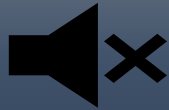


Welcome to the Mindfulness Workshop!

We will wait a few minutes for others to join



The format of the class will be instructional; thus, you will be muted throughout.



Join the audio by pressing the headphones symbol



If you would like to answer a question or interact with the presenter, type your message or comment in the chat box (you can select for the message to be routed directly to the presenter).

Behavioral Health consultant

Clinical psychologist/Behavioral health consultant in your doctor's office.

Mental Health: anxiety, depression, grief, adjusting to life

Health Goals: exercise, eating healthy, better sleep, following Dr's treatment plans

Short-term (1-6 visits for 30-minute appointments)

I can provide referrals or consult with your doctor regarding your needs

Main purpose: make sure we're taking care of you, body and mind!

Thank you for coming!

Objectives:

Three states of Mind

What mindfulness is

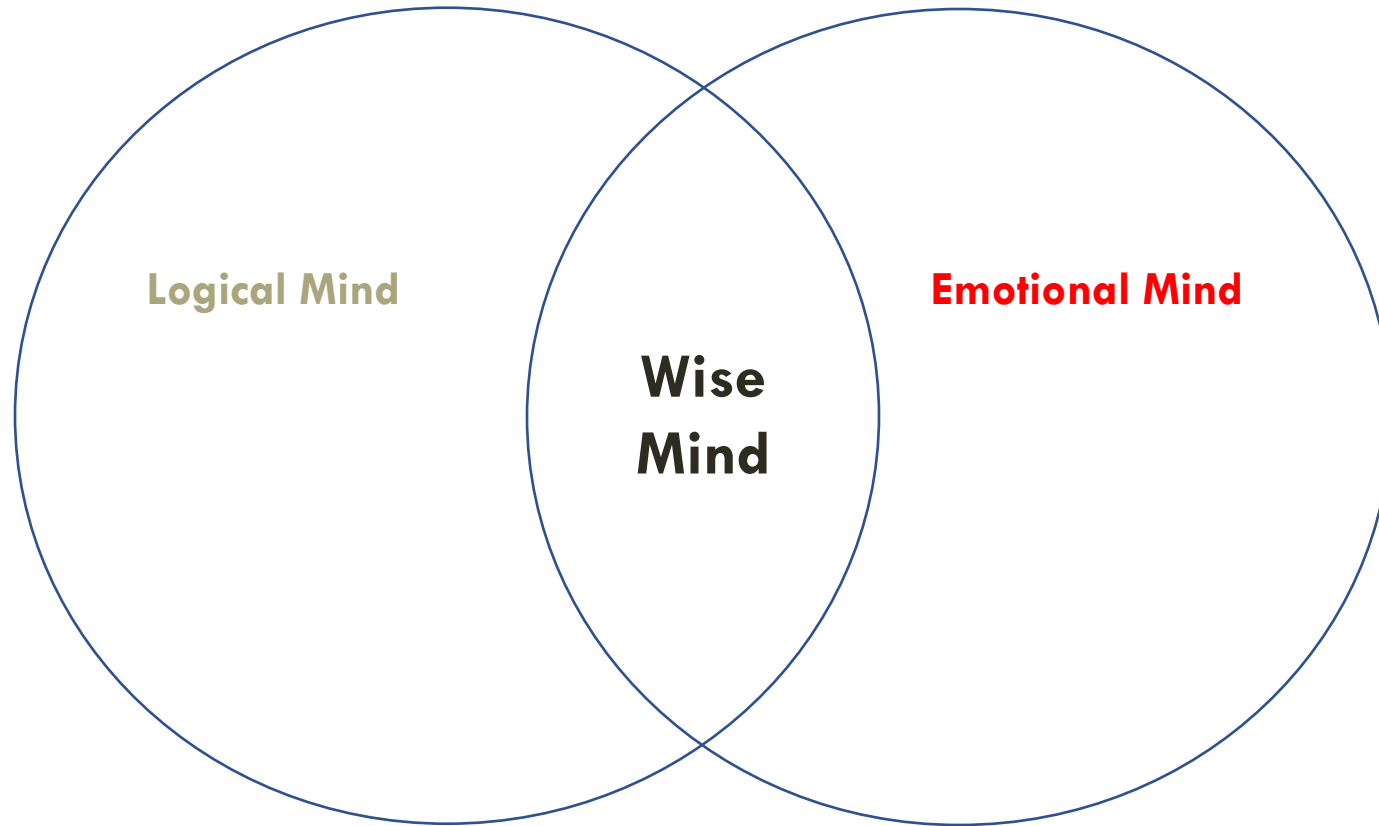
What mindfulness is not

Benefits

Fundamentals

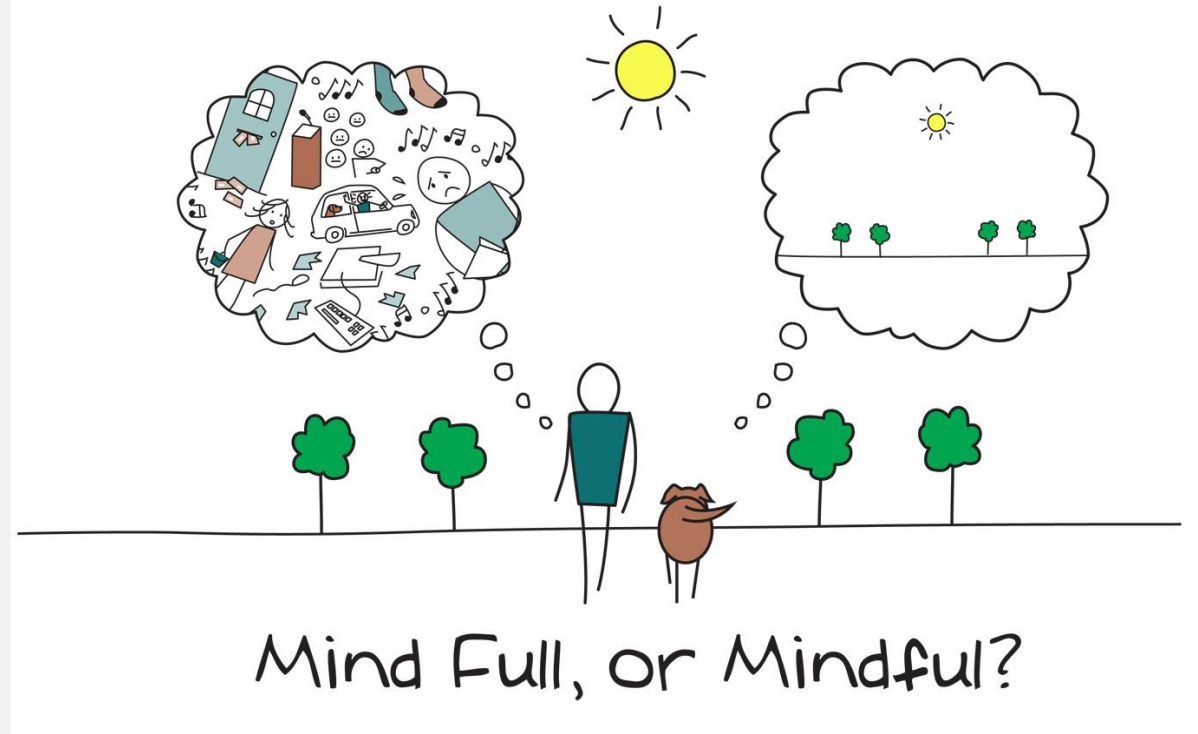
Mindfulness practices

The Wise Mind



What is Mindfulness?

- Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. (Mindful.org)
- Being aware of what's happening: paying attention to your present experiences and your internal and external experiences. This includes your physical, mental, and emotional experiences.
- Mindfulness is the opposite of automatic pilot mode. It is about experiencing the world that is firmly in the 'here and now.' This mode is referred to as the being mode. It offers a way of freeing oneself from automatic and unhelpful ways of thinking and responding.
- It's all about being curious and kind to the emotions and thoughts we have.



What isn't mindfulness?



