you and pulling you away from the present moment, they simply drift away.

Focused attention.

uses the object of our breath to focus attention, to anchor the mind and maintain awareness. Notice your mind starting to wander? Simply return to the breath.