



C.D.P

STRESS MANAGEMENT FOR CSO'S TRAINING COURSE

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Body and Sound Meditation (3:06)

Begin this meditation by noticing the posture that you're in
You may be standing or sitting or lying down
Notice your body exactly as it is
And see if you can tune into any sensations that are present to you in your body in this moment
There might be heaviness or lightness
Pressure, weight
There might be vibration, pulsating, movement, warmth, coolness,
These sensations can be anywhere in your body
And all you have to do is notice them
Notice what's happening with curiosity and interest
Take a breath
As you breathe, relax
Not much to do except be fully present and aware
Now let go of the body's sensations
And turn your attention to the sounds
Inside or outside the room
There may be all sorts of sounds happening
Loud sounds, quiet sounds
You can also notice the silence between the sounds
But the sounds are coming and going
Notice them coming and going
One tendency of our mind is to want to think about the sounds
To start to make up a story about the sound
Or we have a reaction to it: I like it, I don't like it
See if instead, you can simply listen to the sound
Notice it with curiosity and interest
The sounds are coming and going
Now once again, notice your body standing, present
Or seated or lying down
Notice any body sensations that are obvious to you
Take another breath
Soften
And when you're ready
You can open your eyes

Body Scan for Sleep (13:50)

This is a guided body scan meditation to help you prepare for sleep
As you do the meditation you may find yourself drifting off to sleep
This is fine
So you can allow the meditation to turn off on its own
If you notice thoughts such as worries or concerns arising that take your attention away
from the meditation
This is also normal
See if you can redirect your attention
Back to the body scan
Gently letting go of these thoughts, if it's possible
We'll be noticing our body lying down on the bed
We'll be feeling the body's sensations that are present
Scanning the body for any kinds of obvious sensations
Like vibrations, tingling sensation, heaviness, pressure, movement, heat, coolness
We'll be noticing these sensations without trying to change them
Or make them different
Simply bringing a mindful attention of curiosity and openness to the present moment
If you notice yourself starting to think about the sensation
Or think about something else
See if you can simply come back to the feelings and sensations present in your body
We can begin the mediation
By noticing the sensations at the top of our head
So simply bring your attention to the top of your head
And notice what you feel
You might notice some vibration or pressure
And then allow your attention to notice your skull
As it make contact with the bed or the pillow
There might be a sense of pressure
Weight
You might notice some other sensation
Simply be curious about these sensations
Feeling them
Sometimes when you encounter a sensation there may be some tension
If you can, allow it to gently relax
If that doesn't seem possible, simply notice what it is that you feel
And notice your face area
Your forehead
Eyes
Nose
Notice your cheeks
And mouth

There may be sensations of tingly, temperature, tightness,
Let it all be there
Be curious about your experience
Then begin to notice the sensations in your throat
And neck
And become aware of anything that's present for you
And your shoulder area
If at any point you notice tension arising
Sometime in the act of noticing it you may find yourself releasing the tension and
relaxing
If it feels extremely tense you can breathe gently
Directing that breathing into that area to allow it to soften
And if it still stays tense just continue on with the body scan
At this moment you're aware of the sensations in your left shoulder
Bring your attention there
And then let your attention go down your arm
Noticing any vibration, tingling, heat, coolness, pressure, movement,
As you reach your elbow
Your lower arm
And then your hand
There are often quite a few sensations in your hand area
Notice your hands and fingers
Be curious and open to the sensations that are present
Also allowing your hands to soften and relax
Now bring your attention up to your right shoulder
Again noticing any sensations that might be present
And then start to go down your right arm
Feeling vibration, tingling, movement
Noticing your elbow
Your forearm
And then also your hand and fingers
Again lots of sensations are usually present in our hands and fingers
But if at any point, there's no sensation
Just notice the absence of sensation
Now let your attention go back to the top of your shoulders
To your back
Notice the shoulder area soften
Breathe
Begin to bring your attention down your back
You can zig-zag it across your back
Or make an up and down movement in your mind
Sometimes there's strong sensation in our back
The sensation of touching the bed
Pressure, weight
Sometimes there's not much sensation at all
Can you be open and curious to whatever the experience is
Kind to yourself no matter what
You can notice your upper back

