

MINDFULNESS AND TRAUMA

A number of people have found that mindfulness helps them manage uncomfortable thoughts and emotions associated with the traumatic experience by giving them a way of observing their emotions without reacting to them.

This is most helpful when you feel in control and it is your decision to try a mindfulness approach.

Allowing thoughts to come into your mind that you actively avoid (squash down) can be scary and so you need to feel fully supported by your PuP therapist before you try this out.

Many of the activities around mindfulness that we have described in other worksheets are helpful here. The key things that need to be in place are

- (i) feeling safe with your PuP therapist
- (ii) feeling ready to try out the ideas
- (iii) feeling ready to practice mindfulness daily by sitting down for at least 3 minutes and practising mindfulness of breath
- (iv) making the effort to put mindfulness into everyday parts of your life - when having a shower perhaps, drinking a cup of tea.

Can you make a plan to integrate little moments of mindfulness into your life?

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