



Self Care - Mindfulness and Meditation

Summary

with Adam Riehl

Friday, May 21, 2021

For our last self care event of the year, we were SO pleased to have Adam Riehl (Reiki, Yoga and hearing Practitioner), share with parents his mindfulness and meditation strategies.

Adam first shared some about his personal journey. At 19 he ran away from home and at 23 became a dad. Now he has 2 daughters (now 17 and 12 yrs old). The tough love message his mother said to him as he laid trembling while recovering from drugs and alcohol was “it took you however many years to do get to this bad place. You will need that many years to recover.”

His messages regarding mindfulness and meditation:

- Be proactive and practice, it does not have to be perfect.
- Manage your emotions. Do not dismiss them which will lead to disease.
- Negative emotions will happen but manage them to not let them become BEHAVIORS.
- How you talk to yourself is important. Be trusting, loving and positive in your speech.
- Anxiety is about the future. Depression is about the past.
- Best to be: an active listener. Pay full attention to the person you are talking to.
- Be the biggest fan our yourself, as we can also be our biggest/worst critic (see book recommendation below by Kamal Ravikant).
- Good breathing technique: Look in mirror – Inhale, say: “I love you/myself”. Exhale, say: “Thank you”
- Everyone has heard of Fight or Flight. Another apt phrase for us humans is Freeze or Please. That means fearing OR accomodating (to please) what the person wants you to do. Be mindful of both of these reactions.
- When breathing: Inhale – through the nose so somatic system is activated. Exhale – through the mouth. If just mouth breathing, it becomes panting and makes the body react as if it is in fight or flight mode.
- Ground yourself: take off your shoes and walk in the dirt, play in the dirt! Take in your surroundings. Close your eyes a few times a day and listen to the sounds.

- Find a mantra, a word or phrase, that keeps you in the present moment? “Cheeseburger” is a great example! Come up with your own.

To learn more about the practice of mindfulness and meditation, we recommend these books:

Love Yourself Like Your Life Depends On It by Kamal Ravikant

You Are Here by Thich Nhat Hanh

The Mindful Path to Self-Compassion by Christopher K. Germer, PhD

Head Space is a great app with a wide range of different kinds of meditation practices, tips and much more. Other apps include *Calm* and *Breathe*. These are a wonderful guides and especially if you are just starting out.

Many yoga studios have guided meditation sessions and it can be very beneficial to meditate with others.

Adam can be found on Facebook. He teaches at Be One Yoga (Kirkland) and Bliss (Monroe) Adam’s podcast is Zen and not Zen, his email: adamriehl1@gmail.com

Respectfully Submitted by Hae Sue Park and Irene Neumann, Co-Chairs, Parent Education, LWPTSA Council