

Mindful Monday

Genevieve Berry
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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

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SCAN ME



Mindful Monday

Week 10

Somatic Yoga / Exercises
& Mindfulness



Somatics = *Embodied or of the Body*

Somatics is a movement therapy, a way of **re-educating the way our brain senses and moves the muscles.**

It is an incredibly subtle but effective way of working with the body.



The Body Keeps Score

Van der Kolk and Levine's Model



Soul - Spirituality

Mind - Positivity

Body - Safety



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



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*



Somatic Yoga Exercises for Desk Workers



How Did That Feel?



Resources

Yoga and the Somatic Experience

<https://www.yogaanytime.com/show-view/160/Yoga-Show-Yoga-and-the-Somatic-Experience>

How Yoga Works: Introduction to Somatic Yoga by Eleanor Criswell

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

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

Peter Levine – *Healing Trauma*

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



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Thank You for
Joining Us!

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