

Tips for mindfulness

Everyone is an individual, but generally speaking we want to:

- **Window of Tolerance**

- Identifying a window of tolerance, and what sensations, thoughts and triggers push us out of this, can be very helpful

- **Meditation ≠ stillness**

- Meditation and mindfulness come in many forms

- **Helpful for Introception**

- Difficulties with introception, and the integration of our senses and body signals can be different across the neurotypes, and mindfulness encourages this ability

Incorporate sensory soothing and concentrating on sensations of heat/pressure etc

Encourage specific task mindfulness and pick a goal task to be mindful completing

Mindfulness whilst walking can be helpful

Creating a sensory safe place **before** being mindful can help

Promote regular self check ins with bodily needs



Body Scans are valuable for increasing awareness

Offer to **explain** the mechanisms around breathwork and calming sympathetic nervous system

Does the person have a soothing stim? Encourage an exercise of focussing on how this stim feels for a period of time