Fixing yourself or your thoughts



Stopping your thoughts or ruminating on them



It's not an escape/distraction: mindfulness is not achieved from watching TV scrolling through Social Media, etc.



It's not tied to a specific faith or creed: it can be practiced by anyone!

Benefits of Mindfulness:

Research has indicated:

- Reducing physical and emotional suffering
- Reducing anxiety and depression
- Improving physical healing, immune response, and stress reactivity
- Improving interpersonal relationships and overall sense of well-being
- Increasing self-acceptance and self-control
- Increasing activity in the areas of the brain related to happiness and calmness

7 Things Mindful People Do Differently

1

Approach everyday things with curiosity
—and savor them

Forgive their
mistakes—
big or small

2

3

Show gratitude for
good moments—and
grace for bad ones

Practice
compassion and
nurture connections

4

5

Make peace with
imperfection—
inside and out

Embrace vulnerability
by trusting others—
and themselves

6

7

Accept—and
appreciate—that
things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*

Fundamentals of Mindfulness:

- Observing: noticing and observing your environment using your senses.
- Describing- describing in your head, out loud, or on paper the different details of your environment.
- Participating fully: being fully engaged in the practice of mindfulness and the activity you are participated in.
- Being non-judgmental: practicing self-compassion in the face of negative thoughts or unpleasant emotions, letting go of negative perceptions.
- Being one-mindful: sustained attention on the present moment and developing concentration.



OBSERVING



DESCRIBING



PARTICIPATING
FULLY



BEING NON-
JUDGMENTAL



BEING ONE-
MINDFUL

Mindful breathing/Body Scan

Progressive Muscle Relaxation

Practice using five senses to observe

Practice describing objects non-judgmentally

Mindful listening

Mindful observing

Guided imagery

Thought defusion

Benefits to deep breathing

- Shifts attention
- Reduces muscle tension
- Breathing into bottom lobe of lung
- Reduces heart rate
- Settles stomach
- Activates our bodies natural relaxation response



Whatever happens, *this* is your experience!

Try to let go of expectations

If your mind wanders, note the thoughts, let them pass, return to your practice

If you have overwhelming emotions, focus on your breathing



DEEP BREATHING



Expand awareness



Acknowledge the presence of your difficult thoughts and feelings and at the same time notice what you see, hear, touch, taste, smell.



This is NOT to distract from pain; but to notice that in addition to pain there is a lot happening here in the present moment; there is so much more present than these difficult thoughts and feelings that are currently dominating awareness.

