

TAPS
Institute for Hope and Healing

**Relaxation Meditation to Ease the Anxiety,
Stress, and Tension of Grief**

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November 15, 2018
Presented by Boeing 



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Washington, DC



What is your experience with meditation?
Pick One:

- I have never tried it
- I tried it a few times
- I do it off and on
- I have a regular practice

Let's Get FOCUSED

Breathing In, I Know That I Am Breathing In.
Breathing Out, I Know That I Am Breathing Out.

How do you feel after that brief practice? Pick One:

- Pleasurable
- Neutral
- Unpleasant



The Mindfulness & Grief System

8 Module Mindfulness & Grief System Overlayed with the Dual Process Model of Bereavement (Strube & Schut).



What Does Grief *Feel* Like to YOU?

- How has grief impacted your Body? Mind? Spirit? Behaviors?
- What common remedies have you tried for physical pain? Has it worked?
- What do you hope to learn from today's workshop?



“Recognizing the body pattern of grief, we can learn to soften to that tension instead of feeling defeated by the idea that fear and anger are our only alternatives.”

Stephen Levine
Unattended Sorrow

Conscious Relaxation Techniques

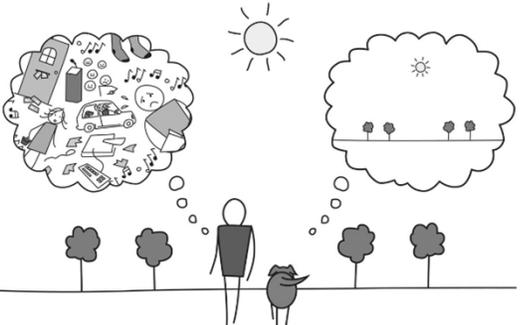
- Mindful Body Scan with Conscious Relaxation
- “My Mantra” Meditation
- Progressive Muscle Relaxation
- Counting The Breath
- Three Part Breathing
- Relaxation for Anxiety, Grief & Stress
- *Informal Practice: Good Sleep Hygiene*

The Negativity Bias

Our brain detects negative information more rapidly than positive information (Yang et al., 2007)

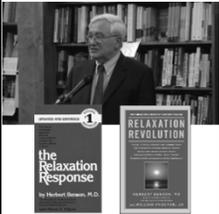
We spend a lot of time running from kittens disguised as tigers. This wears down our immune system much like an engine 20,000 miles overdue for its oil change.



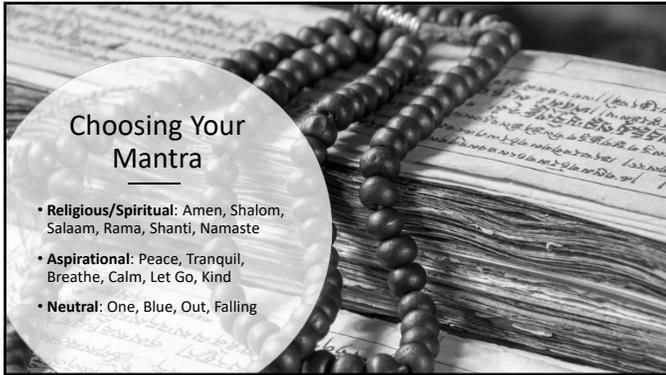


Mind Full or Mindful?

Relaxation Response Benefits

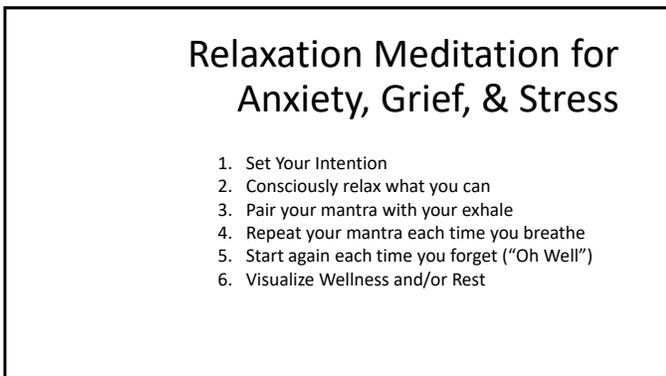


- Angina pectoris
- Cardiac arrhythmias
- Allergic skin reactions
- Anxiety
- Mild & moderate depression
- Bronchial asthma
- Herpes simplex
- Cough
- Constipation
- Diabetes mellitus
- Duodenal ulcers
- Dizziness
- Fatigue
- Hypertension
- Unexplained infertility
- Insomnia
- Nausea & vomiting during pregnancy
- Nervousness
- Pain (backaches, headaches, muscle pain, joint pain and more)
- Postoperative swelling
- Premenstrual syndrome
- Rheumatoid arthritis
- Side effects of cancer
- Side effects of AIDS



Choosing Your Mantra

- **Religious/Spiritual:** Amen, Shalom, Salaam, Rama, Shanti, Namaste
- **Aspirational:** Peace, Tranquil, Breathe, Calm, Let Go, Kind
- **Neutral:** One, Blue, Out, Falling



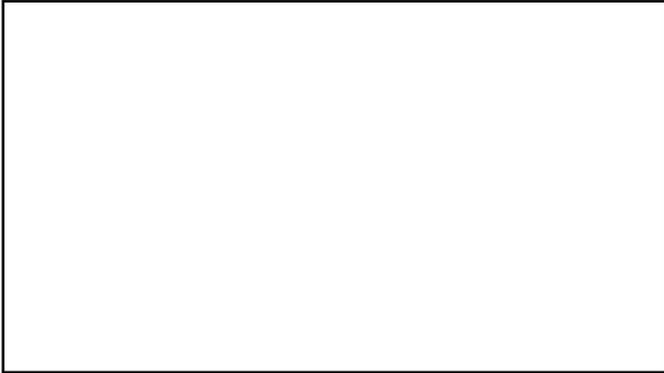
Relaxation Meditation for Anxiety, Grief, & Stress

1. Set Your Intention
2. Consciously relax what you can
3. Pair your mantra with your exhale
4. Repeat your mantra each time you breathe
5. Start again each time you forget ("Oh Well")
6. Visualize Wellness and/or Rest



How was this meditation experience? Pick One:

- I fell asleep/zoned out
- The practice was easy to do and relaxing/calming/helpful
- The practice was a challenging, but I feel more relaxed/calm/peaceful
- The practice was challenging and I do not feel at ease
- The practice was agitating, so I stopped doing it



References & Resources

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About the TAPS Institute for Hope and Healing®

The TAPS Institute for Hope and Healing®, through an alliance with HFA, serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and for the public. The TAPS Institute for Hope and Healing® was launched in March 2018.



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Upcoming TAPS Institute programs

- December 4— *Coping with Waves of Grief During Special Times*
Presenter: **Patti Anewalt**, PhD, LPC, FT
- December 11— *After an Overdose Death: Understanding Your Grief*
Presenter: **Franklin Cook**, MA, CPC
- December 13— *Compassion Meditation for Meaning Making & Posttraumatic Growth*
Presenter: **Heather Stang**, MA, C-IAYT
- January 30— *Loss, Grief, and the Quest for Meaning*
Presenter: **Robert Neimeyer**, PhD

Visit taps.org/institute to learn more and register!

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