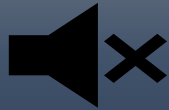


Welcome to the Mindfulness Workshop!

Please put your first name and last initial in the chat for attendance

The workshop will begin soon



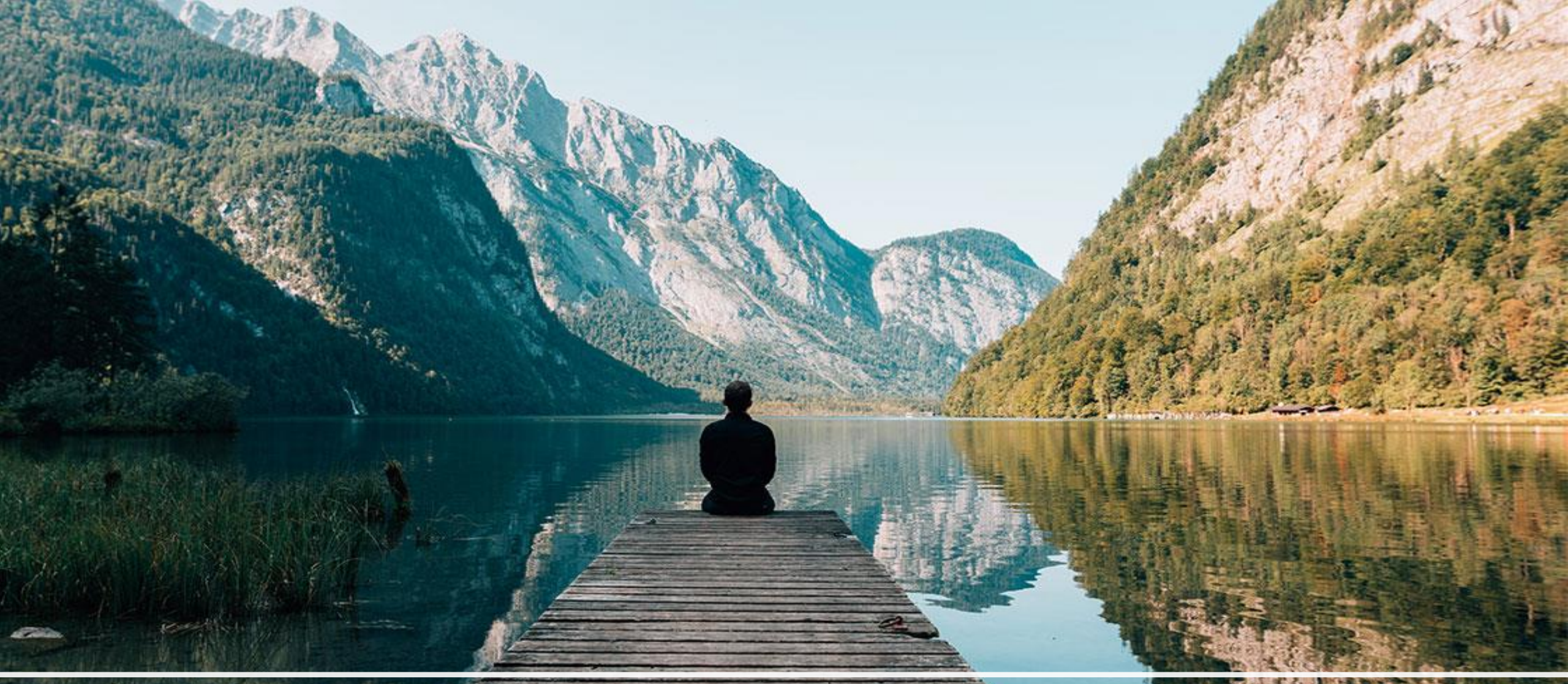
The format of the class will be instructional; thus, you will be muted throughout.



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).



Mindfulness Workshop

Be seen. Be heard. Be healed.™



Behavioral Health consultant

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!

