

Mindfulness and Emotion Coaching Relationship



Mindfulness

- Shift of attention from head to body



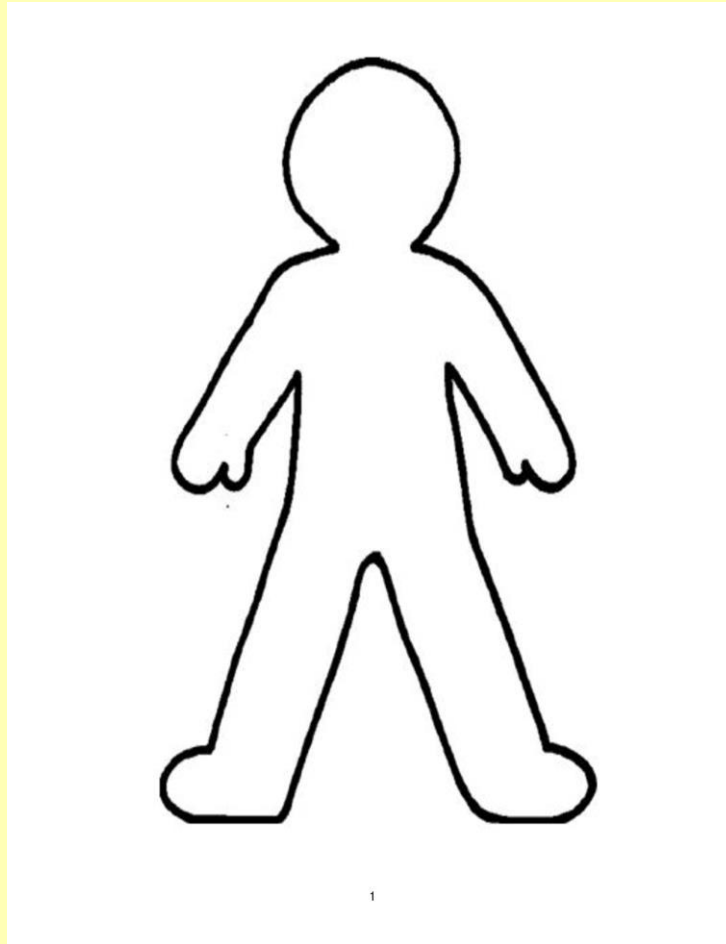
- Accepting thoughts are simply thoughts, *our bodies tell a story of what we are experiencing*

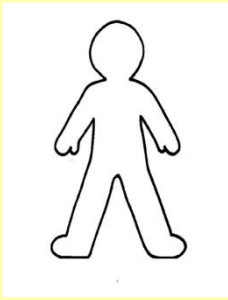
Language and labelling



- Developing a shared language of sensations
- A vocabulary to describe present moment, felt experiences, sensations and the physical, emotional states of the body
- *Part 1 of Emotion Coaching also helps build on this – Labelling*

Bod exercise





Sensations

- Wobbling
- Beating
- Pumping
- Slippery
- Hot
- floppy
- Sharp
- Cold
- Hard
- Tightening
- Soft
- Jiggly
- Cramps
- Tingling

Emotion Coaching Step 1

- **Recognise** – observing physical bodily sensations
- **Empathise** – using our awareness to tune into others
- **Validate** – Non-judgement, offering an impartial observation, not good or bad, right or wrong (Attitudes of mindfulness)
- **Label** – Name it to tame it! – continues to build vocabulary, giving a name to emotional states of being