



# UNALOME LOTUS

FREE MINDFULNESS  
WORKBOOK



FOR STROKE, TBI, LIMITED MOBILITY, &  
CAREGIVERS

Written by  
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## ADDITIONAL RESOURCES & CLOSING

A list of additional mindfulness practices are provided along with some free resource handouts to guide the continuation of your personal practice at home and at Unalome Lotus.





## HOW TO USE THIS WORKBOOK

This workbook is meant as a supportive resource for you to use throughout your stroke recovery and journey. Everything listed here is a suggestion and is up to you to complete it when and how you would like.

You can use the prompts and handouts daily, weekly, or even monthly to help deepen your mindfulness practice and improve your overall wellness.

### QUESTIONS?

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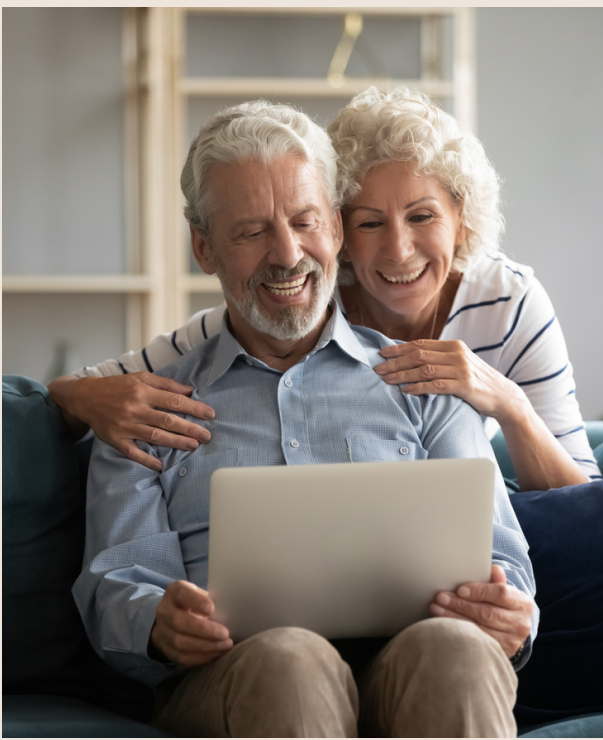
SOCIAL WORKER

## RACHAEL HORNBOSTEL

Hi! My name is Rachael and I am a licensed social worker and yoga instructor. I have my Bachelor's in Psychology from Agnes Scott and my Master's in Social Work from the University of Denver.

I love combining both of my passions to help clients improve their health and increase their quality of life after stroke and traumatic brain injury.





# ABOUT UNALOME LOTUS

Unalome Lotus began when we saw the need for virtual services for stroke survivors, those with limited mobility, aging adults and caregivers. No matter your location or circumstance, you can engage in community and receive physical and mental support with our virtual services from the comfort and safety of your own home.

Our online services include:

- Adaptive Chair Yoga
- 8 Week Mental Wellness Programs
- Individual Life Coaching
- Mindfulness Classes

New classes and programs offerings are to be added throughout the year.

Contact us today to see how we can help you in your recovery and health journey today!



## CHAPTER ONE

# MINDFULNESS

Mindfulness might be a term you've heard used often, especially given the rise in mental health awareness, but what does it mean exactly?

Mindfulness is defined as a state of being fully present and engaged in the current moment, without judgment or distraction. It's a practice that involves intentionally focusing your attention on your thoughts, emotions, and physical sensations in the present moment.

Mindfulness has been proven to have numerous benefits for physical and mental health, and is becoming an increasingly popular tool for managing stress, anxiety, and other mental health conditions.







# THE BENEFITS

One of the key benefits of mindfulness is that it can help reduce stress and anxiety. When you practice mindfulness, you become more aware of your thoughts and feelings, and you learn to observe them without judgment or attachment. This can help you develop a more positive relationship with your thoughts and emotions, which can reduce their impact on your mental and physical health.