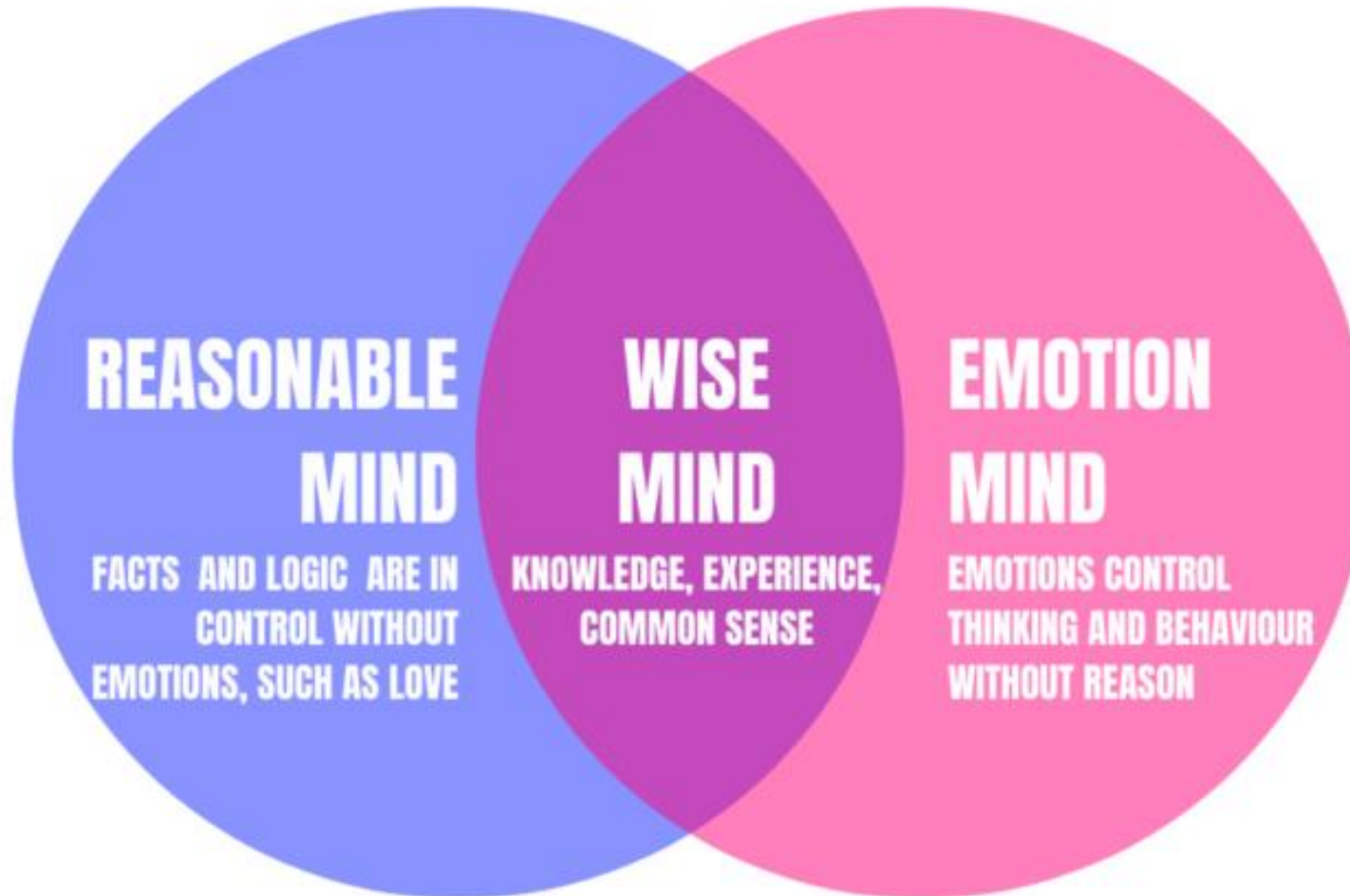


- Three states of mind
- Defining mindfulness
- What mindfulness is not
- Benefits
- Fundamentals
- Mindfulness exercise