Dropping the anchor

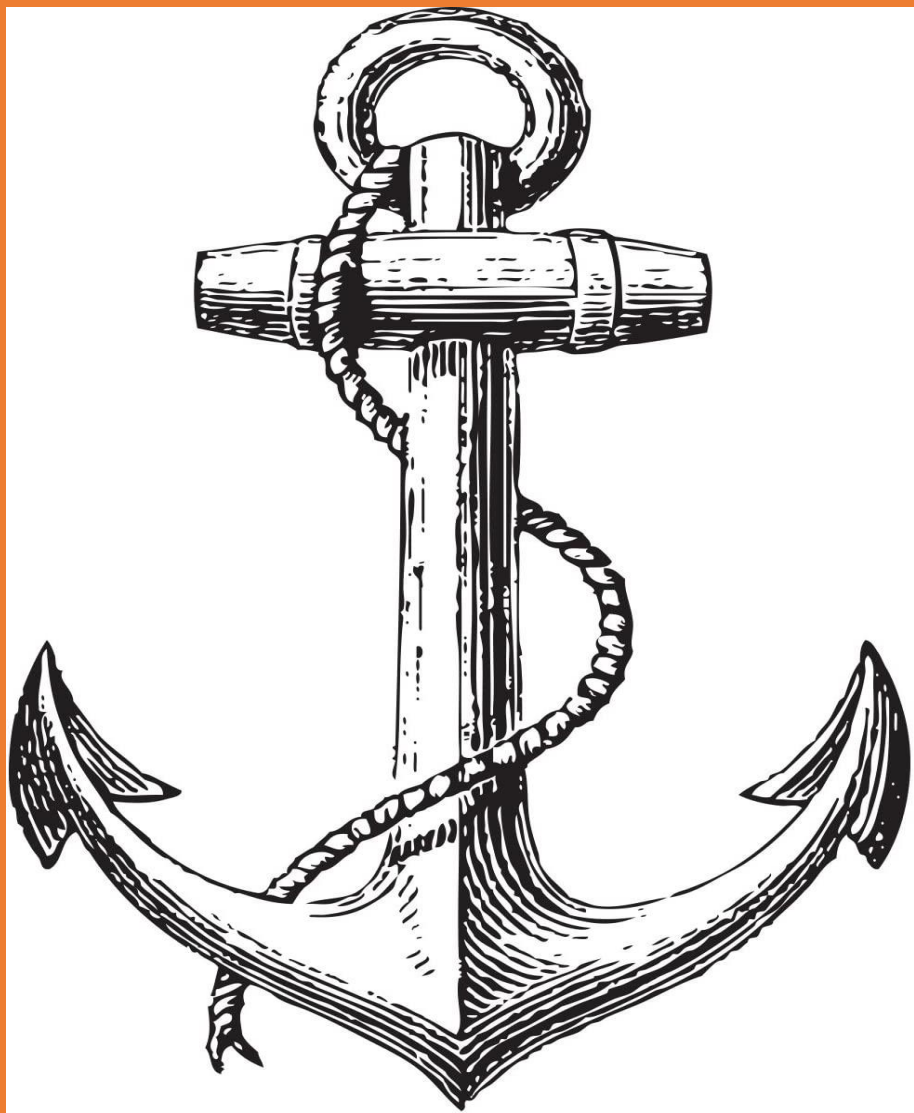
“Dropping an anchor won’t make the storm go away; it will just hold you steady until the storm passes.”

- The storm may pass quickly, or it may pass slowly, or it may even get worse before it gets better. The anchor holds you steady during this time, so the storm doesn’t sweep you away

Russ Harris

Dropping the anchor

- Just to be clear – the 'emotional storm' refers to all the difficult thoughts, feelings, emotions, memories that you are fused within this moment. Anchors are anything else that is here in the present moment, that is not a part of the storm.
- Anchors can include what you see, hear, touch, taste, smell; your breathing; your body posture; what you are doing with your arms and your legs, and so on. Basically, anything that can help you to stay present, stay grounded, stay in contact with where you are and what you're doing, can be an anchor in the midst of your emotional storm.



Dropping the anchor

Be seen. Be heard. Be healed.™

Dropping anchor meditation



Body scanning



Exert self-control over physical action

- Move, stretch, change posture, sit upright, stand up, walk, sit down, breathe differently, push feet into the floor, push hands into the chair, push fingertips together, drink water, hug yourself, massage a tense spot, etc.



- Often, we don't even recognize that we are experiencing physical discomfort: headaches, back and shoulder pain, and tense muscles.
- We are often taught to "keep moving," despite our stress stance.
- Our mind notices.
- When we hold tension in our bodies, it affects our emotions, stress level, sleep, concentration, etc.



