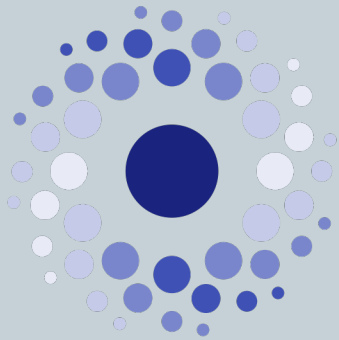


A Taste of Mindfulness



PRESENTED BY:
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MindfulnessStandard

Overview



1. What is mindfulness? How does it work?
2. What are the benefits?
3. How do you become mindful?



What is Mindfulness?



- What do you think mindfulness is?

What is Mindfulness?




- Mindfulness helps one to stop and notice how things are in an objective way. Rather than getting caught up in thought or problem solving mode, one is noticing where the mind is going and is being fully aware of the present moment as it is happening.
- Mindfulness allows us to have awareness about our thoughts and habitual patterns.
- Seeing things without filters, lenses or judgments. Having the ability to step back and see things clearly as they are.
- Finding a way to re-center ourselves and move out of the chronic stress cycle.
- Helps one to stay in the present moment rather than getting caught up in thoughts of the past or future.

Benefits of Mindfulness





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

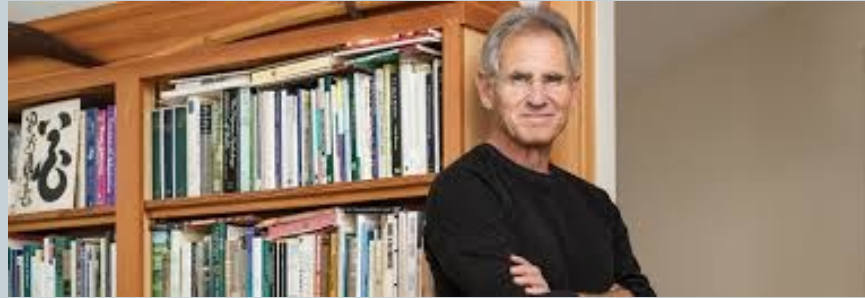
 Boosts concentration and focus

 Improves self-esteem

History of Mindfulness



History of Mindfulness



- **Jon Kabat-Zinn, Ph.D.** – U. Mass. Medical School – **Mindfulness Based Stress Reduction (MBSR) Clinic** (circa 1986)
 - Secularized eastern meditation practices - Kabat-Zinn was (and is) an MIT trained molecular biologist and long time meditator who worked at U. Mass Medical School
 - Started a clinic where U. Mass doctors sent their patients who were in chronic pain when all traditional treatments proved ineffective!
 - Created the intervention called Mindfulness-Based Stress Reduction Program

History of Mindfulness



- **Mindfulness Based Stress Reduction (MBSR)**
 - ✦ This intervention has been one of the most widely studied programs in secular based meditation practice. It is highly evidence based.
 - ✦ It is an eight-week course where participants meet **2.5 hours 1 time per week** and are encouraged to meditate at home daily. There is also a **full day silent retreat** as a component of the course.
 - ✦ In order to facilitate this course, one needs to have completed the requirements through the University of Massachusetts Medical School and must have their own meditation practice.

* Thanks to Bill Kuechler, Ph.D. professor of Information Technology at the University of Nevada, Reno for a portion of this slide.

How does Mindfulness Work?





The Mind Body Connection and Its Implications

Neuroplasticity



The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury.

