



Neurodiverse Mindfulness Practices

Who benefits from non-traditional mindfulness practices?



01

Sensory
Sensitives

02

Austistics/
ADHDers

03

Chronic Pain/
Trauma/Anxiety

Benefits of Mindfulness



- Lowers blood pressure
- Improves sleep and digestion
- Reduces chronic pain
- Relieves stress
- Regulates Nervous System

Benefits of Mindfulness



- Clarity
- Calm
- Compassion
- Creativity
- Communication

Mindful Misconceptions

Must involve stillness
and silence

Must involve quieting
the mind

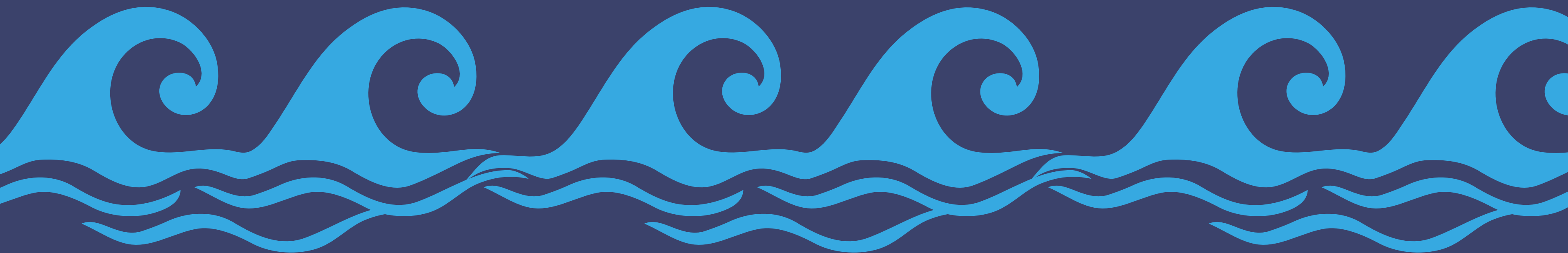
Must be done as a
spiritual practice

Nervous System Basics



- Regular Stress Cycle
- Sympathetic and Parasympathetic
- Vagus Nerve

Regular Stress Cycle



Nervous System Elements

Sympathetic

Fight, Flight, Freeze



Parasympathetic

Rest and Digest

01

Brain
To
Body

02

Easy
To
Access

The Vagus Nerve



Daily Mindful Practices



01

Consider what you need
that specific day

- movement or stillness
- soothing or strengthening
- meeting yourself where you're at

02

Consider using what you
have at hand

- sound, objects or fidget tools
- calming movements
- nature, pets, people

Guided Meditation Series

Your body



Your choice

Connect with Danette

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