Body scanning



INTENTIONALLY PAYING
ATTENTION TO PARTS OF THE
BODY AND BODILY SENSATIONS



GRADUALLY FROM FEET TO HEAD



IMAGINE A LASER COPIER
SCANNING THE LENGTH OF
THEIR BODY



NOTICE ANY ACHES, PAINS,
TENSION, OR GENERAL
DISCOMFORT

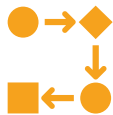
Body scanning



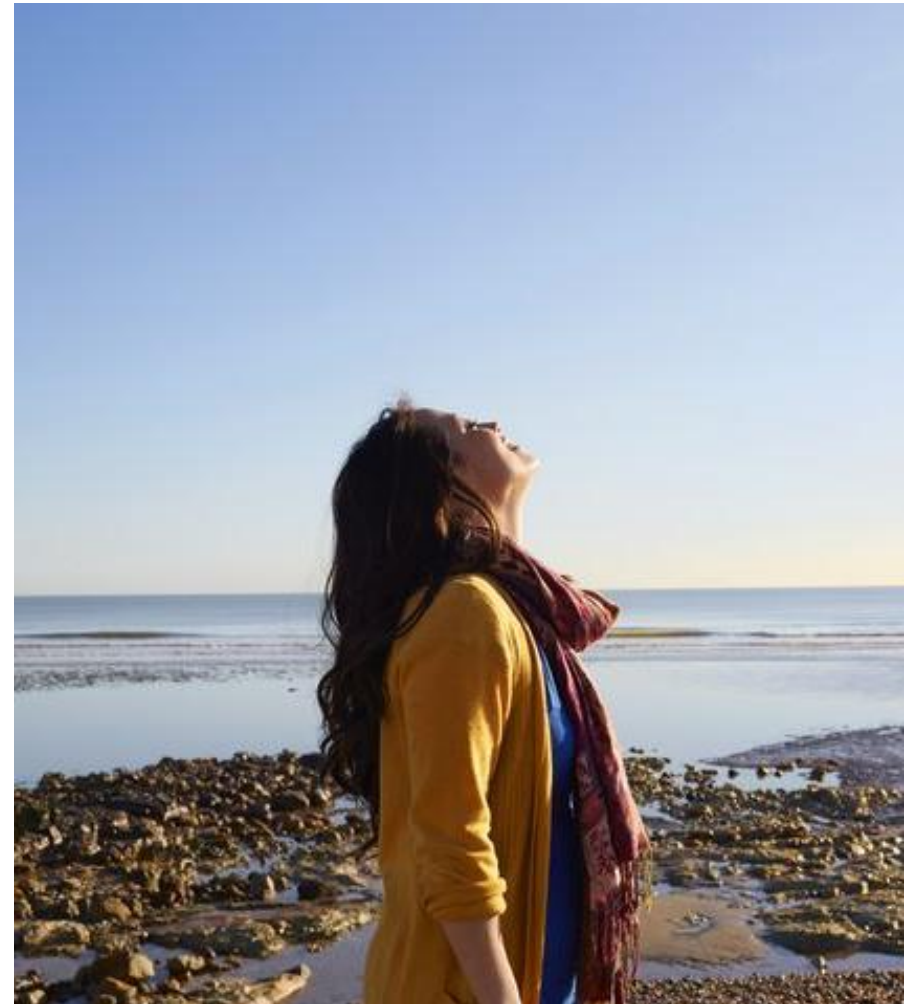
Getting to know the discomfort so we can learn from it to better manage it



Staying present with and breathing into these sensations can help bring relief and relaxation.



Evolves our relationship to pain, aches, and discomfort



Benefits of body scanning

1. Reducing stress

- Reduces inflammation, anxiety, and insomnia.
- Regular mindfulness body scan meditation, you can train your mind to respond more effectively to stress.
- Instead of ruminating on or battling with stressful thoughts and feelings, we learn to gently lean into them, essentially diminishing their power over us.



Benefits of body scanning

2. Grounding

- Often, our body is doing one thing while our mind is elsewhere.
- A body scan meditation can help to sync our mind and body, pulling us away from the noise in our mind and into the present.
- Plus, regularly checking in with our body can help us identify aches and pains early on, before they become too serious.

Benefits of body scanning

- 3. Increasing self-compassion
- Often during body scan meditation, we may notice something that feels bad in our body, or we may become frustrated when we notice our mind wandering.
- Regular practice can help us approach these situations with gentleness and acceptance.
- Eventually we learn how to approach situations in our everyday life with the same compassion.



Body scanning exercise



Cognitive (Thought) Defusion

- Cognitive defusion is where we “choose a different relationship with the stream of thought that flows through our heads.” This different relationship can be characterized by:
- More distance from negative thoughts
- More mindful - observing our thoughts rather than swept up with them
- Less willing to take our thoughts seriously
- More focus on direct experiences: feelings, observations, sensations
- Dr. Aaron Beck



The Problem with Cognitive Fusion

- Cognitive fusion refers to the pairing together of thoughts and direct experience so you can't distinguish between the two. Almost everything we see and experience is labeled, categorized, dissected, compared and evaluated.
- But when this mind machine, the machine that labels, compares and judges, is turned on ourselves, we often have a different outcome. Not infrequently these labels and judgments are negative and global. They come to define ourselves and our experience in a manner that doesn't do justice to complexity or nuance.

