

# Mindfulness & Meditation

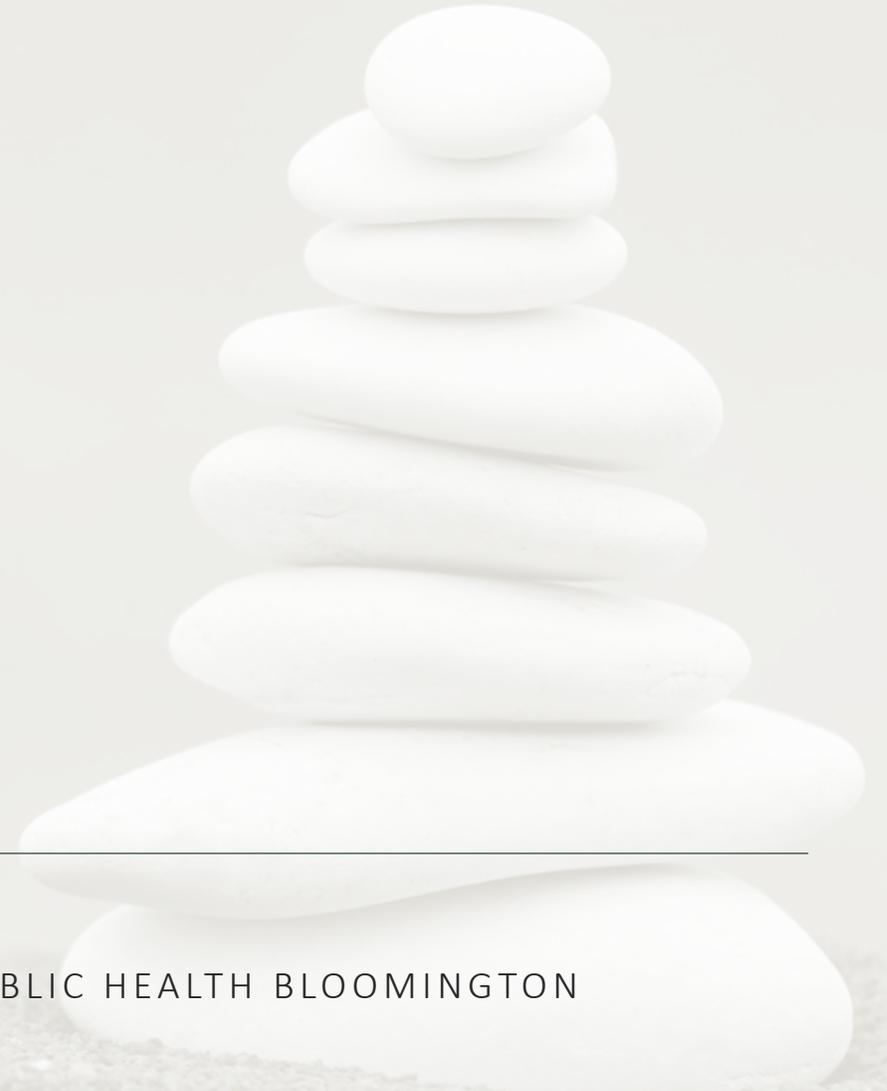
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# Mindfulness & Meditation

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## **MINDFULNESS**

Way of being

Continuous awareness of the present moment

Uses all senses

Part of a treatment plan independent of meditation

Informal

## **MEDITATION**

Practice

Active

Time Focused

May include specific object or mantra

Is a tool to help you live mindfully

# What is Mindfulness?

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*“the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment” ~Jon Kabat-Zinn*

- ❖ Attentive and Aware in the Present Moment
- ❖ Non-Judgmental or Reactive
- ❖ A Way of Being



Mindfulness is  
NOT



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Emptying your mind of all thoughts

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Being happy all the time

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Sitting for long periods of time doing nothing

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Living only in the present

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A religious practice

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A relaxation technique



# Qualities of Mindfulness

## **Beginners**

### **Mind:**

*Observing  
with curiosity,  
interest, joy*

## **Non-Judging:**

*Observing  
with calmness  
without  
expectation*

## **Acceptance:**

*Attending to  
and allowing  
what is  
happening  
now*

## **Non-**

### **Attachment:**

*Non-  
identification  
with the  
object of our  
attention*

## **Non-Striving:**

*Giving up the  
need to try to  
change  
anything*

# Benefits of Mindfulness

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Helps clear our mind from cluttering thoughts