Please put your first name
and last initial in the chat

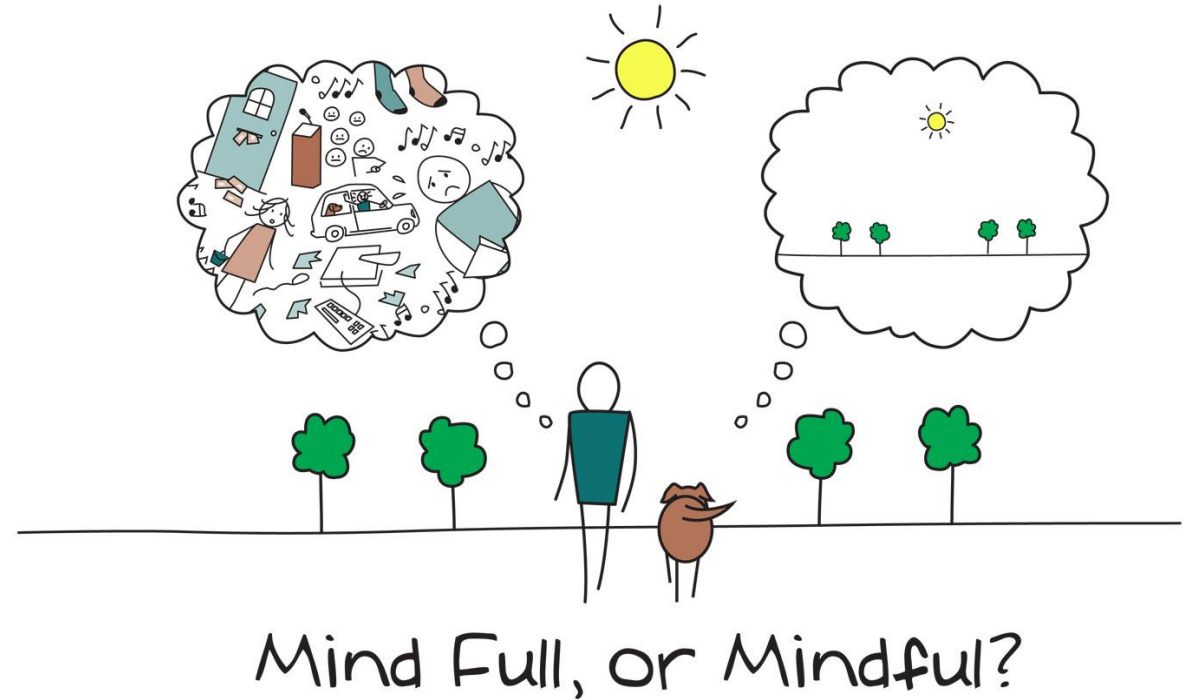
Thank you for coming!

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.
- Paying attention to your present experiences and your internal and external experiences.
- Mindfulness is the opposite of automatic pilot mode.





TriHealth

Be seen. Be heard. Be healed.™

THE BENEFITS OF MINDFULNESS

Physical



Boost energy levels



Improves sleep



Reduces chronic pain



Improves heart function



Helps with digestive problems

Mental



Relieves stress



Reduces anxiety



Improves mood and happiness



Boosts concentration and focus



Improves self-esteem

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
 - Describing
 - Fully participating
- Non-judgmental
 - One-mindful

Many ways to practice mindfulness

Deep breathing, body scanning, progressive muscle relaxation, five senses, guided imagery, thought defusion, describing non-judgmentally, ec

Be seen. Be heard. Be healed.SM



TriHealth

Deep breathing



TriHealth

Be seen. Be heard. Be healed.™



Deep breathing

Benefits:

