

---

# INCORPORATE MINDFULNESS INTO YOUR 40-MINUTE OT SESSIONS

---

- Begin the session with 10 minutes of mindful breathing. Encourage the client to sit comfortably, close their eyes, and focus on their breath. Guide them to notice the sensation of the air entering and leaving their nostrils, the rise and fall of their chest, and the gentle expansion of their abdomen. Remind them to let go of any distracting thoughts and return their focus to their breath whenever their mind wanders. This practice helps calm the mind and sets a peaceful tone for the session.
- Spend 10 minutes guiding the client through a session of guided imagery. Ask them to imagine a peaceful and relaxing environment, such as a beach, forest, or meadow. Describe the scene in vivid detail, including the sounds, smells, and textures. Encourage the client to visualize themselves in this setting, fully immersed in the sensory experience. This technique can reduce stress and promote relaxation.
- Do a 10-minute body scan meditation at the beginning or end of your session. Have the client lie down or sit comfortably with their eyes closed. Guide them to focus on different parts of their body, starting from the toes and moving up to the head. Ask them to notice any sensations, tension, or areas of relaxation. Encourage them to breathe into any areas of tension and release it with each exhale. This practice promotes body awareness and relaxation.
- Engage in 10 minutes of mindfulness meditation. Encourage the client to sit quietly and observe their thoughts and feelings without judgment. Remind them to return their focus to their breath whenever their mind wanders. This practice can improve attention, emotional regulation, and overall mental well-being.
- Conclude the session with 5 minutes of reflective journaling. Provide the client with a journal and ask them to write about their meditation experience, any thoughts or feelings that arose, and any insights they gained. This helps reinforce the mindfulness practice and provides a valuable opportunity for self-reflection.

- Incorporate gentle stretching exercises into the session. Spend a few minutes guiding the client through slow, mindful stretches, encouraging them to focus on the sensations in their muscles and joints. This can enhance flexibility, reduce tension, and promote relaxation.
- Introduce a gratitude practice by asking the client to think of three things they are grateful for. This can be done silently or shared aloud. Focusing on gratitude can improve mood and foster a positive outlook. Each client can be given a journal to keep in the clinic so it can remain safe and confidential.
- Practice progressive muscle relaxation by guiding the client to tense and then release different muscle groups in their body. This technique can help reduce physical tension and promote a sense of relaxation.
- Incorporate mindful walking if space allows. Guide the client to walk slowly and mindfully, paying attention to the sensation of their feet touching the ground and the movement of their body. This can enhance body awareness and mindfulness.
- Use mindful eating if appropriate. Provide a small snack and guide the client to eat it slowly, savoring each bite and paying attention to the taste, texture, and aroma. This practice can enhance mindfulness and appreciation for the present moment.
- Include a session of loving-kindness meditation, where the client silently repeats phrases of goodwill towards themselves and others. This practice can enhance feelings of compassion and connectedness.
- Offer the client a chance to engage in mindful coloring or drawing. Provide coloring books or blank paper and encourage them to focus on the process of creating without worrying about the outcome. This can be a relaxing and meditative activity.
- Incorporate aromatherapy by diffusing calming essential oils, such as lavender or chamomile, during the session. Encourage the client to focus on the pleasant scents and their effect on their mood and relaxation.