Easier to understand and organize thoughts

Turns off the stress response

Helps relaxation and perceived stress

Increased feelings of control

Reduce pain

Helps with anxiety, depression, and insomnia

Increased productivity and efficiency

# Clinical Programs

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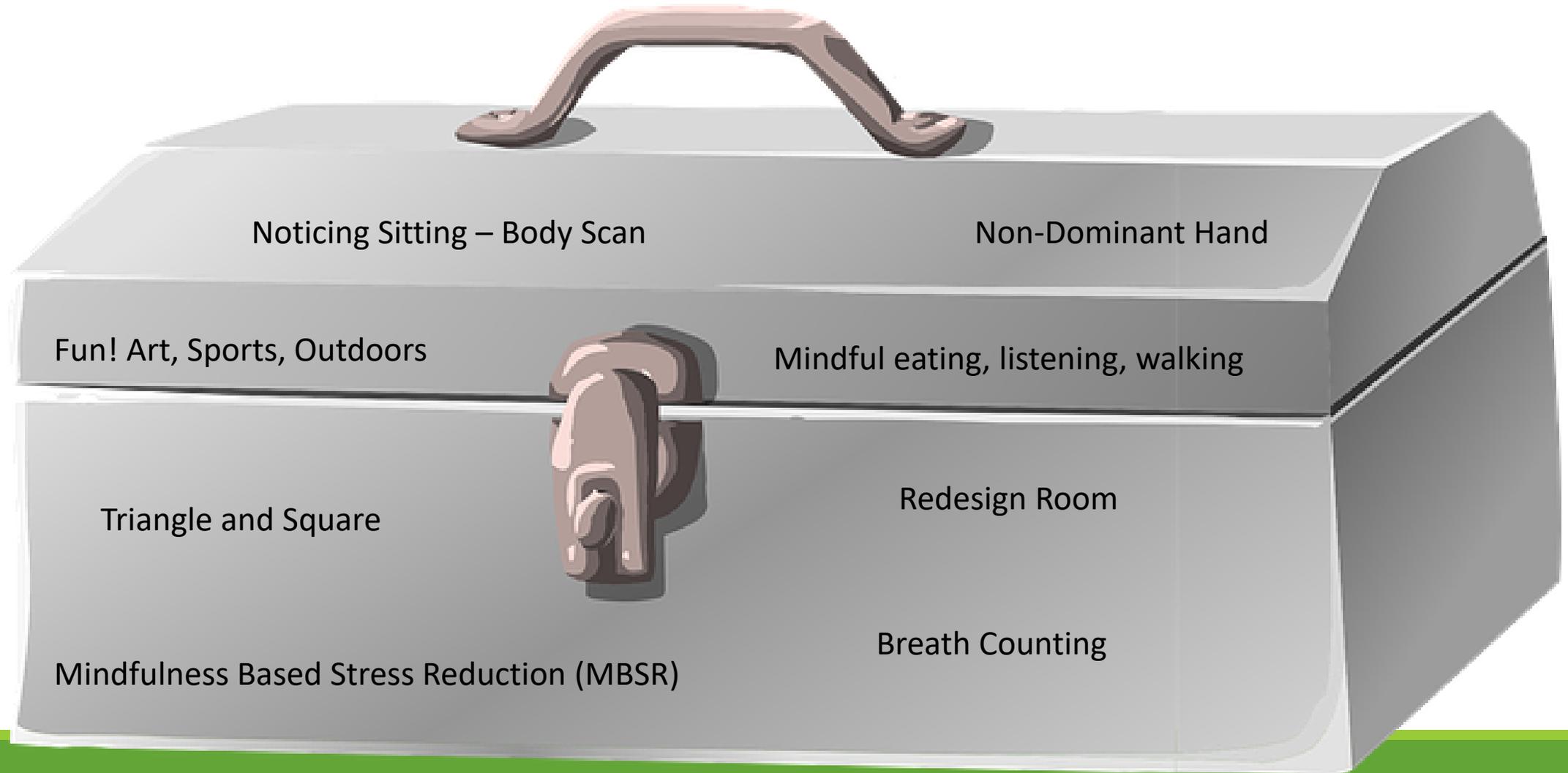
## **Mindfulness Based Stress Reduction:**

- 8-week program
- Intensive mindfulness training to help with stress, pain, depression, and anxiety.
- Developed by Jon Kabat – Zinn in the 1970's

## **Mindfulness – Based Cognitive Therapy**

## **Dialectical Behavioral Therapy (“wise mind” component)**

# Mindfulness Tools



# Without Mindfulness:



*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."* Victor Frankl

# With Mindfulness:



# Tips for Practicing Mindfulness

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## Statements to Self to bring awareness to the present moment:

- ❖ *In this moment I allow myself to be here now. I cannot be anywhere else right now, nor can I be in my past or future, so I choose to relax and enjoy what is happening here and now.*
- ❖ I am noticing.....
- ❖ I am sensing.....
- ❖ I am aware of.....
- ❖ What do I \_\_\_\_\_ now (see, hear, taste)



# What is Meditation?

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A conscious mental method of systematically allowing the mind to focus gently on a single item.

