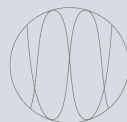


# MINIMALIST



## A Mindfulness Workbook: *Thoughtfully Connect with DNA Relatives*

By: Heather Monroe,  
integrative psychotherapist  
and LCSW and Kaitlyn Short



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# 03

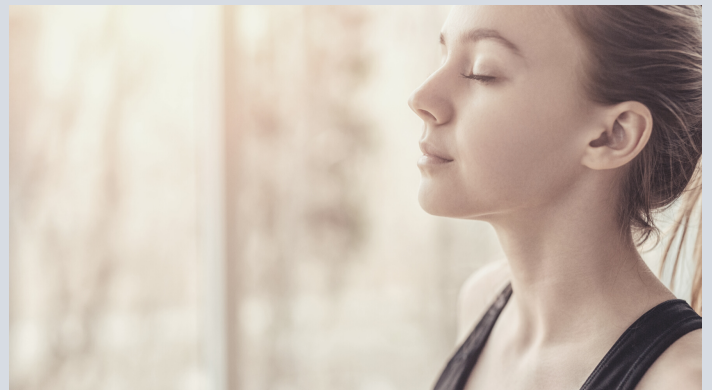
## The Calming Breathe

*This simple exercise stimulates the parasympathetic nervous system which calms us down and releases the bonding hormone oxytocin which makes us feel connected to ourselves and to each other.*

- 1 Place your hand (either left or right) on your heart.  
*Skin to skin is the most effective.*
- 2 Place your other hand on your stomach.
- 3 Breathe normally and notice your heartbeat.
- 4 Notice your stomach rise and fall with each breathe you take.

- 5 Continue to rest your hands here for 3 minutes.

*Note:* You can also do this exercise with just your hand on your heart and no hand on your stomach. The hand on your heart (skin to skin) will release oxytocin.





# 04 The Butterfly Hug

*This mindfulness exercise helps to relax and calm the sympathetic (fight or flight) nervous system.*

- 1 Cross your hands and link your thumbs to create a butterfly.
- 2 Place the butterfly on your chest (*the inside of your hands should be against your chest*)
- 3 Position your hands so your middle fingers touch your collarbone and fingers point upward towards neck instead of towards your arms.
- 4 Slowly alternate tapping each hand on your chest.
- 5 Breathe in through your nose and out through your nose.
- 6 Aim to breathe slowly and deeply (abdominal breathing) so that your stomach rises on the inhale and falls on the exhale.
- 7 Continue doing this for 3 minutes.



# Preparation Questions

*"As we practice mindfulness, we begin to calm our mind and body, and we start to have a clearer picture of the situation." - Heather Monroe*

1. What is my intention for reaching out?

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2. What are my expectations?

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3. What fears do I have about contacting them?

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4. What is the support system I have in place? (i.e. people I can talk to and depend on emotionally, things I do for self-care like meditation, exercise)

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# Reflection Questions

*"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgementally." - John Kbat-Zinn*

1. How am I feeling (confused, sed, happy, hopeful, all of these)?

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2. Is there any tension in my body? If so, where?

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3. Who can I talk to about my experience who will be loving, supportive, and understanding?

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4. What's something I can do for myself as an act of self-care?

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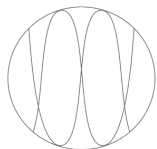
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## Special Thanks to Our **CONTRIBUTORS**



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Heather is a psychotherapist and licensed clinical social worker, who helps people suffering from relational trauma to heal and grow. Aside from her private practice, Heather's personal brand Monroe Wellness offers online courses and workshops to bring serenity and happiness to people's lives.

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