Your midback
And notice the sensations in your lower back as well
Making sure to breathe
If thoughts crop up as you're doing this
Worries, concerns
Once again, see if you can let them go
Let them be like clouds floating in the sky
Moving across your mind, but don't take them so personally
Just let them go, if possible
Or at the very least come back to my words and this body scan
Now bring your attention to the top of your chest area
And let yourself gently scan your chest
Down to the upper ribcage
Into the stomach area
See if you can soften your stomach
Breathe more deeply
Directing some breath into that area
Allowing it to soften and relax
You can notice your pelvis
The whole pelvic area
The places where your body connects with the bed
Feeling whatever sensations are present
And now gently bring your attention to your left hip
And we'll start to bring our awareness down our leg
Noticing the sensations in our thigh
You can circle your attention gently around the leg
Noticing whatever is obvious to you
Not forgetting to breathe
Bringing this kind and curious attention to your leg
And then to your knee
And left calf
Noticing whatever is present
Vibration, tingling, heat
Itching, warmth, coolness, heaviness
Let it be here, whatever it is
And noticing your ankle
Foot
And toes
There may be quite a bit of sensation in your feet
Possibly
Maybe not
Become aware of whatever is here for you
Now come back up to your right hip
Notice the sensations in your right hip
And again bring your attention down your right thigh
Feeling whatever is present
You can circle your attention or notice it in any other way that makes sense to you
Feeling the vibration and tingling

Heat, heaviness, movement
And to your knee
And down to your leg
Your calf
Feeling the sensations present
Scanning your body
And then down to your right ankle
Foot
And toes
Now that you've scanned your body
You're welcome to start again
You can continue listening to the CD for another time
Or you can continue on your own
This time if you wish you can start at your feet
And go back up through your body till you get to the top of your head
Feel free to scan your body up and down
As many times as it's helpful to you

Body Scan Meditation (2:44)

Begin by bringing your attention into your body
You can close your eyes if that's comfortable to you
You can notice your body, seated, wherever you're seated
Feeling the weight of your body, on the chair, on the floor
And take a few deep breaths
And as you take a deep breath
Bring in more oxygen and livening the body
And as you exhale
Have a sense of relaxing more deeply
You can notice your feet on the floor
Notice the sensation of your feet touching the floor
The weight and pressure, vibration, heat
You can notice your legs against the chair
Pressure, pulsing, heaviness, lightness
Notice your back against the chair
Bring your attention into your stomach area
If your stomach is tense or tight, let it soften
Take a breath
Notice your hands
Are your hands tense or tight?
See if you can allow them to soften
Notice your arms
Feel any sensation in your arms
Let your shoulders be soft
Notice your neck and throat
Let them be soft, relaxed
Soften your jaw
Let your face and facial muscles be soft
Then notice your whole body present
Take one more breath
Be aware of your whole body, as best you can
Take a breath
And then when you're ready
You can open your eyes

Breathing Meditation (5:31)

Find a relaxed, comfortable position
Seated on a chair or on the floor, on a cushion
Keep your back upright, but not too tight
Hands resting wherever they're comfortable
Tongue on the roof of your mouth or wherever it's comfortable.
And you can notice your body
From the inside
Noticing the shape of your body, the weight, touch
And let yourself relax
And become curious about your body
Seated here
The sensations of your body
The touch
The connection with the floor
The chair
Relax any areas of tightness or tension
Just breathe
Soften
And now begin to tune into your breath
In your body
Feeling the natural flow of breath
Don't need to do anything to your breath
Not long not short just natural
And notice where you feel your breath in your body
It might be in your abdomen
It may be in your chest or throat
Or in your nostrils
See if you can feel the sensations of breath
One breath at a time
When one breath ends, the next breath begins
Now as you do this you might notice that your mind might start to wander
You might start thinking about other things
If this happens this is not a problem
It's very natural
Just notice that your mind has wandered
You can say "thinking" or "wandering" in your head softly
And then gently redirect your attention right back to the breathing
So we'll stay with this for some time in silence
Just a short time
Noticing our breath

From time to time getting lost in thought and returning to our breath
See if you can be really kind to yourself in the process
And once again you can notice your body, your whole body, seated here
Let yourself relax even more deeply
And then offer yourself some appreciation
For doing this practice today
Whatever that means to you
Finding a sense of ease and wellbeing for yourself and this day
[bell rings]