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



DEEP BREATHING

Be seen. Be heard. Be healed.™



Dropping the Anchor



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



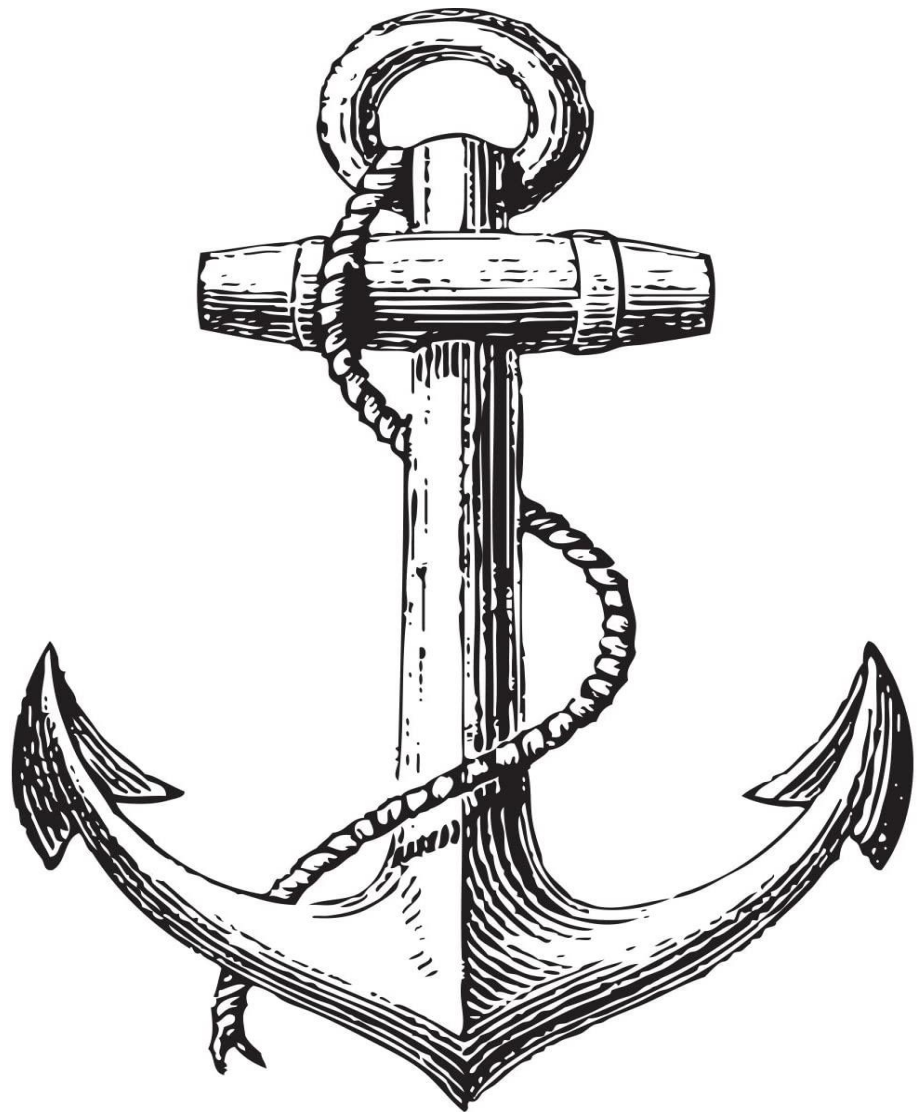
Dropping the anchor

- 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.

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.





Dropping the anchor

Be seen. Be heard. Be healed.™

Body scanning





- 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

A woman with long dark hair, wearing a yellow long-sleeved shirt and a red patterned scarf, stands on a rocky beach. She is looking up towards the sky with her head tilted back. The background shows the ocean and a clear blue sky.

Body Scanning

Getting to know the discomfort so we and 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.

A close-up photograph of a person's bare feet standing on a patch of dry grass and small purple flowers. The person is wearing dark leggings. The image is positioned on the left side of the slide, partially overlapping the blue background.

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 Scan




Thought Defusion



TriHealth

Be seen. Be heard. Be healed.™

A woman with dark hair, wearing a floral patterned top and a black watch, is sitting at a desk and looking out a window. Her hand is resting on her chin, and she has a thoughtful expression. The window shows a view of a landscape with trees and a body of water under a clear sky.

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
- Less willing to take our thoughts seriously
- More focus on direct experiences

The Problem with Cognitive Fusion

Cognitive fusion refers to the pairing together of thoughts and direct experience.

Almost everything we see and experience is labeled, categorized, dissected, compared and evaluated.

