

ACT Now Training Video Transcripts

3a. A mindful breathing exercise

Time	Speaker	Text
0:04	HP	So Mary, one of the things that you have shared with me is how anxiety around what the scar looks like and feelings of self-consciousness, can sometimes be so intense that it stops you from doing the things you care about. That it can really have an impact on you being able to do the normal day-to-day kind of things you'd otherwise be doing. And so one of the things I was wondering whether you would be willing to try now is a simple practical technique called mindfulness, which can be one of the most helpful approaches to help us to 'un-hook' from any difficult thoughts and feelings, to make room for them when they show up. But to feel more able to take active steps towards those things you care about, like going dancing, spending time with your granddaughter. So how does that sound?
1:07	Mary	Good.
	HP	So we are really looking at you having a number of techniques that you have got with you, so that when you make some changes, you're not doing that alone; you have got some helpful techniques along with you.
1:23	HP	So the practice we are going to do now is called mindfulness. And we're really going to be looking at bringing awareness to breathing, the breath, and to your senses, for example what you can feel and sense in your hands, as well as other senses. And this is one of the most helpful things we can do when we're feeling really anxious. It's a way to just slow down, to notice, and to broaden our awareness to our body, not just all the stuff that's going on up here, all the stuff that you're feeling.
2:03	HP	So are you OK to try this? We are just going to do a practice of about a minute
	Mary	OK
	HP	So the first thing I'd say is it often really useful just to uncross your legs so you can allow your body to be relaxed enough. But everything I'm saying it just a suggestion you can choose to do or not do – whatever feels comfortable... And so in this practice we are going to just notice our breathing in and out. We'll do this together in a moment. And we're just going to follow the breath using our hands, imagining, almost like as we are breathing in, the hands are opening up like the lungs, and as we breathe out, gently closing. You can think of them as lungs or you can think of them as flowers opening and closing. And as we're doing this just being aware of any senses, sensations in the hand and in the body, OK? [3:11] So if we start by breathing in, and then breathing out. And doing that, just really noticing what that feels like in your hand. Sensations might be the same, or they might change from moment to moment. Gently following the breath as it comes into the body at its own pace. And as the breath leaves your body... I'm going to invite you now to just carry on doing exactly what you are doing, but you can do this 'hands-free' as well, so you can just let your hands just settle in your lap. Now just noticing the next breath coming in. Being aware of any sensations as you breathe out.... Ok, we'll just pause there.