Thinking traps

All or none thinking	Black or white thinking that does not allow for gray or middle ground
Overgeneralizing	Seeing a pattern from a single event or taking a single event and drawing overly broad conclusions
Mental Filter	Only noticing certain evidence filtering out or disregarding opposing evidence
Disqualifying positives	Positive experiences are explained away as if they did not happen or count
Jumping to conclusions	Mind reading – thinking you know what others think or Fortune telling- thinking you can predict the future
Catastrophizing	Blowing things out of proportion or seeing an individual event as the beginning of a downward spiral of things to come
Minimization	Shrinking your feelings to seem less important
Emotional Reasoning	Assuming your feelings about something makes how you think about it true
Absolutes	Judging ourselves, others and events from a fixed position: Should or shouldn't, never, always, must, or can't
Labeling	Using negative labels to describe yourself or others
Personalization or Blame	Blaming yourself or taking responsibility for things that aren't your fault or assigning blame and responsibility to others
Magical thinking	Perceiving a link, when there is none, between actions or thoughts and outcomes

Thoughts are not facts

They are habits our
brain has formed



Who is going to take charge of your life? You or your mind?

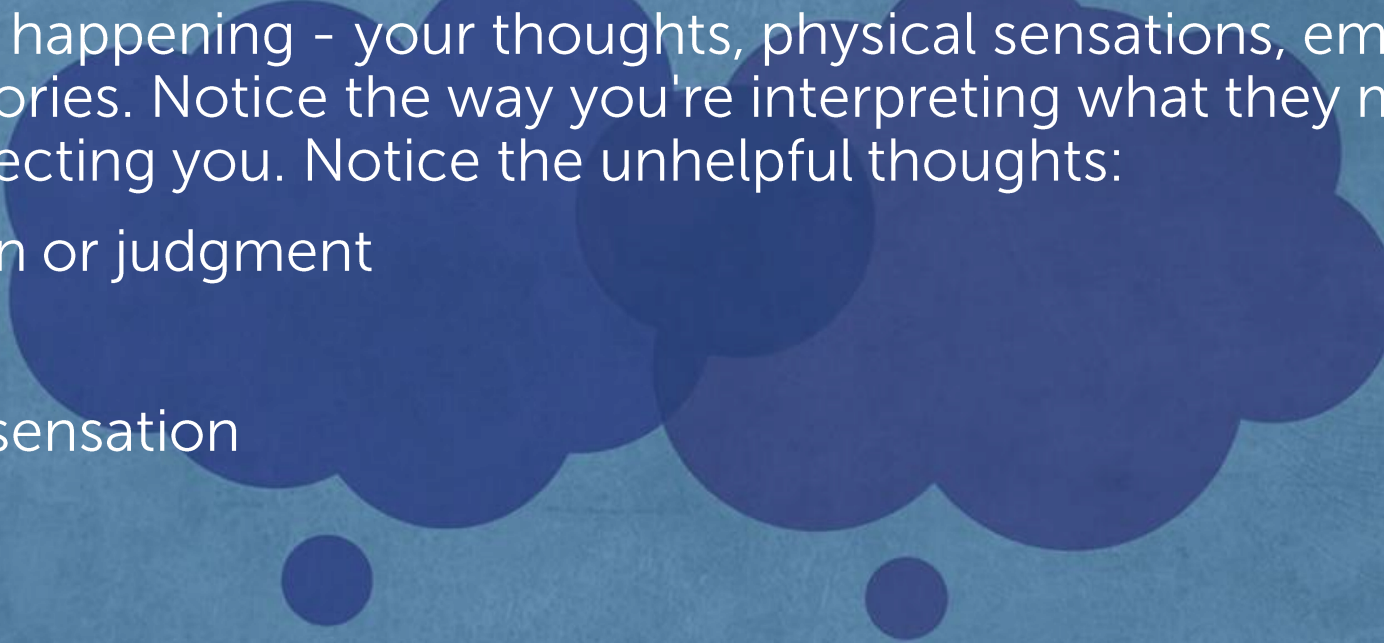
- The assumption in applying Cognitive Defusion is: problematic thoughts themselves are not the problem; but the fusion with those thoughts is the problem.



