Welcome Back – Day 4!

Module 15 – Skill Building Practice: Mindful Awareness

Mindful Eating

- Being fully present is an opportunity to experience the fullness of the moment. This can apply to any moment or any activity.
- Being fully present to the moment often brings a greater sense of well-being and less anxiety and stress.
- Mindful eating allows one to be fully engaged in the experience of eating/enjoying food and drink. Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.

Loving Kindness Practice

Some benefits might include:
- Focuses on developing feelings of goodwill, kindness, and warmth towards others (Salzberg, 1997).
- Greater well-being to providing relief from illness and improving emotional intelligence.
- Increases positive emotions and decreases negative emotions.

Keep in Mind…. It is NOT for everyone!
Mindfulness through the eyes of a Veteran video

Module 16 – Executing and Assessing Action
Stage IV

Process Model for Group Facilitation

Stage IV - Execute the Action

Phase 1 - Have client self-assess how they have progressed since last session
- Fully took action
- Partially took action
- No action taken

Stage IV - Execute the Action

Phase 2 - Assist participant in assessing what they learned about themselves and situation. What has the Veteran learned?

These ‘learnings’ may include:
- Challenges/barriers encountered
- Contingency plans
- Strengths and successes
- Personal insights

Stage IV - Execute the Action

Phase 3 - Assist the participant to modify or add to their plan:
1. Continue with the same plan
2. Add additional action steps
3. Modify existing action steps
4. Revisit earlier stages: values, area of focus, or goal
Stage IV – Execute the Action

Phase 4 - Take Further Action
- Continue with facilitation process
- Explore or refer to other services

Reminders for Stage IV

- Solicit affirmations from participants for what they have accomplished
- Recognize Strengths
- Reconnect to Mission, Aspiration or Purpose (MAP)

Demo #4 – Stage IV

Volunteers?

Practice Session #2

Wrap up: Q&A, Survey, Adjourn