Breath, Sound, Body Meditation (12:00)

So you can find your meditation posture
Sitting in a way that's neither too tight nor too relaxed
But comfortable and upright
Then notice your body from the inside
Noticing the shape and the weight and the touch
And areas you make contact with the floor or the chair
Then you can focus on your breathing
Feeling your breath
In the area of either the abdomen, chest, or nostrils
Feeling the gentle rising and falling of your abdomen or chest
Or the coolness and in and out sensations at your nostrils
So the breath is our anchor
It's where we establish our awareness
It helps us have something to always return to
This simple act of breathing
Now you might notice that other things pull your attention away from the breath
And that might be sound
So right now, just for a moment
Bring your attention to the sounds
Inside the room
Or outside the room
Simply listening
They might be pleasant sounds, unpleasant sounds
Listen to them with curiosity and interest
Noticing them coming and going
Without getting caught up in a story about what that sound is or why it's there
Simply listening
Can also notice the sound of silence
And now letting go of this hearing
The listening
Bring your attention into your body
And notice if there are body sensations
To be aware of
There might be pressure or tightness
Or movement or vibration
Or heat or cold
Or tingling
Notice which sensations call out to you
And let your attention go to them
It might be a very strong and obvious sensation
There might be a soft or subtle sensation

You might notice yourself jumping from sensation to sensation
Or there may be one that grabs your attention and holds it
Particularly if it's unpleasant
You might notice it
Is it growing or shrinking?
Moving
Does it pulse or throb
Ache
Just notice with curiosity
Similarly not making up a whole story about the experience
Just being directly with the sensations in your body
So now return to your breathing
Finding your breath
And as you continue on in this meditation
You'll stay with your breath one breath at a time
If you notice yourself lost in thoughts you can say "thinking"
Or "wandering"
And then redirect your attention
Returning back to the breathing
Now if you find a sound
Or a body sensation
Become so obvious, strong
That you can't, any longer, stay with the breath
Because it pulls your attention away
Then let yourself let go of the breath
And focus on the body sensation
Or sound
Listen to it or feel it
Until it no longer holds your attention
Or it's stopped
At that point go back to the breathing
Returning to the simplicity of your anchor
The breath
We'll try this for a few minutes in silence
[silence]
Now once again notice your whole body sitting here
Tuning into the shape
The posture
The movement
Let yourself relax
And you can wish yourself well
May I be happy and at ease
May I be free from stress and anxiety
May I be peaceful
And let yourself consider the possibility
Of finding peace and ease
Wellbeing
[bell ring]

Complete Meditation Instructions (19:00)

Begin this meditation by finding your meditation posture
Comfortable yet upright
Relaxed, present
You can notice your body, seated here
Noticing the weight and movement and touch
Letting your attention sink into your body
Feeling it as though from the inside
Relaxing
And then exploring
What is here what is true for you
In this moment
Let your attention gently come to rest on your breathing
Your breath is your anchor
And it's your focus that you can always return to
It's your homebase
So feel the gentle rising and falling of your breath
In your abdomen or chest
Or the in and out sensations located at your nostrils
So we feel one breath after the next
One breath at a time
With a curious attention
What does one breath feel like in this very moment
Now we can also open our attention to a variety of other experiences
When they become predominant
Or obvious
When they become more predominant than the breath itself
So you might notice sounds from the outside
Inside your room, outside your home
You might notice sounds pulling your attention away
So you can listen to the sound
Let go of the breath and listen to the sound
When it no longer holds your attention
Then return back to the breath
If a body sensation gets strong
Becomes predominant, pulls your attention away from the breath
Again, let go of the breathing
No need to be intention with breath or the body sensation
Just go naturally
Let your body go to the body sensation
Feel it
Sense it