This same awareness of the moment and of your thoughts is what make mindfulness helpful for improving focus and concentration. When you are fully present in the moment, you are able to give your full attention to the task at hand without distraction. This can help you be more productive and efficient in your work, as well as improve your ability to learn and retain information.

Mindfulness is a powerful tool for improving your physical and mental health, and can be practiced in many different ways. The next chapters will outline ways to practice mindfulness at home.

# 5 TIPS TO HELP YOUR PRACTICE

Starting a new habit or practice of any kind can be challenging. This is because we often already have a set routine that we follow without much intentional thought or change.

Below are some tips and tricks to help you stay with your mindfulness practice so it becomes a habit.

1) Practice in the same place each time, preferably somewhere comfortable. and relaxing.

2) Anchor your mindfulness practice with something else, like your morning coffee or before you brush your teeth.

3) Pick a mindfulness practice that feels accessible, easy, and interesting to you.

4) Set a time limit for your practice. You can set a timer on your phone or similar device to make sure you don't go over.

5) Start small! Every journey of a 1,000 miles starts with a single step.



## CHAPTER TWO

# MEDITATION

A great mindfulness practice that's easily accessible regardless of your physical location, economic status, or mobility level is meditation.

Meditation is a simple yet powerful technique that can help individuals to achieve a state of relaxation and inner peace by focusing the mind on either a mantra, the breath, or guided imagery.

While meditation has its roots in ancient Eastern spiritual practices, it has become increasingly popular in Western societies due to the potential benefits, with many people incorporating it into their daily routine.





# WHERE TO START

Meditation is more than just clearing your mind to a blank state for minutes at a time. In fact, there are a long list of different types of meditations, each with different goals and potential benefits of practicing each one.

A great meditation for individuals who have experienced a major change in physical or mental health is a Body Scan meditation. This meditation focuses on moving your attention to the different areas of your body and observing the sensations present without judgment or criticism. This practice aims to build acceptance and appreciation for how you exist in the current moment.

Another popular beginner meditation practice is a Breathing-Focused Meditation. This simple practice moves your attention to the inhales and exhales of each breath, again without judgement.

Ready to try? Use the next two pages to follow along a simple meditation practice!



UNALOME LOTUS  
5 MINUTE MEDITATION  
BODY SCAN

BY RACHAEL HORNBOSTEL, LSW

*Find a comfortable seated position, your feet flat on the floor. Settle in your space, letting your muscles loosen with each breath out. If you feel safe, close your eyes, otherwise you can let your eyes land to the floor above your feet in a heavy lidded gaze.*

*Now slowly shift your attention to your legs. Observe all the sensations in your toes, feet, ankles, calves, knees and thighs. You may notice the warmth of your socks or shoes or the weight of your legs on your chair. Or perhaps you don't feel any sensations, and that's ok. Just allow yourself to feel the sensation of not feeling anything.*

*When you are ready, allow your legs to dissolve in your mind's eye and move your attention to your pelvis, your stomach, your back and observe the sensations here. You may notice the rise and fall of your chest or belly as you breath or you may notice the gentle rhythm of your heart beat. If you notice any discomfort, pain or stiffness, don't judge this. Just simply notice it. Observe how no sensation is permanent and how all sensations rise and fall.*

*On your next breath, move your attention and awareness to your arms, your elbows, hands and fingers. Notice the sensations along your shoulders and your neck. You may notice a difference between your left side and right side - do not judge or criticize this observation, but simply notice it. Let go of any stories you have of these sensations or areas.*

*On the next exhale, shift your focus and direct your attention to your head, your scalp, and your face. Notice all the little sensations there. the scalp, head and face. Observe all of the sensations occurring there. Notice the movement of the air as you breathe into or out of the nostrils or mouth. As you exhale, you might notice the softening of any tension you may be holding.*

