

To the Therapist,

The goal of this project is to provide tools, knowledge and an easy way to start implementing meditations and its associated principle into your occupational therapy practice. Meditation can be a great tool to help your client with a myriad of diagnoses across the life span. It is highly recommended you try each tool in the box so you can better direct your clients in therapy. Also remember that each intervention is not restricted to the specific practice area it is placed under, feel free to mix and match as you see fit!

CD List

1. Positive affirmation meditation -10:11
2. Breathing meditation – 12:19
3. Progressive muscle relaxation—9:48
4. Guided imagery meditation – 8:25
5. Massage music – 3:54
6. Birds chirping in a serene forest-5:43
7. East of the full moon—8:34
8. Exhale – 9:42

To the clients, Why you should meditate,

- “Mindfulness meditation has been defined as an awareness of moment-by-moment experiences that arises from purposeful attention, along with nonjudgmental acceptance of the experiences” (Matchim, 2007). Before you completely reject the idea for being hippie or granola as some have described it I urge you to continue reading and see the benefits that have been associated time and time again with meditation practice. Meditation has been linked to improved psychological well-being as well as enhanced immune system function (Lomas et al., 2014). Further more meditation contributes to reduced anxiety, negative thoughts as well as depression. Meditation can also offer a better response to stress as well as better control over emotions (Desbordes, 2012). Participating in meditations that focus on loving and kindness have been associated with a better more positive self-view (Hofmann, 2011). Even if you’re still skeptical about meditation I urge you to try it a few times with an open mind and see what you think! You have nothing to lose, only happiness and peace to gain!

Pediatrics:

- **Deep breathing-** have the child sit crisscross-apple sauce on the floor instruct them to breathe in through their nose while you hold the bubble wand as they exhale through their mouth to make bubbles.
- **Coloring pages-** the child will sit with body fully supported and color an age appropriate coloring page will listening to meditation music.
- **Visualize-** instruct the child to visualize their happy place while breathing deeply once they have it the picture in their mind have them draw a picture of their happy place
- **Squiggle game-** the child will make a random squiggle on the page then proceed to make a silly drawing out of the squiggle. They can color the picture once they are done. Play the relaxing music from the included CD in the background. (see example 1)

Adolescents:

- **Zen doodle-** client will be educated/ shown an example of a zen doodle then they will have time to complete their own. After they complete the doodle they will turn it over and reflect on their feelings.
- **Mantra-** work with the teen to create a positive short statement. Then have them work on deep breathing and stating that mantra and they complete an activity that is challenging to them or they do not care for.
- **Positive affirmation-** the teen will listen to the positive affirmation meditation from the CD while breathing deeply in and out. Then the teen will be instructed to write 5 things they are thankful for in their lives
- **Making meditation beads-** see attached page for picture and resources

Physical disabilities:

- **Positivity**- walk your client through making a list of positive things about themselves both physical as well as other positive attributes. Send them home with the “homework” of reading that list out loud.
 - Modification- make the list with the client in therapy then send them home with the “homework” of doing a meditation where they repeat the positive attributes in their head during the meditation.
- **Meditation beads**- client will take the beads in their hand and OT will play the meditation music from the CD while the client meditates using the beads as a representation of people, thoughts or things that wish to mediate on.
- **Mandala post card**- this is a good activity for clients that are in acute or sub-acute rehab since they are disconnected from their loved ones. To begin client will get a 4x6 notecard and on it they will draw and color their own mandala (music can be playing if they wish). Then once they are done they can address the card and write a short message to send to their family.
- **Energize**- have client draw a large cup of coffee with steam coming out. On each steam vapor instruct them to write the things, people, places and experiences that gives them energy and support. (see example 2)

Veterans:

- **Guided meditation**- there is significant EBP to support meditation to help cope with post-traumatic stress. Have your client listen to one of the guided meditation (breathing, visualization, muscle relaxation) on the CD to introduce them to this tool.
- **Create your own meditation**- each client has his or her own ideas on what is relaxing and therapeutic. In this activity we will cater to that need and assist the client in creating his or her personal meditation. This can be either writing it down for them to take home or you can write a “script” for the meditation and you the therapist can record it and bring it to the next session for the client.
- **Meditation cards**- client will select one of the meditation cards that they feel connected to. OT will turn on meditation music from the CD and client will meditation on the quote from the card.
- **Well of wellness**- have the client draw their own well/ water pump then fill it with things, peoples names and things they do that give their life joy and meaning (see example 3)

