

## **Suggested Guidelines for Awareness and Relaxation Techniques in SMART Recovery® Meetings**

- 1) To be used either at the end of a meeting or as that day's "Tool/Technique" rather than at the beginning of a meeting or incorporating this into the structure of the meeting in a regular way.
- 2) Use of these techniques is optional for both facilitators and participants. It's suggested to introduce them slowly, with the participation and consent of the participants. Therefore, using them no more than 1x monthly seems reasonable, although a group might decide to do this more or less often after a trial period.
- 3) For our purposes as non-professional volunteers in SMART Recovery, these techniques as are better described as experiences that increase the capacity for self-awareness or relaxation rather than "mindfulness" or "meditation," which can have technical definitions, require high levels of skill and training, and can refer to professional therapeutic practices.
- 4) Further instruction is available on the website, please direct participants to review what is there (various techniques and references will be posted in coming months - some material is already there).
- 5) We suggest participants try several techniques, and choose one or more for practice, as an important aspect of lifestyle balance (we have multiple encouragements to "speed up" but not many to "slow down").
- 6) Just as we encourage enough sleep, good nutrition, and regular exercise, but we don't do these activities in meetings, similarly, we don't devote much meeting time to awareness or relaxation techniques but consider this type of experience highly valuable in recovery.
- 7) It is expected that some participants will find these techniques useful for coping with urges and emotional upsets, among other benefits.