

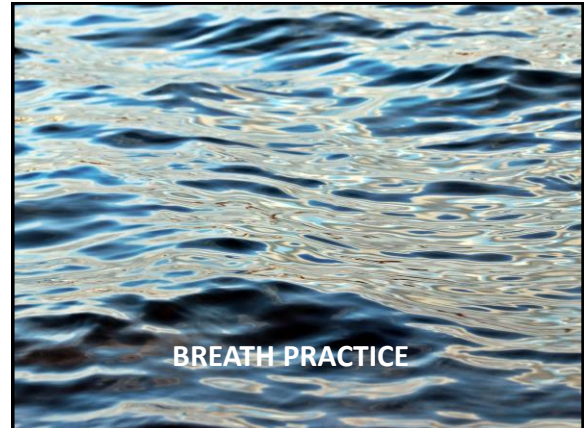
Rest and Restore with iRest Guided Meditation



Linda Chamberlain PhD MPH

Certified iRest Teacher
Capacitar Trainer
Certified HeartMath Practitioner
Safe and Sound Protocol Certificate
Tension and Trauma Release Exercise (TRE) Practitioner
Therapeutic Yoga certification—*in progress because I have a heartfelt mission!*

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Trail Map


- A little science & overview
- Inner Resource and Body-Sensing Micro-Practices
- iRest Meditation (~ 10 minutes)
- Resources and Q & A

EVERYTHING IS AN INVITATION

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Deep Roots in Many Cultures



Mindfulness is paying attention and being present and aware in this moment

Meditation is practices that cultivate awareness and attention, including mindfulness

Umyuancaryaraq: "Reflecting"
Esther Green, Yup'ik Elder, Bethel, AK

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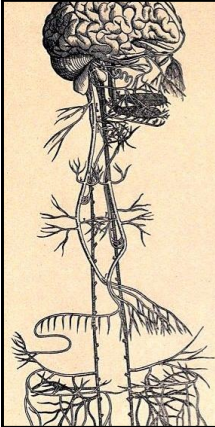
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Benefits of Meditation

- Lower stress levels & prevent burn-out
- ↓ symptoms of depression & anxiety
- Trauma recovery & post-traumatic growth
- Helps with wide range of health conditions including:
 - Hypertension
 - Insomnia
 - Chronic pain
 - Chronic bowel disease (IBS)

Meditation for your Health, Harvard Medical School Special Report, 2021

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What Happens When You Meditate

- Evoke Relaxation Response
- Shifting to Rest and Restore side of nervous system
- Surge of Theta Brain Waves → deep relaxation & insight

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Integrative Restoration


- Trauma-sensitive
 - Choices
 - Process of self-inquiry
- ↳ Body-based → *Somatic Mindfulness*
- Evidence-based
- Combines traditional practice (Yoga Nidra) & relaxation techniques
- Working with emotions, thoughts and beliefs → observer
- Secular and Sacred

iRest

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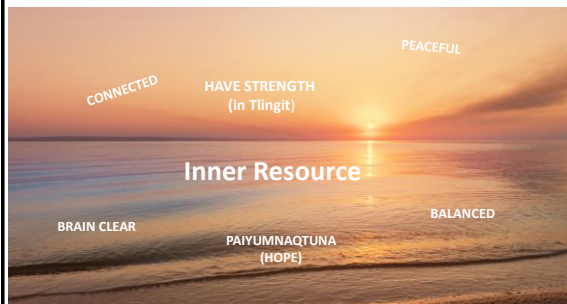
Inner Resource

- Hard-wired into your nervous system
- Feeling vs. thinking
- Use imagery at first
- With practice, becomes a *felt-sense* in your body that you can come home to anytime



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Is there a feeling, word or sensation that came to you?



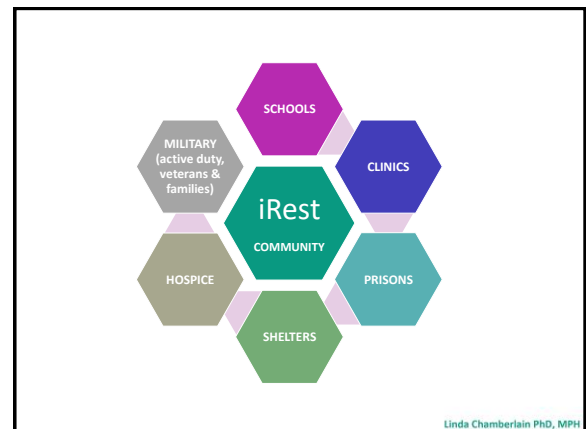
Inner Resource

Inner Resource Handout Linda Chamberlain PhD, MPH

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iRest Toolkit	
Steps	Description
1. INNER RESOURCE	Felt-sense of feeling grounded, at ease
2. HEARTFELT MISSION	Affirming what you want in life
3. SETTING INTENTION	Staying focused, on course
4. BREATH-SENSING	Tuning into the breath
5. BODY-SENSING	Tuning into body's messengers
6. FEELINGS & EMOTIONS	Observing feelings & emotions and how they feel in body
7. BELIEFS	Exploring thoughts & beliefs
8. GOODNESS/GRATITUDE	Innate capacity for joy and well-being
9. AWARENESS	Present-centered and aware
10. INTEGRATION	Part of daily life

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Core Principles

Everything is a messenger

Tend and befriend

Stop judging yourself


Discovering wholeness

Little and often = a lot!

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Intention and Heartfelt Mission



Setting an Intention


Your inner GPS

Supports you, keeps you on course, flowing in the right direction

Your greatest longing/calling
What lights you up
"YES"

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Tuning in with Body and Breath Sensing

Body and breath continually sends "messengers"


- Accessing innate wisdom of body
- Respond before body needs to shout to get your attention

Has your body ever had to shout at you to get your attention?

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"An anxious mind cannot exist in a relaxed body."
Dr. Edmund Jacobson, PMR



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Body-Sensing and Relaxation

"When we are disconnected from our bodies, we are also disconnected from the ability to tune in to the important information being sent from the body to the brain..."

• Deb Dana, *Anchored*, 2021

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Non-Sleep Deep Rest (NSDR)



Next Gen Power Nap → short period is deeply restorative for brain

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iRest Research

- **↓ Anxiety, emotional reactivity and ↑ feelings of relaxation, self-awareness and self-efficacy among veterans with PTSD (Stankovic, 2011)**
- **↓ PTSD symptoms, self-blaming thoughts, depression and body tension for sexual trauma survivors (Pence et al, 2014)**
- **↓ Perceived stress, worry, depression and ↑ mindfulness skills among college students (Eastman-Mueller et al, 2013)**
- **Improved chronic pain management (Nassif, 2014)**
- **Improved sleep (Wahbeh & Nelson, 2019)**

Over 30 studies at www.irest.org/irest-research

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 - Online and live workshops
 - Befriending Your Nervous System: 10 Quick Tools
 - iRest Tools for Working with Emotions
 - Online series for organizations
 - Free Tuesday iRest Pop-ups
- <https://www.irest.org/>
- <https://insighttimer.com/>

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