*And now, let your attention to expand out to include the entire body as a whole. Bring into your awareness the top of your head down to the bottom of your toes. Feel the gentle rhythm of the breath as it moves through the body. As you come to the end of this practice, take a full, deep breath, taking in all the energy of this practice. Exhale fully.*

*When you are ready, open your eyes and return your attention to the present moment. As you become fully alert and awake, consider setting the intention that this practice of building awareness will benefit everyone you come in contact with today.*

UNALOME LOTUS  
5 MINUTE MEDITATION  
BREATHING FOCUS

BY RACHAEL HORNBOSTEL, LSW

*Find a comfortable seated position, either on the floor or on a chair, with your back straight and your feet flat on the ground. Settle in your space, letting your muscles loosen with each breath out. If you feel safe, close your eyes, otherwise you can let your eyes land to the floor above your feet in a heavy lidded gaze.*

*Begin by taking a deep breath in through your nose, filling up your lungs completely, and exhale through your mouth, letting go of any tension or stress.*

*Now, bring your attention to your breath. Simply observe the natural rhythm of your breath, without trying to change it. Notice the sensation of the air moving in and out of your body, and the rise and fall of your chest and belly.*

*If your mind starts to wander, that's okay. Simply acknowledge any thoughts or distractions and gently bring your focus back to your breath.*

*Now, let's try a breathing exercise. Inhale deeply through your nose for four counts, hold your breath for four counts, then exhale slowly through your mouth for six counts. Repeat this cycle a few times, allowing each inhale and exhale to become slower and deeper. As you continue to breathe deeply and slowly, allow your body to relax with each exhale. Imagine any tension or stress melting away from your body, and a sense of calm and peace washing over you.*

*If your mind starts to wander again, simply bring your focus back to your breath and the counting exercise. Allow yourself to fully immerse in the present moment, feeling the sensation of each breath and the peace and calm that comes with it.*

*As we come to the end of this meditation, take one last deep breath in through your nose, filling up your lungs completely, and exhale through your mouth, letting go of any remaining tension or stress.*

*When you're ready, slowly open your eyes and take a moment to notice how you feel. Allow yourself to carry this sense of calm and peace with you throughout the rest of your day. Thank you for joining me in this breathing focused meditation.*



## CHAPTER THREE

# YOGA

Yoga is a mind-body practice that originated in ancient India and has become popular worldwide for its numerous benefits. At its core, yoga is a series of physical postures, breathing exercises, and meditation techniques that are designed to improve overall health and wellbeing.

Some of the benefits of practicing yoga regularly include improved strength, balance, and posture, as well as reduced stress and anxiety. Yoga has also been shown to help lower blood pressure, improve sleep quality, and boost overall immune function. In addition to its physical benefits, yoga also helps cultivate mindfulness and self-awareness, which can lead to greater emotional and mental wellbeing.





# ADPATIVE OPTIONS

Adaptive yoga is a practice that focuses on modifying traditional yoga poses to make them accessible to individuals with physical or mental limitations or disabilities. There are several types of adaptive yoga, each with its own unique approach.

Chair yoga is a popular type of adaptive yoga that involves practicing yoga poses while seated in a chair. This type of yoga is ideal for individuals who have difficulty standing or getting up and down from the floor. We currently offer live chair yoga on Wednesdays!

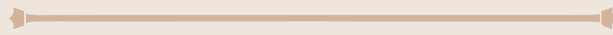
Restorative yoga is another type of adaptive yoga that focuses on slow, gentle movements and poses held for longer periods of time. This type of yoga is ideal for individuals who are recovering from an injury or have chronic pain.

Finally, Yoga Nidra is a great adaptive yoga option that leads students through a guided imagery. This is completed seated or laying down and is great for those looking for a practice without physical demand.

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# CHIAR YOGA POSE CAT / COW

Cat / Cow is a great yoga pose and movement to practice at home to stretch and warm up your back, neck, and chest. This posture is great for stroke, TBI, and limited mobility as it uses slow and gentle movements.