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The mind thinks more clearly as a result, and it can put your body in a relaxed state.

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It is a practice, method, or technique.

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The mind thinks more clearly

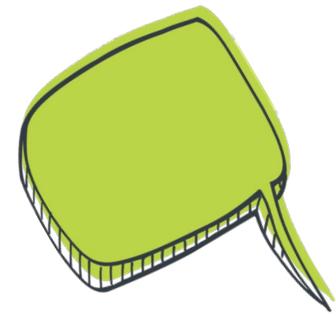
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A state of relaxation results



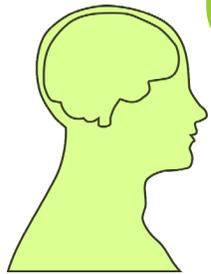
# What Meditation is NOT

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Trying to empty out  
your mind of all  
thoughts

The harder we try to  
empty our minds,  
the more it is filled  
with thoughts



# Meditation Put into Practice

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Four factors needed to produce the relaxation response:

- ❖ A mental device
- ❖ A passive attitude
- ❖ A comfortable position
- ❖ A quiet environment



# Types of Meditation

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Mantra

Breathing

Thought  
Watching

Chakra

Walking

## Benefits of Meditation

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Reduces Stress

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Helps with Anxiety

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Relief insomnia

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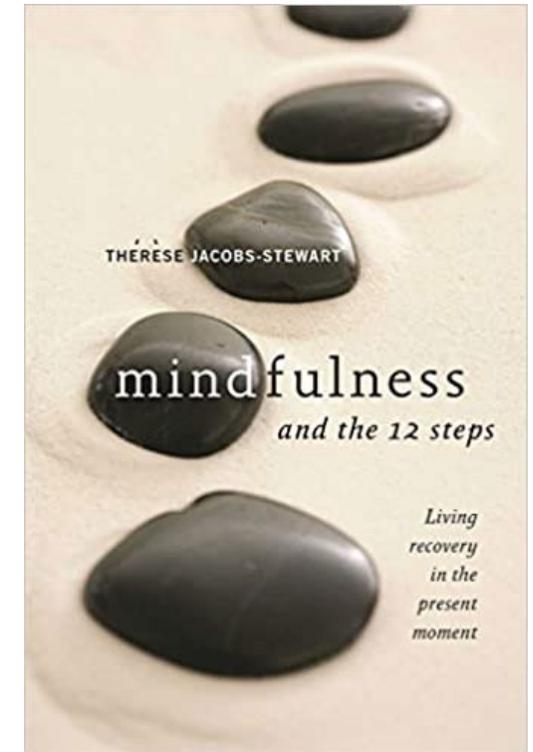
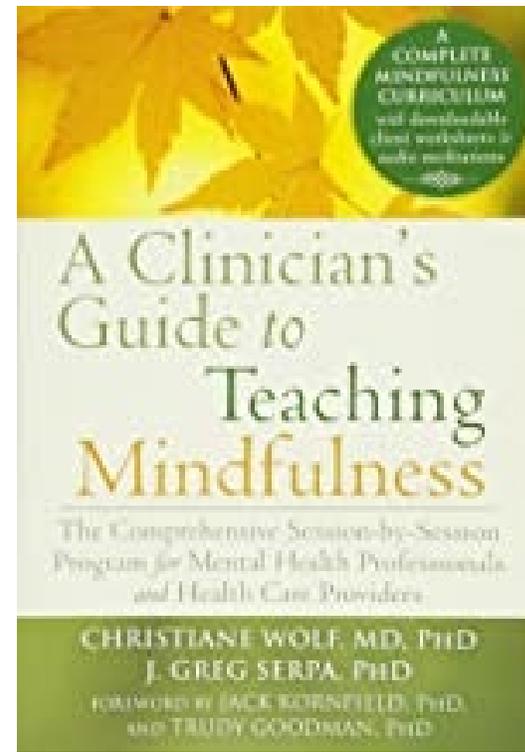
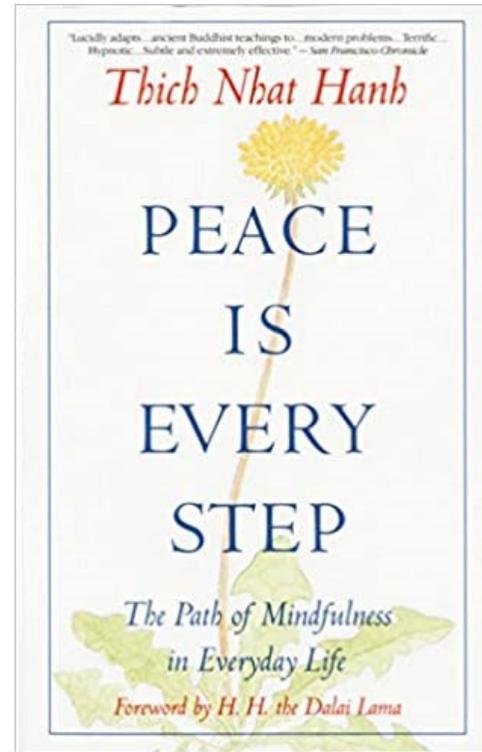
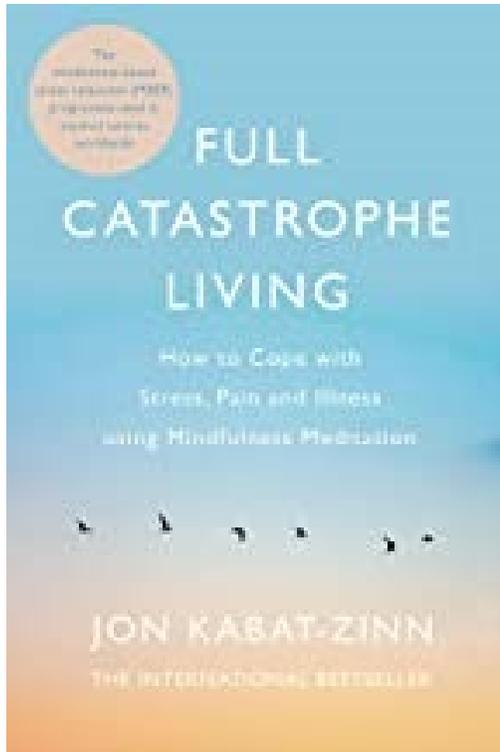
Improved performance

