

Meditation For Coping with Difficult Emotions

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What is your experience with meditation?
Pick One:

- I have never tried it
- I tried it a few times
- I do it off and on
- I have a regular practice

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Let's Get
FOCUSED

Starting with the number 30,
count backwards on each exhale.

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How was your experience with that meditation?

- Pleasurable
- Neutral
- Unpleasurable

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The Mindfulness & Grief System
8 Module Mindfulness & Grief System Overlayed with the Dual Process Model of Bereavement (Stribe & Schutz).

LOSS-ORIENTED RESTORATION-ORIENTED

- CONSCIOUS RELAXATION** - How to Care for Your Grieving Body.
- MINDFUL AWARENESS** - How to Find Refuge in the Present Moment.
- PERPETUAL MINDFULNESS** - Meditation for Grief is Meditation for Life.
- COMPASSION & FORGIVENESS** - Attending to Grief with Loving-Kindness.
- ALLOWING TRANSFORMATION** - Who Am I Now?
- SKILLFUL COURAGE** - The Dance of Strength and Vulnerability.
- MEANING RECONSTRUCTION** - Learning to Live After Loss.
- GETTING UNSTUCK** - Tending to the Five Mental Hindrances.

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5 Mental Hindrances

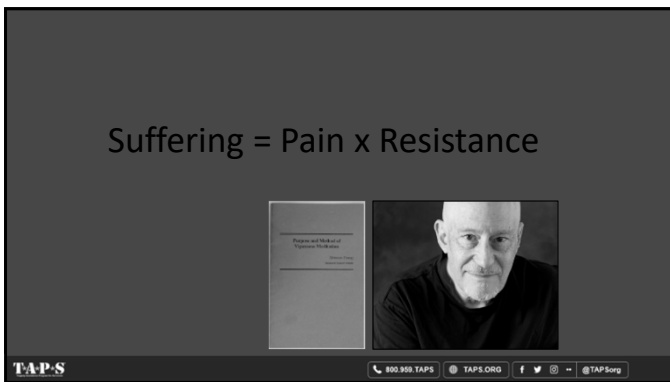
1. Sensual Desire or Greed
2. Aversion & Ill Will
3. Sloth (physical) & Torpor (mental)
4. Restlessness, Anxiety, & Worry
5. Skeptical Doubt

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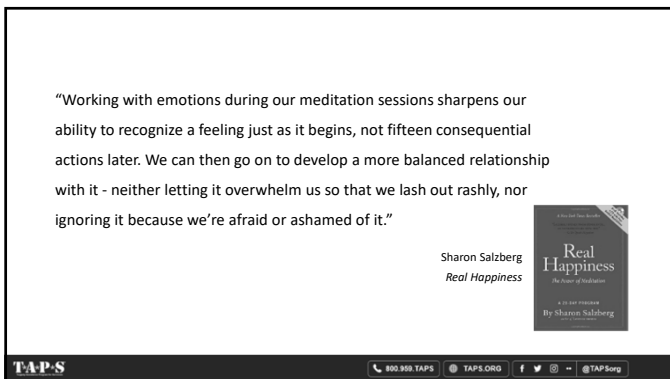
6



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With **equanimity**, what passes through your mind is held with spaciousness so you stay even-keeled and aren't thrown off balance. The ancient circuitry of the brain is continually driving you to react one way or another - and equanimity is your circuit breaker.

Rick Hansen, Ph. D.
The Practical Neuroscience of Buddha's Brain: Happiness, Love & Wisdom



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Meditations for Difficult Emotions

- Focusing Practices
- Metta Meditation (Compassion & Lovingkindness)
- RAIN
- Tonglen
- *Informal Practice: RAIN On The Spot*
- *Informal Practice: Offering Yourself Mercy*

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RAIN Meditation

- **Recognize** - Acknowledge what you are feeling. What is happening inside me right now?
- **Allowing (Acceptance)** - Be willing to be present to your experience, no matter how unpleasant. Whatever you notice, let it be.
- **Investigate** - Unhook yourself from the object or story, so you can witness the emotion with kindness, and from an unbiased perspective. Mindfulness of body is a great technique here, as is asking yourself "what am I believing to be true?"
- **Nurture** - Offer yourself mercy and care as you would an ideal best friend. Words of kindness, a gentle caress, or an acknowledgement of how hard this is are a few ways to practice.


Learn More: <https://www.taps.org/articles/23-2/rain>

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How was this meditation experience? Pick One:

- I fell asleep/zoned out
- The practice was easy to do and relaxing/calming/helpful
- The practice was challenging, but I feel more relaxed/calm/peaceful
- The practice was challenging and I do not feel at ease
- The practice was agitating, so I stopped doing it



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References & Resources


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Free Guided RAIN & Mercy Meditations
<http://mindfulnessandgrief.com/tapemotion>




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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Institute for Hope and Healing

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Upcoming TAPS Institute Programs

- January 30— *Loss, Grief, and the Quest for Meaning*
Presenter: **Robert Neimeyer, PhD**
- February 5— *Grief to Growth: A Roadmap to a Healthy Grief Journey*
Presenter: **Kim Ruocco, MSW**
Moderator: **Shauna Springer, PhD**
- February 12— *Men, Grief, and Posttraumatic Growth*
Presenters: **John Feal, Bret Moore, PsyD, ABPP, and Kenneth J. Doka, PhD, MDiv**

Visit taps.org/institute to learn more and RSVP!

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Additional TAPS Resources

- TAPS National Military Survivor Helpline— Phone number: 1-800-959-8277
- Survivor Care Team— <https://www.taps.org/survivorcareteam>
- Grief Counseling— <https://www.taps.org/griefcounseling>
- Casework— <https://www.taps.org/casework>
- Education Assistance— <https://www.taps.org/edu>
- Suicide Loss— <https://www.taps.org/suicide>
- TAPS Magazine— <https://www.taps.org/magazine>
- TAPS Publications— <https://www.taps.org/publications>
- Grief and Loss Education— <https://www.taps.org/institute>
- For Grief Professionals— <https://www.taps.org/professionals>
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