Mental health:

- **Box breathing (great for anxiety)-** is a great technique to introduce to your clients it can help center them and calm their nervous system. How it works: 1. Have the client breathe in through their nose to the count of four 2. Instruct the client to hold their breath to the count of four 3. Exhale through their nose for the count of four 4. Hold their breath for the count of four 5. Repeat for 4 sets of 4
- **Starry night meditation-** OT will put on the guided meditation from the CD and the client will actively participate.
- **Meditation card drawing-** client will select a meditation card they enjoy then they can choose to draw a picture that they associate with the quote or they can choose to draw the words in a pretty font.
- **Muscle relaxation-** the client will find a comfortable position while the OT sets up the CD player to the progressive muscle relaxation recording
- **My qualities-** instruct client to write down all their best qualities (ex: I laugh a lot, I love my family etc.) then have them write a person in their life that brings out each positive quality. (play music in the background if desired)

Geriatric:

- **Mandalas-** the client will color one of the provided mandalas of another one they found with the OT on line. While coloring meditation music can be playing in the background
- **Dream dolls-** the client will draw the outline for their doll (or use the outline in the kit) after that they can decorate it as they please and add a positive quote. This can be done listening to meditation music in the background. They can place this doll beside their beds in their room when complete.
- **Thankful thoughts-** provide client paper and have the client right down things and people they are thankful for in their lives. They can then decorate the paper as they wish (wish meditation music in the background)
- **Thought provoking-** have the client look through the meditation cards and select one that reminds them of a particular memory from their life where they had to implement the “wisdom” from the card. Then have them reflect about that time through writing or talking while music is playing in the background.

How to make hemp meditation beads:

- YouTube video:
 - How to tie a Square Knot for Hemp Jewelry by: UtleyvilleHemp
- General steps:
 - Cut two pieces of hemp cording that are each roughly the length of your arm when folded in half
 - Tie the two cords together in the middle leaving a about an inch loop above the knot
 - Place the knot under a clipboard or tape of the table to secure
 - Separate the 4 strings→ there should be 1 on the left, 2 in the center and 1 on the right.
 - Take the two center strings in your hands and hold secure.
 - Take the left string and cross over the 2 center strings making a half loop
 - Take the right string and place it over the tail of the left string and bring it up through the loop and pull tight
 - Take the now left string and bring it under the two middle cords
 - Take the now right string and bring it under the tail of the left cord then the right string up and through the loop and pull tight
 - Proceed in this fashion
 - When its time for beads to be added slide the beads on the two middle cords then proceed with above steps

Resources:

Desbordes, G., Negi, L. T., Pace, T. W. W., Wallace, B. A., Raison, C. L., & Schwartz, E. L. (2012). Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state. *Frontiers in Human Neuroscience*, 6, 292.

<http://doi.org/10.3389/fnhum.2012.00292>

Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-Kindness and Compassion Meditation: Potential for Psychological Interventions. *Clinical Psychology Review*, 31(7), 1126–1132.

<http://doi.org/10.1016/j.cpr.2011.07.003>

Lomas, T., Ridge, D., Cartwright, T., & Edginton, T. (2014). Engagement with meditation as a positive health trajectory: Divergent narratives of progress in male meditators. *Psychology & Health*, 29(2), 218-236 19p.

<http://doi:10.1080/08870446.2013.843684>

Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: a literature review. *Oncology Nursing Forum*, 34(5), 1059-1066 8p.

<http://doi:10.1188/07.ONF.1059-1066>

Meditation at Home:

Free Apps:

- Breathe
- Headspace
- Meditation time
- Deep relax (sounds to meditate to)

Internet sources:

- Youtube (search guided meditation and/or meditation music for relaxing calming sounds)
- Vivid Universe
 - Provides daily positive affirmation to your email upon sign up

Books:

- Peace in Every Step- the path of mindfulness in everyday life
 - By Thich Nhat Hanh
- Zen Mind, Beginner's Mind
 - By Shunryu Suzki
- Mindfulness in Plain English
 - By Bhante Guaratana