

# Raw Coping Power

From Stress to Thriving

## Tool-Kit

for coaches and facilitators



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## TOOL #2

### Adapting a Daily Mind-Body Practice

*Purpose:* To develop positive routines and habits that activate the body's natural healing properties (The Healer Within).

*Description:* A variety of practices can be done for ten to sixty minutes or longer as part of your daily routine, just like bathing, diet, exercise, work, rest, and sleep. Such practices include meditation, repetition of a positive phrase, biofeedback, guided visualizations, relaxation techniques, journaling, Tai Chi, Qigong, other movement therapies (such as Feldenkrais, Alexander Technique), Pilates, yoga, silent prayer, and energy work. Choose a method that works for you and be open to explore options.

*Example:* Several visualization examples are provided in this section. One mind-body technique is called “autogenic training” developed by Johannes Heinrich Schultz in 1932. This technique involves repeating a set of visualizations in fifteen-minute sessions at different times of the day (for example, morning, lunch, and evening).

The script for one version of an autogenic technique is in the box. This script would be read aloud slowly, sometimes with soothing background music, or tape-recorded and replayed while you are sitting or lying down. Do not practice just before or while operating heavy machinery or driving.

#### *Relaxation Script (read in calming and slow pace)*

Read each phrase, pause for five to ten seconds, and repeat the same phrase before going to the next:

- My arms and legs are heavy and warm.
- My heartbeat is calm and regular.
- My breathing is free and easy.
- My abdomen is warm.
- My forehead is cool.
- My mind is quiet and still.

This technique and all others presented in this book should not be considered as medical advice. If you are concerned about ongoing stress, severe stress, or trauma, please seek professional help from a medical doctor or licensed psychologist.