Notice it
What happens, does it grow or shrink
Expand
Increase, decrease
Does it shift into something else
When it no longer holds your attention
Come back to the breathing
The simplicity of the breath
It's always available to you
If while you're sitting, an emotion becomes strong and obvious
That can be what you focus on
You can bring your attention to the emotion
So again letting go of the breath or whatever else you were focusing on
And paying attention to that emotion
Specifically, feel it in your body
Investigate in your body how you feel this emotion
You might notice some clenching or tightness in your belly
Maybe there's some vibration or tension in your chest
Maybe your throat feels tight
Maybe your face is warm
There's all sorts of sensations in our bodies to pay attention to when we're having an emotion
You can label that emotion
Fear
Sadness
Irritation
Whatever it is
Labeling it and feeling in your body what's happening
When the emotion no longer has a hold on you
Or something else pulls your attention
Or it's stopped
You can go to that new thing that's pulled your attention
For instance a new body sensation or sound
Or you can always return to the breathing
Just come back to homebase
To your anchor
Now if thoughts
Become obvious
Sometimes thoughts are just in the background
In which case there's nothing to do really
Just stay with being with your breath
Sometimes you notice that you're lost in thought
And you can use the word "thinking"
Or "wandering"
And then return your attention right back to your breath
But if a thought is repetitive
You can begin to label the thoughts
Worrying

Planning
Remembering
Sometimes in the act of labeling them
They disappear
Sometimes they continue on
If the thought keeps going
In a repetitive way
You might check into your body and see if there are body sensations to notice
Let yourself be curious
About the thoughts arising
Coming and going
If it feels like too much always return to the breath
So as you do this practice
The breath is your anchor
And no matter what's happening in your awareness
Whether it's sounds or body sensations
Or emotions or thoughts
You can always find that place to return to
You might also notice
If there's an attitude or mood in your mind
Like a sense of restlessness or sleepiness
Or just a general feeling
Like sadness
Notice if these mental states color your experience
You can pay attention to them too
So we'll sit together now in silence
Remembering to keep your attention mostly focused on your breath
And then if a sound or body sensation
Emotion, thought
Or obvious mental state or mood
If they become evident
Predominant
Let go of the breathing
Notice whatever it is that's happening
When it's stopped or no longer holds your attention
Return to the breath
And just relax
And have fun, be curious
You're exploring your own mind
With curiosity and openness
So we'll try this for some time now
[silence]
If you find yourself lost in thought
It's not a problem, just relax
Notice your thinking
Really kindly, return your attention right back to whatever is happening in this present moment
You might find that you move from one thing to the next

There's a sound, a body sensation, a thought, an emotion
And then return to your breath
Trust in this natural flow of your experience
As we relax and witness with curiosity
Our life unfolding in front of us
[silence]
So once again, notice your body
Here
Present
Present time awareness
Feeling your weight
Posture, shape
And then just invite in some kindness for yourself
Wishing yourself well
The best you can
Appreciating yourself
May I be happy and peaceful and at ease
May I be safe and protected from danger
May I be healthy and strong
May I be at ease
May we all be happy and peaceful
And safe and protected
Healthy, strong
At ease
[bell ring]

Loving Kindness Meditation (9:31)

To begin this practice
Let yourself be in a relaxed and comfortable position
We're going to do the practice of cultivation positive emotion
In this case, loving kindness
Which is the desire for someone to be happy
Or yourself to be happy
It's not dependent on something, it's not conditional
It's just a natural opening of the heart
To someone else or to yourself
So you can check in to your body and notice how you're feeling right now
Letting whatever is here, be here
Now let yourself bring to mind
Someone whom, the moment you think of them, you feel happy
See if you can bring to mind
It could be a relative, a close friend
Some with not too complicated a relationship
Just a general sense, that when you think of them you feel happy
Can pick a child
Or you can always choose a pet
A dog or a cat
A creature it's fairly easy to feel love for
So let them come to mind
Have them-- have a sense of them being in front of you
You can feel them, sense them, see them
And as you imagine them
Notice how you're feeling inside
Maybe you feel some warmth
Or there's some heat to your face
A smile, sense of expansiveness
This is a loving kindness
This is a natural feeling that's accessible to all of us at any moment
So now having this loved one in front of you
Begin to wish them well
May you be safe and protected from danger
May you be happy and peaceful
May you be healthy and strong
May you have ease and wellbeing
And as I say these words, you can use my words or your own words
And have a sense of letting this loving kindness come from you
And begin to touch this loved one
Reaching out

