Hannah Borstad

**Module 3 Video Reaction Paper**

**Question 1**

 First of all, I loved this video. The ideas expressed in the video and between clients truly revealed the power of the mind over all areas of human life. The members in the video about women with breast cancer started off skeptical about the group and not fully invested in the process. As they grew in comfort with one another, they were able to let go of their fears and truly express themselves in the group. The therapists used moments like the loss of one of the group members to encourage them to grieve their own lives. They showed resilience by suffering the loss of a group member and still continuing to hope for their futures and for one another. They used the encouraging words of the lost group member to realize that their own lives are meaningful, and they should embrace the moment in which they are living.

**Question 2**

 The first portion of the video discussed meditation in a hospital setting. The practice utilized Eastern mindfulness practices to help people with chronic pain. I had not considered using mindfulness as a regular practice with groups. This video really changed my perspective. I realized that I practice regular mindfulness activities but did not think of them as a part of a healing journey. Since watching this video, I have already encouraged several clients to try using mindfulness techniques to help with their anxiety. Mindfulness may be considered an Eastern practice, but it is actually a Christian practice as well. So, it aligns well with my beliefs.

**Question 3**

 I have already integrated these ideas into my work. I spoke with multiple clients this week about their mental health and practices that could help them. I encouraged them to take opportunities to learn more about mindfulness using Youtube or just by taking walks and observing nature. I think taking time to be truly present in your mind and body at a given moment is so powerful for healing. Similarly, I think diaphragmatic breathing is so helpful for anxiety and pain. We need oxygen for our bodies and minds, yet we too often take short breaths or don’t realize we are holding our breath when in a state of anxiety.