

TAPS
Institute for Hope and Healing

MINDFULNESS AS YOUR SUPERPOWER

Heather Stang, MA, C-IAYT
Founder, Mindfulness & Grief Institute

Jill Harrington-LaMorie, DSW, LCSW
Lead Editor, Superhero Grief: The Transformative Power of Loss

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Human Storytelling

Part of our modern mythology

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Superhero Origin Stories

- Involve stories rooted in love and the traumatic loss of a loved one
- Their grief is what clearly propels their transformative process


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What Lessons Can We Learn from Superhero Grief and the Transformative Power of Loss?

“It is not that the superhero is impervious to loss and grief; it is through their process that we can learn lessons of profound pain, survival, transformation, and growth.”

(Harrington, 2021, xviii)



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Vulnerabilities and Flaws



Stories written by humans for humans

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Strengths

Archetypes we Can identify with as they Emerge and Live with Loss. Like all who are bereaved - sometimes they wear masks to hide their identity.

- **The Hulk**
 - Scientist, learns to control anger
- **Superman**
 - Super strength, fights for justice, protective
- **Wonder Woman**
 - Loves deeply, brave, strong, just (demi-god)
- **Batman**
 - Human – brilliant detective skills, beacon of hope
- **Iron Man**
 - Engineer with super suit for powers and protection
- **Captain Marvel**
 - Brave, strong, just, stubbornly picks herself up when knocked down

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Lessons in Loss: Our Human Powers

EVERYONE HAS A SUPERHERO INSIDE THEM JUST WAITING TO BE DISCOVERED.

- Learn that we are both vulnerable and strong
- Learn to be our own hero in our journey with grief
- We may not be able to fly, leap tall buildings, or change time. With an imaginary cape, nurture our inner light, to discover our own human powers for inevitable periods of darkness (self-compassion, forgiveness, patience, acceptance) – to bring the light of hope & healing.

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Mindfulness as Your Grief Superpower

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Mindfulness Is....

A style of meditation that emphasizes present moment awareness through direct sensory experience.

A state of mind you can access at any time to gain clarity, insight, and equanimity, while freeing yourself from habitual responses.

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Benefits of Mindfulness

- Boosts your immune system
- Improves cardiovascular health
- Shrinks your stress center (amygdala)
- Decreases anxiety and depression symptoms
- Rewires your brain to improve attention
- Increases emotional regulation
- Improves interoception (spidey-sense!)
- Reduces physical side effects of grief



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Dr. Strange: A Case Study In Mindful Transformation

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"Mindfulness is the superpower of presence. It's an attitude that can be accessed any time by focusing your attention on *this* moment without clinging to or pushing away any one experience. When you are mindful, you witness the natural ebb and flow of your experience as it unfolds, through what you see, hear, feel, taste, and smell. Thoughts are a part of the experience, too, but rather than engaging with their content, you simply notice that you are thinking."

Heather Stang in "Mindfulness As Your Grief Superpower"
Superhero Grief (p. 235, 2020)



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"I Am My Own Superhero" Meditation

Step 1: Choose your posture
 Step 2: Set an intention for self-compassion
 Step 3: Sharpen your focus
 Step 4: Open your awareness
 Step 5: Rest and reflect

Heather Stang in "Mindfulness As Your Grief Superpower"
Superhero Grief (p. 236-7, 2020)



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Get Free Guided Meditations at
 MindfulnessAndGrief.com

Heather Stang, MA, C-IAYT
 Author, *Mindfulness & Grief*
 & *From Grief To Peace*

MindfulnessAndGrief.com
 heather@mindfulnessandgrief.com



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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.




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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).

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Upcoming TAPS Institute Programs

February 9 **Wellness Techniques for Reducing Stress and Anxiety**
Live Webinar, Noon-1:00 p.m. ET
Neil Goodman, Mindfulness and Meditation Instructor

February 23 **Understanding the Federal Long Term Care Insurance Program**
Live Webinar, Noon-1:00 p.m. ET
Hunt Kerrigan, Colonel (Ret), Leader, New Hampshire Military Coaching Alliance
and Lisa J. Roussel, CLTC, LTCP, Account Manager, FedPoint

Visit taps.org/institute to learn more and RSVP!

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