### FIND A SEAT

Rest your feet flat on the ground about shoulder width apart. Keep your spine straight and bend forward so your hands wrap around your knees.

### COW

Inhale to Cow. Lift your head towards the ceiling and bring your heart forward. Pinch your shoulder blades together and reach your sit bones back behind you.



### CAT

Exhale to Cat. Round your spine and drop your gaze down to your lap. Tuck your tail bone and roll your shoulders forward. You'll make a "C" shape.



Move through 5 - 10 cycles of Cat/Cow at your own pace, inhaling as you flow into Cow and exhaling into Cat.



## UNALOME LOTUS

# CHAIR YOGA POSE MARCHING

Marching is a chair yoga posture and movement that works the legs to build strength and endurance. It also strengthens the core which can help with balance and posture.



### FIND A SEAT IN NEUTRAL

Rest your feet flat on the ground about shoulder width apart. Point your toes forward and drop your shoulders from your ears. You can keep your hands in your lap or wrap them around the edge of your chair.

### LIFT KNEE

Inhale and pull right knee towards right shoulder. Press evenly between both sit bones and reach the crown of your head to the ceiling.

### LOWER KNEE

Exhale and slowly lower right knee down, dropping right foot flat to the floor.



### REPEAT

Repeat with your left knee. Complete 3-5 cycles at your own pace.

## CHAPTER FOUR

# BREATHING

Breathing exercises are a set of techniques that focus on controlling the breath to promote relaxation, reduce stress, and improve overall physical and mental wellbeing. These techniques are often used in conjunction with other mind-body practices, such as yoga, meditation, or even with a counselor, but they can also be practiced on their own.

They are a great resource for nearly everyone as they can be done almost anywhere or any time and can help calm your nerves and soothe your body. Some great situations to utilize this mindfulness techniques are when you're nervous (like before public speaking or an appointment) or when you're feeling overwhelmed (like being in a crowded space).





# THE BENEFITS

Physically, breathing exercises can improve lung function, increase oxygenation of the blood, and reduce stress and tension in the body. This can lead to a range of benefits, including reduced blood pressure, improved digestion, and better sleep quality.

Mentally, breathing exercises can help calm the mind, reduce anxiety and depression symptoms, and improve overall emotional wellbeing. By practicing deep, slow breathing techniques, individuals can activate the parasympathetic nervous system, which is responsible for the body's relaxation response. This can help reduce feelings of stress and promote a greater sense of calm and inner peace.

Overall, incorporating breathing exercises into one's daily routine can lead to numerous physical and mental health.



## UNALOME LOTUS

### BREATHING TECHNIQUE

# UJJAYI BREATH

Ujjayi breath is often used during yoga practice. It's great at creating heat in the body and focusing the mind. Here's how to practice on your own!

#### FIND A SEAT

Find a comfortable seated position. Try to sit somewhere with soft lighting and in a location that is quiet and peaceful.

#### FOCUS ON YOUR BREATH

Bring your attention to your breath, resuming a normal breathing pattern. Breath in through your nose and out through your mouth.

#### CONSTRICT THE BACK OF YOUR THROAT

On your next exhale, gently constrict the back of your throat so you make an audible hissing sound as you breath out.

#### REPEAT

Repeat this gentle ujjayi breath as much as feels good in your body! We recommend practicing for a minute each day and building up more time each day.

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### BREATHING TECHNIQUE

# BOX BREATHING

Box Breathing is an great way to calm both your mind and your body. You can use this technique when you're feeling nervous, anxious, or just when you want to relax.

#### FIND A SEAT

Find a comfortable seated position. Try to sit somewhere with soft lighting and is quiet and peaceful. Turn your attention to your breath, finding a comfortable breathing pattern.

