



Sexual Life Improvement.

~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.

Mindful walking	Walking slowly feeling all four corners of the feet integrating inhalation and exhalation with each step of each foot.
Mindful eating	Touch, smell, and look at food prior to eating noting the textures, colors, and scents of the food. Place food in mouth and feel texture of food without chewing. Chew food for at minimum 30 chews.
Mindful showering	Standing still under the shower stream for a minimum of three minutes. Breathing into the sensation on the body as the water washes over the body.
Mindful car parked presence	Once parked at destination (work, grocery store, home, etc.) spend three minutes on three distinct body areas. First, notice sensations of bottom of thighs against the car seat, then notice the sensations of the buttocks on seat and then direct attention to the sensations of the back against the seat.
Mindful breath counting	Seated meditation for three minutes with eyes closed counting one for the first in breath, two for the out breath and so on until thought emerges and once one recognizes mental content is present returning to the beginning of the count with focus on the breath.
Mindful phrase repetition	Seated meditation for three minutes with eyes closed repeating a phrase that focuses the attention on breathing. For example, "I am breathing now" would be a functional phrase for this choice. Begin with breathing in the word "I" and breathing out with word "am" and breathing in with the word "breathing" and breathing out with the word "now".
Mindful seated meditation	Sit comfortably on the floor with legs crossed in Indian style. For three minutes remain seated without movement as the breath flows in and out of the body. Notice when thoughts emerge and breathing fades into the background bringing attention back to the breath.
Mindful body scan	Lying in a comfortable position begin with breathing into the soles of the feet, then progressively bring attention and breath to the ankles, shins, calves, thighs, buttocks, genitals, lower back, abdomen, upper back, chest, shoulders, neck, face, and top of head. Plan for 30 minutes.
Mindful pillow breathing	Laying on your back place a pillow on the lower abdomen. Watch the pillow rise and fall for three breaths to ensure lower

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shelley@sexuallifeimprovement.com
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	abdominal breathing. Repeat the rise and fall of the breath for a minimum of three minutes.
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