

● **WHY YOGA / MEDITATION / IREST®?** Practicing, little and often, we may right away feel re-connection, enhanced well-being, management of stress / anxiety, relief of physical discomfort, improved sleep, related to feeling lonely / isolated.

● **RESOURCES:** OISE WELLNESS: https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html
ORSS MINDFULNESS PRACTICE: https://www.oise.utoronto.ca/orss/Mindfulness_Practice.html
JEN B YOGI: <https://www.jenbyogi.com/> jenbyogi@gmail.com
JEN B YOGI YOUTUBE: <https://www.youtube.com/channel/UCy84oa7ttKyR5BIbSErITBw>
STEPS TO BUILDING A LASTING MEDITATION PRACTICE:
<https://www.yogajournal.com/meditation/build-meditation-practice-richard-miller/>

● **BODY SENSING GUIDE** *Do whatever feels good in that moment.

🧘 Find a comfortable position (reclining / lying down / moving).

👁️ Eyes gazing / opened / closed.

🧠 Notice if the mind naturally wanders / thinks.

👁️ 👂 👅 🖐️ Bring attention to the surroundings. See / hear / touch / taste / smell.

🧘 Adjust the body to bring okness / ease in the body & mind.

🧘 Notice physical sensations in the face: (jaw / mouth / nostrils / ears / eyes / forehead / scalp / back of the head / entire face & head); (neck / shoulder / arms / hand / fingers / spine / chest / belly / entire torso); (pelvis / hips / legs / feet / toes / entire lower half); (entire front of the body / back / left side / right side / inside / on the surface / whole unified body)

🧘 Welcome every experience, feeling calm / ease.

🧘🧠 Notice sensations / thoughts / emotions arising / expanding / dissipating in their own time, revealing okness / calm / ease.

🧘 Transition from the practice (moving / stretching / wiggling, sighing / yawning).

😊 Allow okness / calm / ease to follow you into your day.

👁️ Eyes open & close, feeling wide awake & alert.

● **REFLECTION:** To develop your own personal practice / routine / habit, reflect after each practice, notice guiding patterns for feeling okness / calm / ease (e.g. before starting day; sat on cushion; intention for openness; slowly tuned-in to sounds; body gradually awakened; noticed thinking; returned to body sensing; felt whole, timeless, spacious)

MON _____

TUES _____

WED _____


THURS _____

FRI _____

SAT _____

SUN _____


What helps you feel okness / calm / ease ? _____

 **BODY MOVEMENT GUIDE:** *Do whatever feels good in that moment.


 **Find a comfortable position.**


     **Open your senses. What do you see / hear / smell / taste / touch?**


 **Notice the body (places that feel tension / ok)**

 **Notice sensations in the face. Gently squeeze the face. Release the face. Notice sensations.**


 **Notice sensations in the body. Gently squeeze the body. Release the body. Notice sensations.**

 **Awaken the body with the different movements of the spine. (*consider advice of medical practitioners: 1)neutral spine 2)axial extension 3)flexion 4)extension 5)lateral flexion 6)rotation**

 **Transition from the practice (moving / stretching / wiggling, sighing / yawning).**

 **Allow okness / calm / ease to follow you into your day.**

 **Eyes open & close, feeling wide awake & alert.**

 **REFLECTION:** To develop your own personal practice / routine / habit, reflect after each practice, notice guiding patterns for feeling okness / calm / ease (e.g. feel tension in the jaw; feel at ease after squeezing & releasing)

MON _____

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SUN _____

What helps you feel okness / calm / ease ? _____

🟡 iREST® GUIDED PRACTICE *Do whatever feels good in that moment.

🧘 Find a comfortable position (reclining / lying down / moving).

👁️ Eyes gazing / opened / closed.

🧠 Notice if the mind naturally wanders / thinks.

👁️👂👅👋 Bring attention to the surroundings. See / hear / touch / taste / smell.

🧘 Adjust the body to bring okness / ease in the body & mind.

👁️👂👅👋 Recall a place / memory using all your five senses that brings okness / calm / ease. (e.g. colourful forest, light through the trees, earthy scent, cool wind, rustling of leaves, birds singing, refreshing)

🧘 Notice physical sensations in the body: (jaw / mouth / nostrils / ears / eyes / forehead / scalp / back of the head / entire face & head); (neck / shoulder / arms / hand / fingers / spine / chest / belly / entire torso); (pelvis / hips / legs / feet / toes / entire lower half); (entire front of the body / back / left side / right side / inside / on the surface / whole unified body)

🧘 Welcome every experience, feeling calm / ease.

💨 Feel your breath, where & how it goes in & out of your body.

🧘🧠 Notice sensations / thoughts / emotions arising / expanding / dissipating in their own time, revealing okness / calm / ease.

🧘 Transition from the practice (moving / stretching / wiggling, sighing / yawning).

😊 Allowing the felt-sense of this special place / memory / resource that brings feelings of okness / calm / ease to accompany you into your day.

👁️ Eyes open & close, feeling wide awake & alert.

🟡 Place / Memory / Visualization / Resource helps to empower you at a moment's notice to feel okness / calm / ease. Using all your five senses, describe a special / comfortable place, memory (e.g. colourful forest, light through the trees, earthy scent, cool wind, rustling of leaves, birds singing, refreshing)

🟡 REFLECTION: To develop your own personal practice / routine / habit, reflect after each practice, notice guiding patterns for feeling okness / calm / ease (e.g. before starting day; sat on cushion; intention for openness; slowly tuned-in to sounds; body gradually awakened; noticed thinking; returned to body sensing; felt whole, timeless, spacious)

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What helps you feel okness / calm / ease ? _____

Coping with Loneliness & Isolation

“People who engage in meaningful, productive activities they enjoy with others feel a sense of purpose and tend to live longer.”

U.S. Department of Health & Human Services, National Institute on Aging

Some suggestions for yourself / loved ones:

- sleep (7-9 hours)
- manage stress with enjoyable activities
- mental health
- physical health (exercise & eat healthy)
- connect with others

U.S. Department of Health & Human Services, National Institute on Aging

jenbyogi@gmail.com

Thank you for attending the LHAЕ session entitled: *Jen Baradi, Coping with Loneliness & Isolation*.

We hope you enjoyed the session and were able to learn some valuable information to help cultivate your health and wellness.

Please visit her website to download the handout filled with resources, guides, and reflection spaces from this workshop.

If you have any questions for Jen, please feel free to reach out to her. You can find her with the following links:

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 jenbyogi@gmail.com

   @jenbyogi



https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html