

# A Taste of Mindfulness

*Quick and easy self-care practices*

# What if I offered you a simple way to...

- ▶ Increase your focus and concentration
- ▶ Decrease feelings of Stress
- ▶ Help relax you
- ▶ Increase feelings of contentment
- ▶ Help you connect and understand patients, co-workers and family better
- ▶ May even help you Sleep better!
- ▶ And it's free and portable

# Today we'll cover ...

- ▶ What mindfulness is and what it isn't.
- ▶ Highlight the benefits of mindfulness
- ▶ Give you a few “tastes” of different types of easy practices you can start right away.
- ▶ Provide you with ways to continue on your own.

# Mindfulness defined: Jon Kabat-Zinn

“Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non-judgmentally”

- ▶ “paying attention” can include focus, concentration, awareness.
- ▶ “on purpose” means deliberately, with intention
- ▶ “in the present moment” is right now, not the past or the future
- ▶ “non-judgmentally” means without applying labels such as good or bad, right or wrong

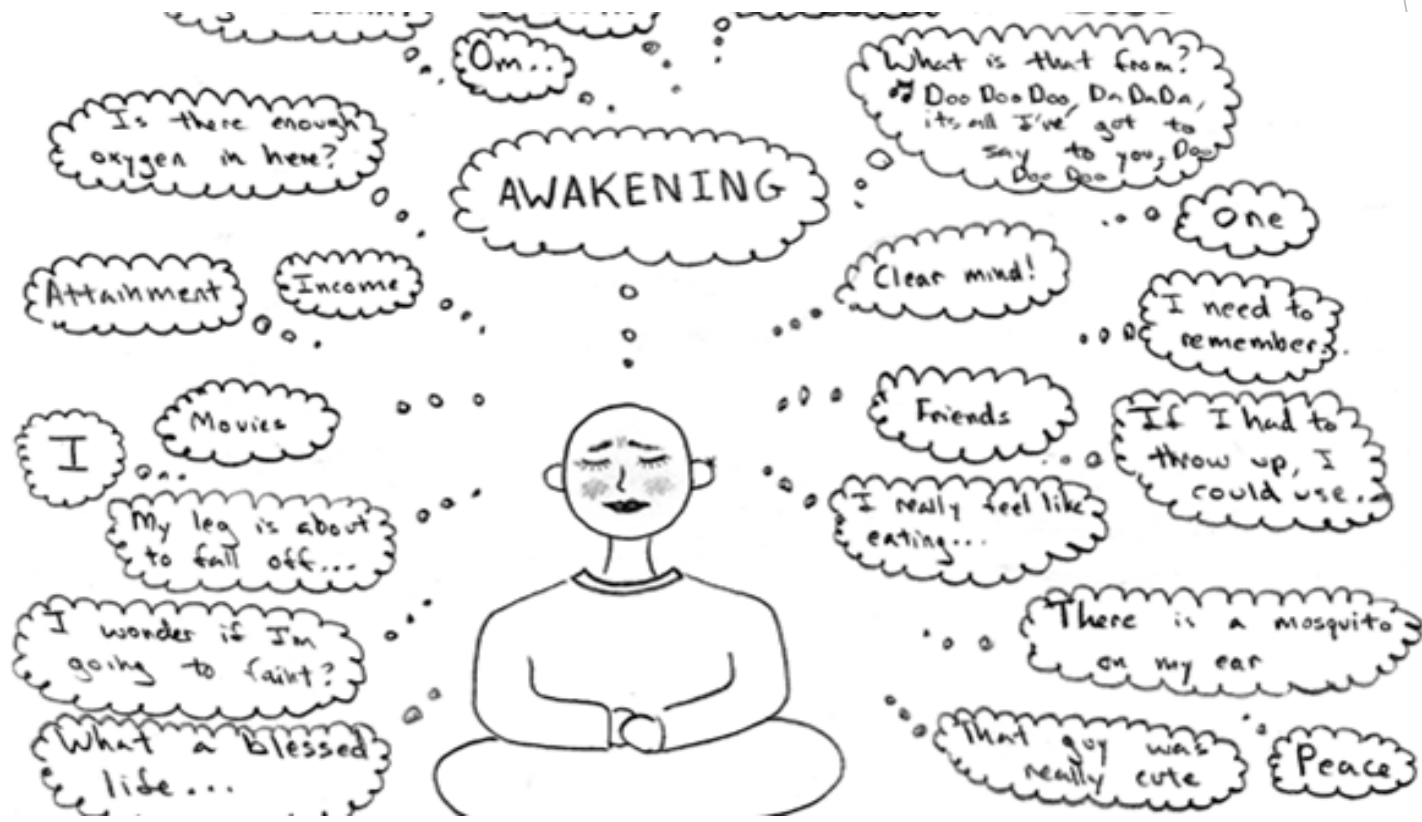


- ▶ Mindfulness + Presence of Heart  
= Kindfulness

# Brief Videos

- [Why Mindfulness is a Superpower](#)
- [Meditation 101: A Beginners Guide](#)
- [Mindfulness is not a crystal ball](#)





## Sitting Meditation

# What Mindfulness is not...

## Jon Kabat-Zinn

- ▶ Not relaxation spelled differently
- ▶ Not just a collection of techniques
- ▶ Not about trying to get anywhere else or achieve something special

## Deepak Chopra - MYTHS

- ▶ You have to quiet your mind or stop your thoughts or empty your mind
- ▶ It takes years of dedicated practice
- ▶ Don't have enough time
- ▶ I will lose my competitive edge