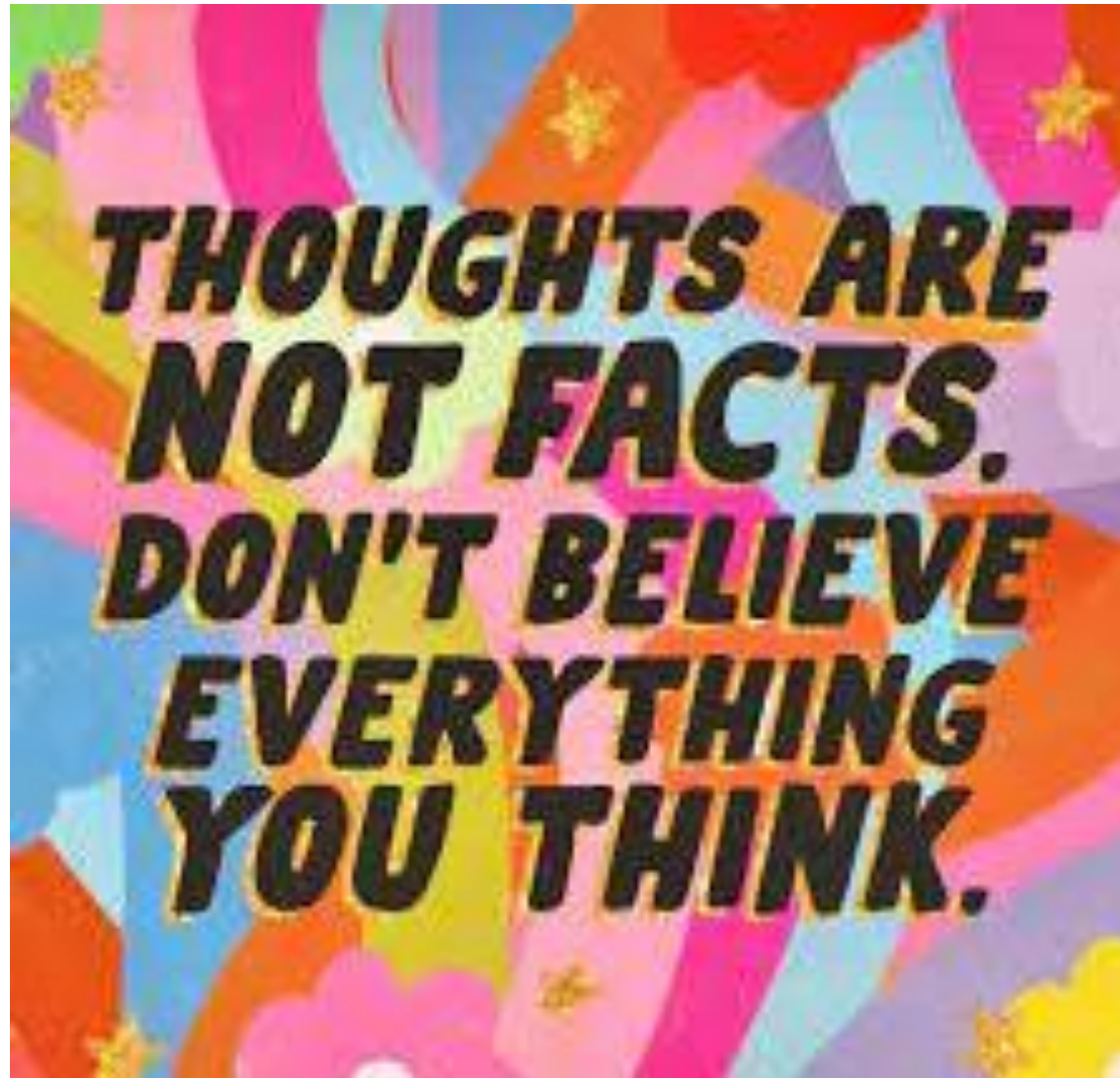
But when this mind machine, the machine that labels, compares and judges, is turned on ourselves, we often have a different outcome.

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





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

- 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.



- 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 : Leaves on a Stream

Grounding



Be seen. Be heard. Be healed.™



5. SEE

- Acknowledge five things that you can see around you.



4. TOUCH

- Acknowledge four things that you can touch around you.



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.



2. SMELL

Acknowledge two things
around you that you can smell.

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.



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

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

Specific

S
G

What *exactly* are you trying to achieve?

Measurable

M
O

How will you know when you've achieved it?

Attainable

A
A

Is it genuinely possible to achieve it?

Relevant

R
L

Does it contribute to your agency's revenue growth?

Time-bound

T
S

When do you want to achieve this by?