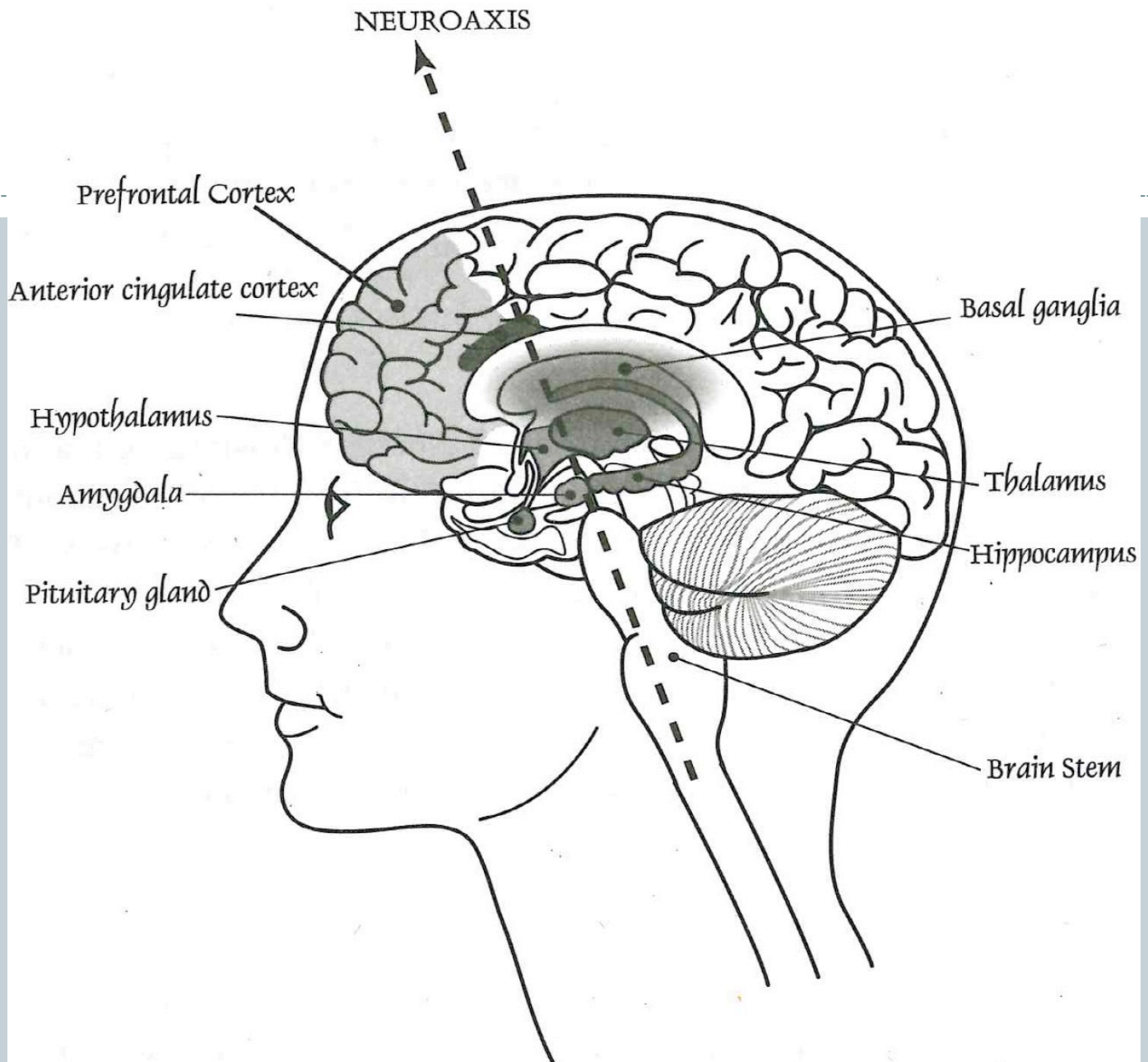


Figure 7
The Neuroaxis

Stress Response



Mind-less-ness

Stimulus

Reaction



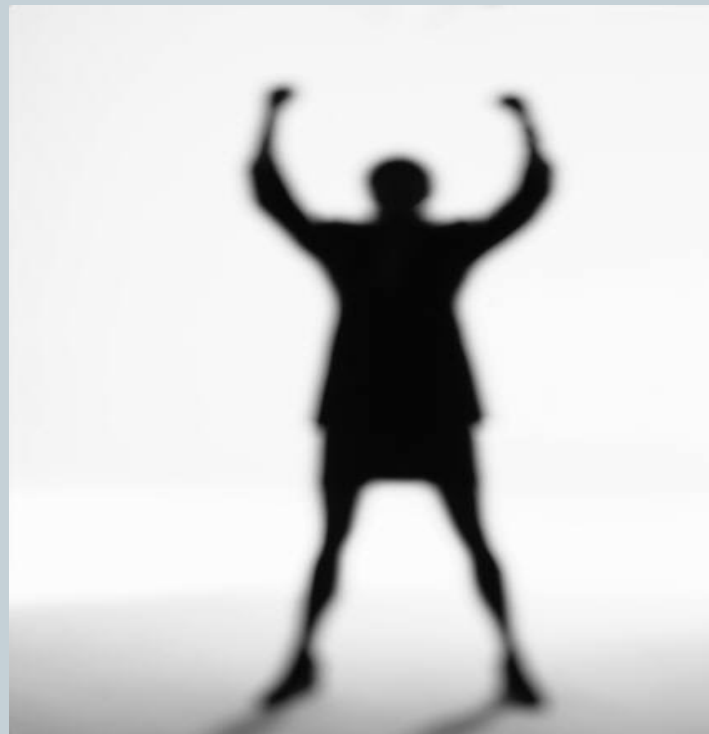
Mindlessness – knee-jerk, unexamined responses

Stress Response



Mindfulness

Stimulus



Response



Mindfulness – in the **increased space** between stimulus and response lies freedom, creativity, **humanity**

What we know about stress



- When does stress happen?



Optimal Level of Stress



Eustress and Stress





Mindfulness Practice

Let's do a practice together!

How can you integrate mindfulness into your daily life?



- By developing a daily practice, guided CD's and a meditation course can help facilitate this. There is an 8-week program on campus visit www.mindfulnessstandard.com for more information
- My company equilibrium-mbsr will be offers on-going programs the next virtual MBSR program is in the Fall: www.equilibrium-mbsr.com
- **The Corporate Mindfulness Challenge – 5-week challenge which is a scalable and all virtual program for organizations**
- Just taking a few moments, maybe five to ten minutes, to just stop and notice your breath. You can do this at a doctor's office, at work, or at home, it is really assessable
- You could use sound the same way, just having an awareness of the sounds that surround you
- Daily activities like washing dishes, walking, driving etc.
- When you are talking with others, by listening and really hearing
- Mindfully eating
- Mindfulness can be translated into all of our daily lives if we can be awake each moment

How can you integrate mindfulness into your daily life?



- Jon Kabat-Zinn's book, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, U of Mass Center for Mindfulness
- 10% Happier App
- Calm.com App
- Head Space App
- Insight Timer App

QUESTIONS?



LET'S TAKE SOME TIME TO CONNECT!

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