Being Alert & Relaxed  
Not Alert and **Stressed**

Think  
Clearly

Return to focus

Being not Doing

FITNESS for the BRAIN

Being Engaged in the Moment

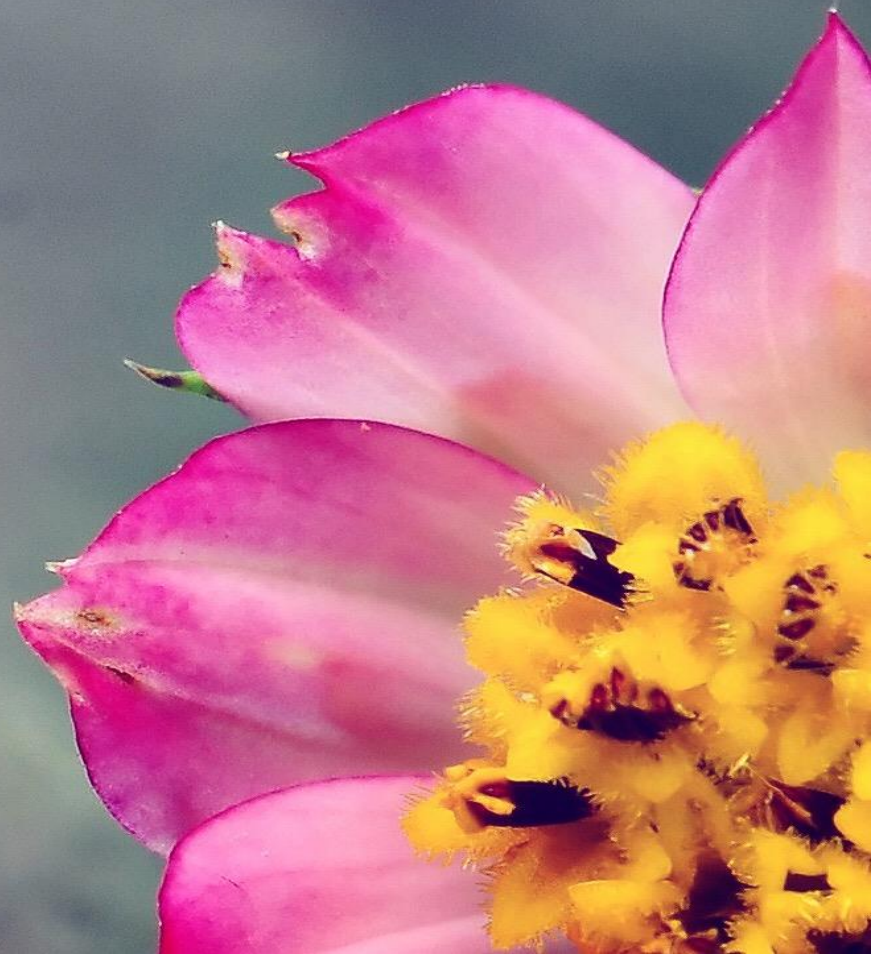
**FLOW**

Step out of Autopilot

Once we see clearly  
what 's going on  
in the moment  
we can choose  
how to act on  
what we're seeing



*Sharon Salzberg*







## Body Scan





# Benefits Of **MEDITATION**



Reduces pain and enhances the body's immune system.



Reduces feelings of depression, anxiety, anger and confusion.



Increases blood flow and slows the heart rate.



Provides a sense of calm, peace and balance.



Helps reverse heart disease.



Helps control thoughts.



Increases energy.



Reduces stress.



- ❑ Increased attention and focus
- ❑ Improves job performance
- ❑ Actual changes in the brain
- ❑ Reduces cellular aging
- ❑ Better sleep quality
- ❑ Can help with weight management

# Everyday Mindfulness



- ▶ **Routine activities:** Hand washing, hand cream...routine activities you do everyday, doing the dishes, getting in the car, starting it, putting your seatbelt on, shampooing, brushing your teeth, walking the dog...

- ▶ **3 Breathes for a Pause - Mind/Body/Heart (handout)**

- ▶ Mindful Eating

# Mindful Self-care Practices at Work

- ▶ Before you hit send or save take a deep breath and then re-read email/notes from the receivers view.
- ▶ Use a password that reminds you to be mindful.
- ▶ Breathe mindfully while logging in and waiting for computer to boot up.
- ▶ Mindful walking – every time you walk somewhere, pay attention to your walking, how your body feels from your feet on up.
- ▶ Send yourself a reminder on your calendar or phone. Use a smartphone app such as Insight Timer that sends reminders.
- ▶ Anytime you find yourself standing in line or waiting, notice your body, your posture, the contact your feet make with the floor. Tune into your breathing.
- ▶ Simple stretches of the neck, shoulders, arms, hands, wherever you feel tension. Do it mindfully and don't forget to breathe!

# Building a Practice of Your Own

- ▶ [Mindfulness page on this website.](#)
- ▶ Take Mindfulness Based Stress Reduction class
- ▶ Make a commitment and a plan
- ▶ Get a Mindful Buddy
- ▶ Sign up for regular email eTips



# Take this test

- ▶ *If you can sit quietly after difficult news...*
- ▶ *If in financial downturns you remain perfectly calm*
- ▶ *If you see your neighbors travel to exotic places without a twinge of jealousy...*
- ▶ *If you can happily eat whatever is put on your plate...*
- ▶ *If you can love everyone around you unconditionally...*
- ▶ *If you can always find contentment just where you are...*
- ▶ *You are probably....*



A Dog...

# Seriously, why do this? Who's got the time!!

- ▶ This will help you relate to Stress (and Life!) in a different way.
  - ▶ Challenge your beliefs about stress.
  - ▶ Step back and view stress from a different perspective.
  - ▶ Pause and respond rather than react.
- ▶ Be less distracted and more focused.
- ▶ Live life as if it really mattered! In the present moment.



*Thank You - Be well and be mindful!*