STOP, STEP BACK, OBSERVE.

- The relationship means that we determine which thoughts are workable: help us solve problems and proceed down our chosen road of life. If the thoughts are workable, fine; if not, don't let them drive you into a ditch. We don't battle difficult thoughts; we let them come and go.



- 
- Notice what's happening - your thoughts, physical sensations, emotions, images, memories. Notice the way you're interpreting what they mean, and how that's affecting you. Notice the unhelpful thoughts:
 - • an evaluation or judgment
 - • a prediction
 - • a feeling or sensation
 - • a memory
 - • an opinion



Thought defusion exercise: thoughts on a cloud

Grounding

- Come back to the present moment



5. SEE

- Acknowledge five things that you can see around you.
- Options can range from a pen or stapler at your office to a bird or tree while you're out at the local park. If you're at home, you can look at a family photo on the wall or a glass of water on the kitchen counter. You can pick between big and small items to keep your options open.

4. TOUCH

- Acknowledge four things that you can touch around you.
- You can start with your hair, hands, elbows, and other parts of your body if you're short on time. The ground beneath your feet. Pillows, desks, phones, and keyboards can fit this step.

3. HEAR

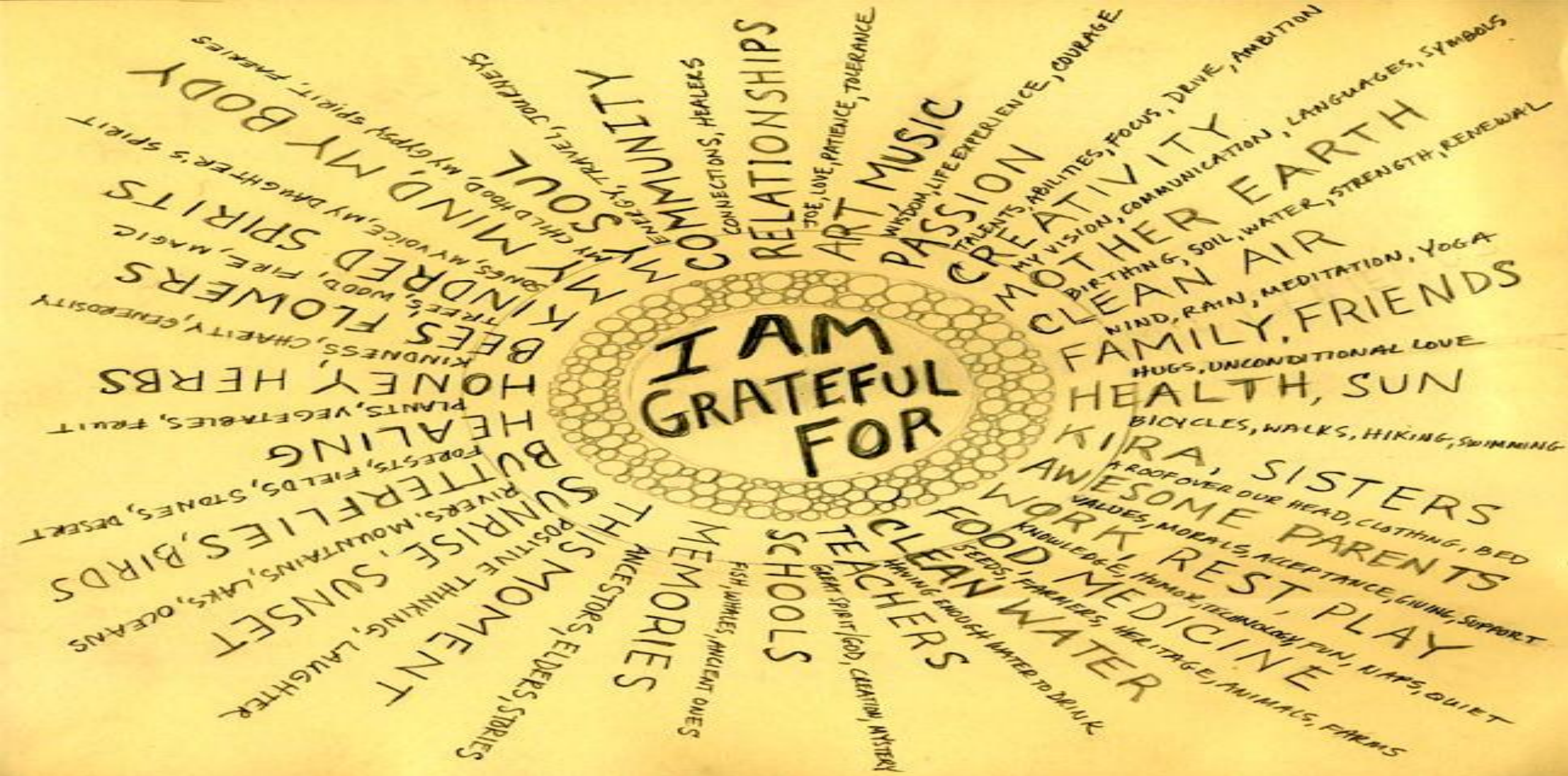
- Acknowledge three things you can hear around you.
- Instead of listening to your own thoughts or sounds from your body like your stomach growling, focus on external noises.
- Examples include someone driving a car nearby, a clock ticking, or a dog barking. If you're at work, you can listen to typing and the steps of people walking by your desk.

