

Mindful Monday

Genevieve Berry
July 18, 2022



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Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

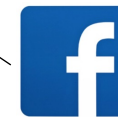
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Stay Connected

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SCAN ME



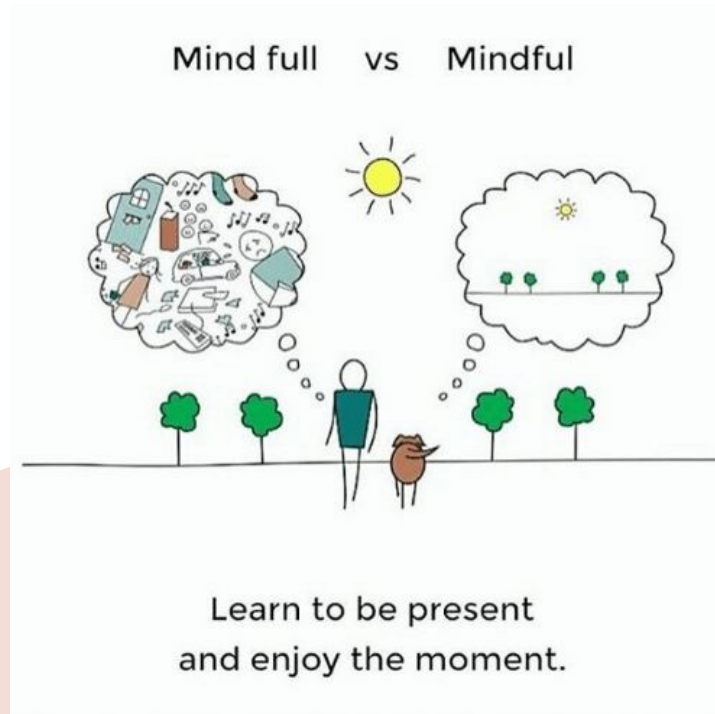
Mindful Monday

Week 9

Mindfulness from a
Somatic Perspective



What is Mindfulness?



Why it seems that dogs are
always happy?

Why Do We Seek Mindfulness?

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen

jessicadolce.com

Can We Create Mindfulness With Just Our Mind?



What is Somatic Mindfulness?

“The ability to step back from what your nervous system is telling you. You step back, observe it, and feel every bit of it. Then you consciously decide what you want to do instead of automatically falling into long-standing patterns and the behavior they dictate.”

Goodtherapy.org



The Body Keeps Score

Van der Kolk and Levine's Model



Soul - Spirituality

Mind - Positivity

Body - Safety



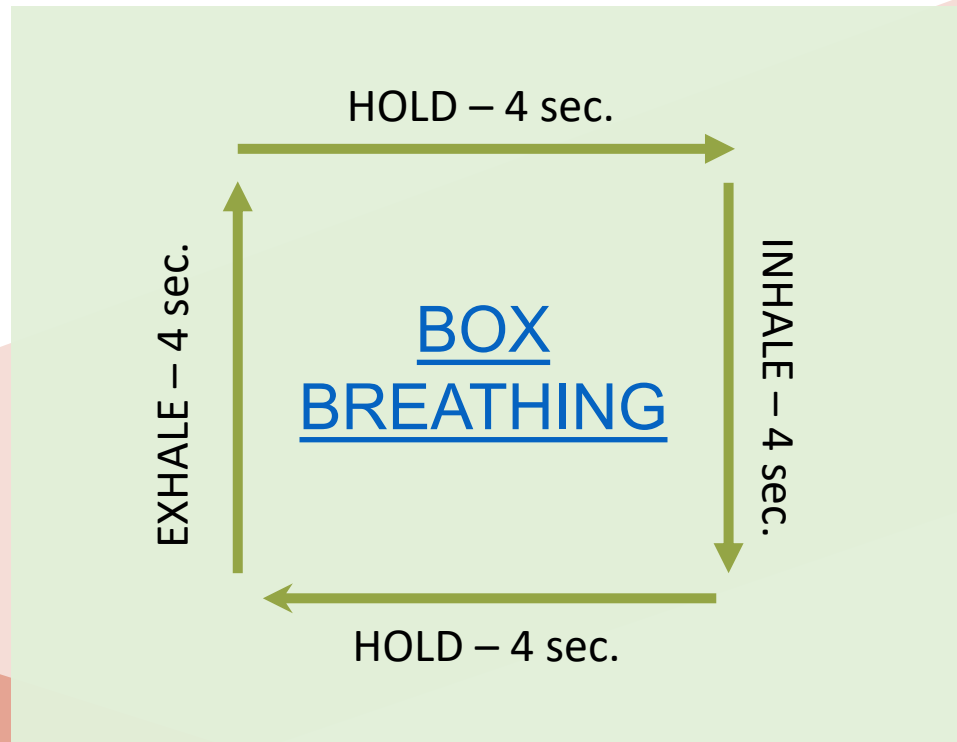
Creating Somatic Mindfulness

By addressing and releasing the trauma the body holds

- 1. Listen to the Body*
- 2. Use gentle movements, breathing exercises, meditation, dance*



Box Breathing 4 Square Breathing



Discussion



Resources

Peter Levine – *Healing Trauma*

<https://www.somaticexperiencing.com/home>

Bessel Van Der Kolk – *The Body Keeps The Score*

<https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>

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

Proper Breathing Brings Better Health

<https://www.scientificamerican.com/article/proper-breathing-brings-better-health/>

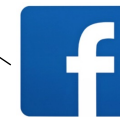


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Thank You for
Joining Us!

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