#### INHALE FOR 4 & HOLD FOR 4

Breath in through your nose or mouth for a count of 4. Go at a comfortable pace for you, making sure you stay consistent in your counting. Now hold your breath for a count of 4.

#### EXHALE FOR 4 & HOLD FOR 4

Gently and evenly exhale for a count of 4, keeping the same rhythm in your counting. Now hold your breath for a count of 4.

#### REPEAT

Repeat this box breathing for 1 to 5 minutes until you feel calm and settled. You can practice this every day or as often as feels good!

## CHAPTER SIX

# ADDITIONAL TECHNIQUES

There are plethora of mindfulness practices available, with both free and paid options and resources. Here are a few options we recommend:

- Take a Nature Walk
- Keep a Thoughts or Gratitude Journal
- 5 Minute Mindful Observation
- Do Something you Love
- Mindful Eating
- Mindful Communication
- Loving Kindness Meditaiton





# UNALOME LOTUS

DATES :

MOOD :

# DAILY JOURNAL

YOUR THOUGHTS

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GOALS

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TO DO LIST

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# GRATITUDE JOURNAL

DATE : \_\_\_\_\_

## MORNING ROUTINE

Before you start your day, write a list of 5 things you're grateful for

1	
2	
3	
4	
5	

## EVENING ROUTINE

List three obstacles and what you're learning from them.

	OBSTACLES	WHAT I AM LEARNING
1		
2		
3		

## REFLECTION

The best part of my day (Choose one moment of your day that made you happy).

# SELF ESTEEM JOURNAL

DATE : \_\_\_\_\_

MOOD : \_\_\_\_\_

MON	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>
TUE	<p>Today I accomplished...</p> <p>I had a positive experience with...</p> <p>Something I did for someone...</p>
WED	<p>I felt good about myself when...</p> <p>I was proud of someone else...</p> <p>Today was interesting because...</p>
THU	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>
FRI	<p>Today I accomplished...</p> <p>I had a positive experience with...</p> <p>Something I did for someone...</p>
SAT	<p>I felt good about myself when...</p> <p>I was proud of someone else...</p> <p>Today was interesting because...</p>
SUN	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>



## UNALOME LOTUS

# 5 MINUTE MINDFULNESS: OBSERVATION

Find a comfortable seat, perhaps by a window or somewhere with a view. Begin by taking a few long and deep breaths, allowing your thoughts to settle. Then list out as many observations from the five sense listed below as you can.

Don't think too deeply, just write!

Sight:

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Sound:

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Touch:

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Smell:

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Taste:

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5 MINUTE MINDFULNESS:  
**GRATITUDE**

Practicing gratitude has been shown to help with blood pressure  
and over mood.

To practice gratitude, write down 5 things you're thankful for in  
your life. Try to be descriptive!

1)

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2)

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3)

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4)

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5)

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## CONCLUSION



# CONGRATULATIONS ON FINISHING THE WORKBOOK!

By taking the time to reflect on your personal wellness journey, you have taken a crucial step towards improving your overall health and wellbeing. Remember that wellness is not a destination, but rather an ongoing journey. It is important to continue to practice self-care and make healthy choices in your daily life. Whether it's through exercise, healthy eating, mindfulness, or other wellness practices, make a commitment to prioritize your wellbeing.

No matter where you start, small and consistent changes can add up to significant improvements over time. Keep moving forward, stay positive, and continue to prioritize your physical, emotional, and mental health.

We're always here to help! Reach out today to see how we can help guide you in personal growth and wellness with our virtual services and classes.



**NEED MORE INSIGHT &  
SUPPORT?**



## **8 WEEK WELLNESS PROGRAM**

Looking for a more in-depth exploration into your wellness and expanding your self-awareness?

Our 8 Week Wellness program is the perfect way to build resiliency and improve your mental and physical health.

Make the first step to improve your life and contact us to get started with a personalized wellness program today!

**720.505.4015**

**Info@UnalomeLotus.com**