2. SMELL

- Acknowledge two things around you that you can smell.
- This step may be a challenge compared to the others, so it's best to go to a place with more sources of scent if you don't smell anything wherever you are at the moment.
- The outdoors has plenty of options for smells, and the soap in bathrooms also helps. Your furniture can provide pleasant smells for this step when you're home.

1. TASTE

- Acknowledge one thing around you that you can taste.
- It doesn't necessarily have to be food, as toothpaste and minty floss you use in the morning or at night are easy sources.
- You can also go with the cinnamon-raisin oatmeal you have for breakfast, the sandwich and chips you have for lunch, or the pasta primavera you have for dinner. Coffee, tea, and other drinks you have to get through the day also work.



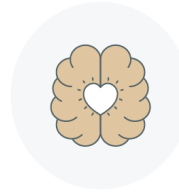
The Benefits of Gratitude



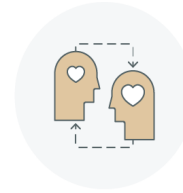
**IMPROVES PHYSICAL
HEALTH**



**IMPROVES
SLEEP**



**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



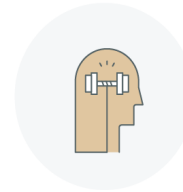
**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**

Source: Morin (2014)

 PositivePsychology.com

G r a t i t u d e
c h a n g e s
e v e r y t h i n g

- Focusing on gratitude does not mean you are not allowed to feel upset or disappointed
- It might allow you to take perspective or be more selective about your battles
- It might instead help you focus on finding solutions to your problems rather than ruminate

Gratitude Jar/Journal

- Think of at LEAST 1 thing, preferably 3 to write down and put in the jar.
- Repeat daily.
- Look in the jar for a pick-me up.



RESOURCES

Apps:

- Aura- Daily 3 minute guided meditations, gratitude journal, mood tracking
- Youper- Thought/mood tracking app with mindfulness exercises
- Headspace- Variety of guided meditations
- Breethe- 5 minute meditations, tips for addressing life stressors
- Calm- meditation, sleep stories
- Insight Timer- meditations and teachings on mindfulness principals
- Down Dog- guided yoga with video demonstrations

RESOURCES

Books:

- 10% Happier by Dan Harris
- Wherever You Go, There You Are by Jon Kabat-Zinn
- The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer
- No Mud, No Lotus: The Art of Transforming Suffering by Thich Nhat Hanh
- The Power of Now by Eckart Tolle



Thank You!

