

## MINDFULNESS

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Be kind to ourselves, others, nonjudgmental and present.

The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.

### Emotional Freedom Technique (EFT)

- Gentle, Needleless acupressure that causes a relaxation reaction (clts may yawn and sigh-moving from sympathetic to the para sympathetic nervous system.)
- Tap while adding the words about the upset and the upset gets desensitized quickly. (emotions about the issue)
- Acupressure for emotions, same theory base as Acupuncture. Tapping, pressure, inconspicuous

#### Stress and Anxiety

##### Body

Headaches  
Frequent infections  
Taut muscles  
Fatigue  
Skin irritations  
Breathlessness

##### Mind

Worrying  
Muddled thinking  
Impaired judgement  
Nightmares  
Indecisions  
Hasty decisions

##### Emotions

Loss of confidence  
More fussy  
Irritability  
Depression  
Apathy  
Alienations  
Apprehension

##### Behavior

accident prone  
loss of appetite  
Loss of sex drive  
Drinking more  
Insomnia  
Restlessness  
Smoking more

Global issues are like Table tops that are supported by specific event Table legs.

Physical Aches : a. SUDs, b. Gamet spot (area in groove between knuckle area ring finger and pinky. Hold for 15 to 20 breaths., c. Stay with it til quite diminished

Not working Pretzel, Cross ankles, fingers interlaced, Arms on torso, hold one minute or 3 X 3. Cross arms across chest, heart, breathe 3 breaths, switch arms, 3 breaths.

Anxiety is a Fear response: It is experienced via:

-- Mind (thoughts -- Emotions (worry) -- Physically (stomach ache) – Behavior (avoidant)

-- Social Anxiety D/o – want to be with people but anxious

-- Obsessive-Compulsive D/o (tune into ‘urge’ or ‘desire to wash hands, etc)

-- overwhelming anxiety.

Start with CC and SUDs

RP (reminder phrase ‘I’m going to be ok, although I feel upset at being late this morning’.

**Karate chop.**

At each meridian point, ‘angry’ at traffic being late’

EFT shortcut

Area effected

- Top of head Trauma
- Inner eye Bladder meridian
- Outer eye Spleen meridian, anger
- Under eye Stomach meridian
- Under nose governing vessel, not under control, embarrassed
- Under lip not knowing
- Collarbone kidney meridian, hard on self
- Under arm spleen, worry
- Gamet spot depression
- Heart Generate warmth

No particular order, be kind, shouldn’t cause anxiety. Practice

Gary Craig, EFT Founder -- Ask anyone to write down anything that bothers them. 20 to 50 things will come up, now take down one a day, by end of the year there will be 365 things that don’t bother them.

Michael Geisert, the Student Support Clinician at 609-781-6648 and Dorothy Gasparro 609-570-3354. For more urgent/emergency contact for you, loved ones, There is NAMI of Mercer County, **609.799.8994 x17**. If **EMERGENCY** call **991** or **NJ Hopeline Hopeline, 855-654-6735; NJ Suicide Prevention Lifeline, 855-654-6735 or National Prevention Life line at 800-273-Talk (8255).**

