



St. Michael's House

Services for people with intellectual disabilities

Ballymun Road, Dublin 9.

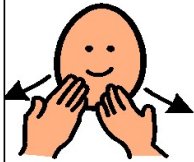
Tel: 884 0200

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Email: info@smh.ie

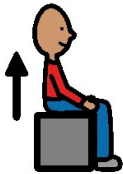
Website: www.smh.ie

Psychology Department, Mental Health Team
23rd April 2020



This exercise is about training your mind to be thankful for the good things in your life.

sit up straight



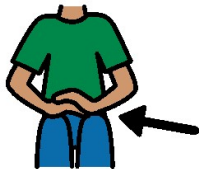
Get comfortable in your chair.
Feel your back resting against your chair.

feet on ground



Two feet flat on the ground

hands on lap



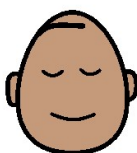
Hands resting on your lap

shoulders



Shoulders loose and comfortable

close your eyes



Close your eyes or look at the ground

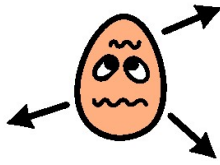
A company limited by guarantee. **Registered Office:** Ballymun Road, Ballymun, Dublin 9.

Chief Executive: Ms. Anna Shakespeare

St. Michael's House: Co. No. 27628. CHY5692.

Chair: Mr. M. Lyes. **Directors:** Mr. M. O' Farrell, Ms. N. Moran, Dr. A. Quinlan, Prof. E. Hennessy, Mr. P. Cullen, Mr. T. Casey, Prof. A. Staines, Mr. L. O'Donohoe, Mr. N. Beecher.

mind wanders



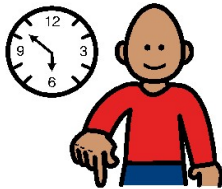
Remember the mind wanders all the time.

kindness



When you notice your mind has wandered from the exercise just bring your mind back to the exercise with love and kindness.

now



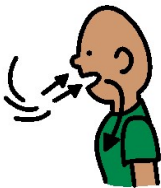
Bring yourself into now, the present moment. Into this day, into this time into this room onto this chair.

shoulders



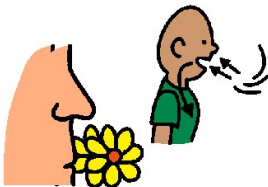
We start by following our breathing

take deep breath



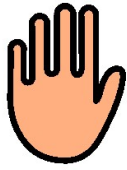
Let's begin with kind rhythm breathing

Breathe in



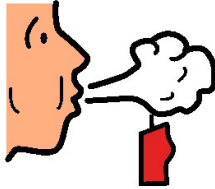
Breathing in 1,2,3

Hold 123



Hold 1,2,3

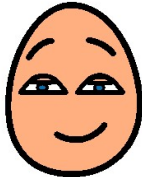
breathe out



Breathing out 1,2,3

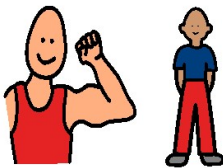
repeat x2

friendly



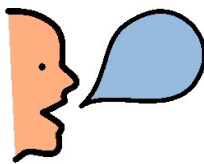
Bring a friendly smile to your face

strong



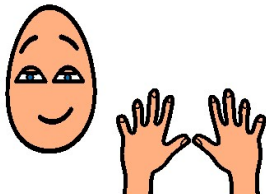
Make your body strong and still

say

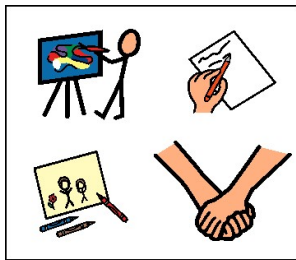


Use a gentle soft voice to yourself

smile



Breathing in, I smile to my hands.

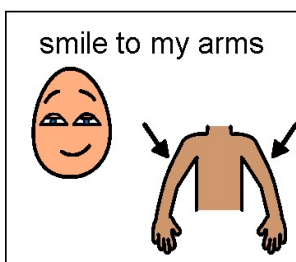


With my two hands I can paint,
I can draw, I can write, I can hold
hands with people I love.



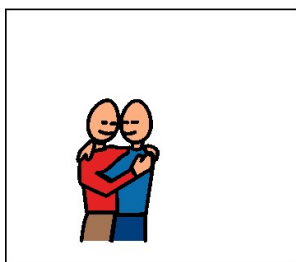
thankful for hands

Breathing out I feel thankful to have
two hands.

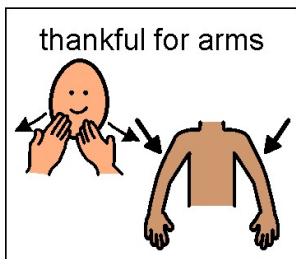


smile to my arms

Breathing in I smile to my two arms

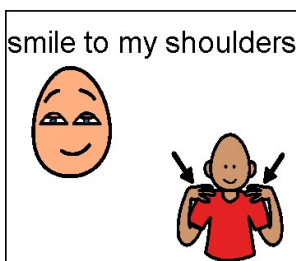


With my two arms I can hug the
people I love.



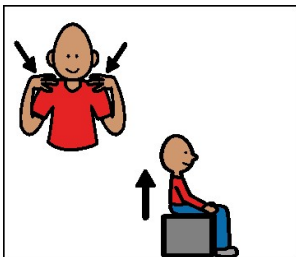
thankful for arms

Breathing out, I feel thankful to to have
two strong arms



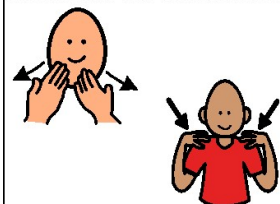
smile to my shoulders

Breathing in, I smile to my shoulders.



