

**Brief Mindfulness Script Utilized in “Navigating Collective
Trauma as a Mental Health Professional”**

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To start, I would like to invite you to get comfortable wherever you are. Whether you are sitting or standing, make yourself comfortable. As you begin to relax and get comfortable, begin to take some deep breathes. Allow yourself to be present in this moment with yourself, not worrying about what you have to do after this presentation, or what stressors or tasks are pulling on you, but instead being here with yourself now. Being here is enough.

Breathe in, and out, as you become more and more relaxed. As you continue to breathe, begin to scan your body. As you meet yourself where you are right now, scan your body. Do you find any tension throughout your body or pain? Perhaps you notice that your shoulders feel stiff and tight. Or perhaps you notice that you are dealing with pain somewhere in your body. Whatever it is that you notice, give yourself a minute to recognize the sensations in your body, recognizing it with empathy and kindness, asking your body what it is trying to tell you, and continuing to breathe in this moment, accepting where you are, and being present with yourself.

Continue to breathe in this moment, making space for you. As you come to a close in this time, take 3 deep breaths, breathing in, and out. And with each breathe, breathing in empathy, kindness, and acceptance, and breathing out whatever burdens you are carrying.