You might think in images
You might have a sense of colour or light
You might just have a feeling
The words may continue to bring on more of this feeling
And I encourage you to say whatever feels meaningful to you
May you be free from stress and anxiety
May you be free from all fear
And so as you're sending out these words and these feelings of loving kindness
Also check into yourself and see how you're feeling inside
And now imagine that this loved one turns around
And begins to send it back to you
So see if you can receive the loving kindness
Take it in
And they're wishing you well, may you be happy
Meaning you
May you be peaceful and at ease
May you be safe and protected from all danger
May you have joy, well being
Letting yourself take it in
Now if you're not feeling anything at this point
Or before in the meditation
It's not a problem
This is a practice that plants seeds
And if you're feeling something else other than lovingkindness
Just check into that
What is it I'm feeling
There may be something to learn here
Now if it's possible and it's not always easy to do this
But see if you can send loving kindness to yourself
You can imagine it coming down your body from your heart
You can just have a sense of it
May I be safe and protected from danger
May I be healthy and strong
May I be happy and peaceful
May I accept myself just as I am
And as you ask yourself the question "what do I need to be happy?"
See what arises
And offer that to yourself
May I have meaningful work
A joyful life
Close friends and family
And now checking into yourself
And noticing what it is you feel as you do this
And now let yourself bring to mind one person
Or a group of people that you wish to send the loving kindness to
Imagine them in front of you
Sense them, feel them
May you be happy and peaceful

May you be free from all stress and anxiety and fear
Worry
Grief
May you have joy and happiness
Wellbeing
And now let this loving kindness expand out
Spreading
Touching anyone that you want to touch right now
In all directions
People you know, people you don't know
People you have difficulty with
People you love
Just imagine expanding and touching
And each person or animal
Whoever is touched by this loving kindness
Each person is changed
You can imagine that
So may everyone everywhere be happy and peaceful and at ease
May we all experience great joy
[bell rings]

Meditation for Working with Difficulties (6:55)

You can use this practice to work with difficult emotions or body sensations
Find a posture that's comfortable to you
And then check inside your body and try to locate a part of your body that feels good to you right now
Pleasant, safe, at ease,
Or at the very least, neutral
You can check out your hands or feet or legs
But let your attention go to this pleasant part of your body
Hands or feet or wherever you've chosen
And let your attention rest there
Feel it
Sense it
Notice what those sensations are
Let your mind relax a bit
Feeling that part of the body
And now if there's something difficult that's happening for you
A difficult emotion, or a physical sensation that's hard
Let your attention go to that
So it may be an aching in your shoulder or back
Or a headache
Or it could be a sense of sadness
Or anxiety
Or anger
Where do you feel that sensation in your body
Where do you feel that emotion in your body
Notice it
Just notice it for one moment
Tap into it
Feel it
Make sure to breathe
And now return your attention back down to that area that feels at ease
Your hands or feet or legs
And just let yourself stay there for a moment
Feeling it sensing it
Relaxing. maintaining the mindfulness
Yet giving yourself a break from what could be potentially overwhelming to feel
And now once again return your attention to that part of the body that feels unpleasant
The body ache or pain
Or the emotion the sensations of the emotion in your body
The vibrations in your chest
Or the clenching in your belly

Or the tightness in your jaw
Just notice
And breathe
And let it be there
Let whatever is there, be there
And then bring your attention again back down to this pleasant or neutral part of the body
Hands, feet, so forth
Relaxing
Staying present and alert
Feeling the safety
The connection in that place
Now let yourself stay connected to this place
But see if you can cast what we might call a sidelong glance at the difficult area in your
body
Is it possible to still feel connected to you body in the area that feels good
And yet know there's something going on that feels unpleasant
And just let it be there
Keeping maybe 75% of your attention on the part that feels peaceful and at ease
Still breathing
Casting the side long glance at this difficult area
Noticing what happens to it, is it growing or shrinking
Is it changing, shifting into something else
Becoming aware of whatever it is it's doing
Relaxing, breathing
And now see if you can bring some loving kindness
Just some kindness to yourself for whatever you're feeling right now
Physical pain, emotional pain
Hold yourself with kindness
You're not the only one
So may we all be free from our pain and our suffering
May we all have happiness
[bell rings]