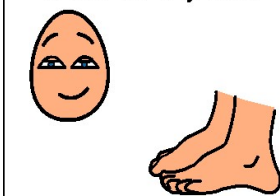
With my shoulders I can sit up straight and support my back.

thankful for shoulders

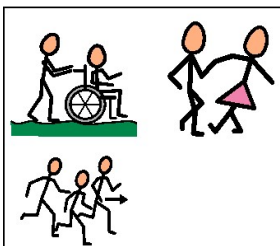


Breathing out I feel thankful to have my shoulders.

smile at my feet

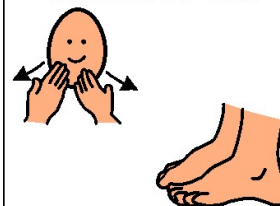


Breathing in, I smile to my two feet.



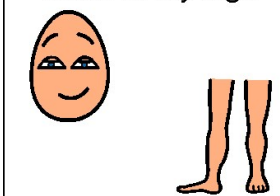
With my two feet I can walk, run, play sports and dance.

thankful for feet

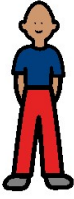


Breathing out, I feel thankful to have my two feet.

smile to my legs

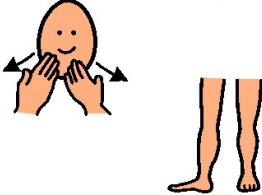


Breathing in, I smile to my legs.



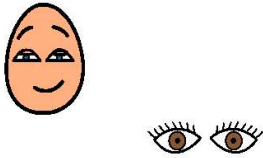
With my two legs I can stand and sit

thankful for legs



Breathing out, I feel thankful to have my two legs.

smile to my eyes

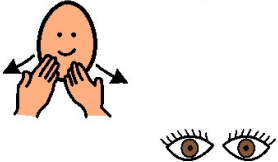


Breathing in, I smile to my eyes.



With my two eyes I can see birds flying in the sky.

thankful for eyes

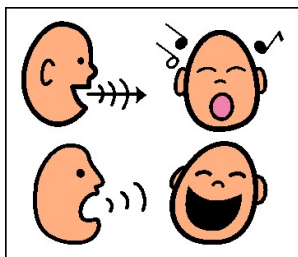


Breathing out, I feel thankful to have my two eyes.

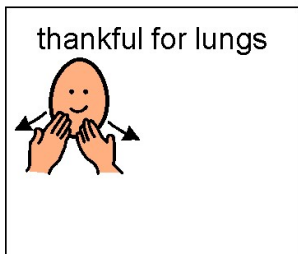
smile to my lungs



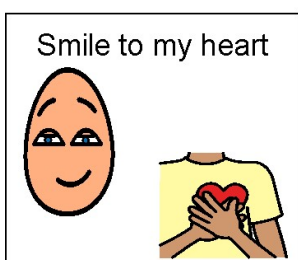
Breathing in, I smile to my lungs.



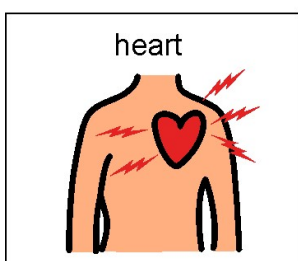
My lungs bring fresh air to my body and giving me the power to speak, sing, shout and laugh.



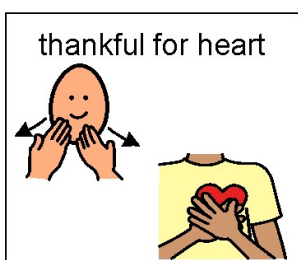
Breathing out, I feel thankful to have my lungs.



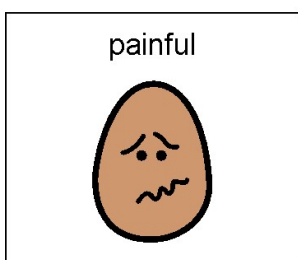
Breathing in, I smile to my heart



My heart keeps my body alive and working.



Breathing out, I feel thankful to have my heart.



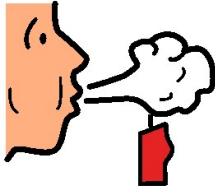
Now I bring my attention to a place in my body that may feel sensations from pain, thoughts or feelings.

Breathe in



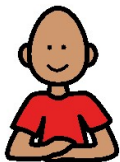
Breathing in, I know this sensation,
pain, thought or feeling will pass.

breathe out



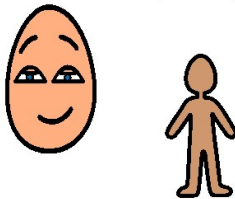
Breathing out I let it go.

relaxed and calm



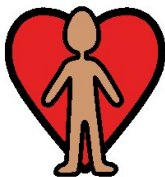
Breathing in, I enjoy the feeling of
my whole body sitting down,
relaxed and calm.

smile at my body

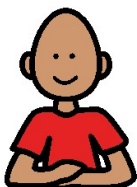


Breathing out, I smile to my
whole body

love



I send my love and kindness to
my whole body and mind.



Remember to bring this calmness,
love and kindness with you to
your home, work and community.



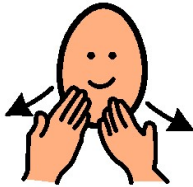
In your own time, slowly and calmly,
bring your attention back to sitting on
the chair in this room.

eyes



Open your eyes, stop looking at
the ground.

thank you



You can bring this thankfulness with
you at home, work or in the
community.

stretch



And stretch