

# TRUST the POWER of mindfulness in your recovery

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# Objectives:

- ▶ Participants will learn how mindfulness can deter the use of substance use/abuse and relapse.
- ▶ Participants will learn the pillars of TRUST and POWER and how to utilize them with daily decision making.
- ▶ Participants will learn how mindfulness can allow better coping for symptoms of anxiety, depression and fears.
- ▶ Participants will learn to challenge the fear/anxiety/depression they're experiencing with applying the pillars of POWER.
- ▶ Participants will learn to utilize trust and vulnerability to achieve mindfulness and recovery goals.



# Coherent Breathing Exercise

- Breathing rhythm of 5 breaths per minute
- Directly affects your heart rate
- Positively affects your autonomic nervous system that includes your sympathetic nervous system (body's fight or flight response) and your parasympathetic nervous system (stimulates digestive system, slows the heart rate, relaxes stomach muscles, calms your body down).
- Calms down your brain benefits Anxiety, trauma, high blood pressure, stabilizes heart rate.




What permission do you give yourself during this workshop?

How will you honor it?



# TRUST

- Teach
- Rational; Reasonable; Realistic
- Understanding
- Safe; Secure; Space; Stability
- Thought; Trust

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- ➔ How can we utilize the pillar of TRUST to practice mindfulness?



# Existing beliefs and the impact it has in our decision making

- What is your belief on mindfulness?
- What does vulnerability mean to you? And what role does it play in your life?
- How do these beliefs affect mindfulness?



# Coherent Breathing exercise

- What did you notice this time?
- What is your body trying to communicate to you?
- What does your body need?
- Is there a disconnect between your body and mind?
- Are you noticing any symptoms of anxiety, fear, depression?






# Mindfulness and your mental health

- What role does anxiety, depression and fear play in your ability to practice mindfulness?
- Are these symptoms common to you? If so, how often do they appear? where in your body do you experience these symptoms?
- What coping skills do you practice applying?  
Do these coping skills work?
  - Where do you hold your POWER?



# ***POWER***

- **P**resence
- **O**bserve
- **W**orthiness
- **E**xplore
- **R**esolution




# How can we use POWER as a pillar to achieve mindfulness?

- Identify a recent situation that was/is challenging to you. (This situation can be a joyous one or a stressful one).
- Apply the pillars of POWER
- What is your mind telling you and what is your body telling you as they work together to apply POWER?



When we TRUST in the POWER of our ability and verbalize our experiences, it allows us to not hide from ourselves.




POWER and TRUST can give you permission to be vulnerable, authentic and aware of you as you learn to understand and acknowledge each part of you.



# References:

- <https://www.breath-body-mind.com>
- <https://brenebrown.com>

# Cigna Behavioral Health Awareness



If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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