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Lowers blood pressure

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Reduce symptoms of depression



# Mindfulness & Meditation Resources

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# More Resources

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<https://chopra.com/articles/explaining-the-difference-between-mindfulness-meditation>

<https://www.youtube.com/watch?v=Aw71zanwMnY> (The Scientific Power of Meditation)

<https://youtu.be/qzR62JJCMBQ> (All it takes is 10 minutes: Andy Puddicombe)

<https://youtu.be/5pOiyGjjvRc> (The Three Questions)

<https://www.stress.org/>

[www.Headspace.com](http://www.Headspace.com)

<https://greatergood.berkeley.edu/>

<https://themeditationcenter.org/>

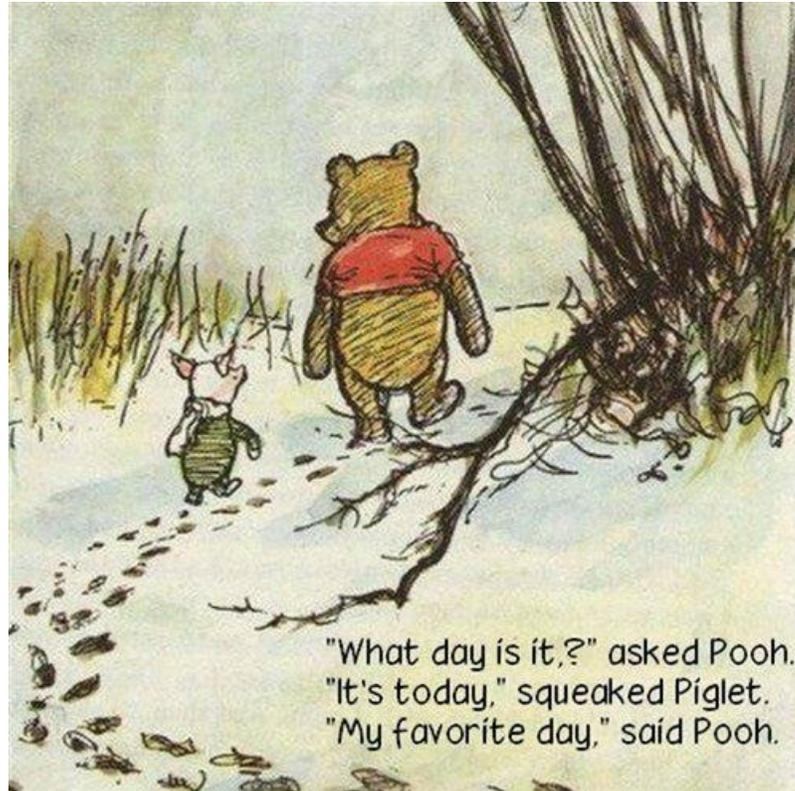
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# Thank you for your time

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"What day is it,?" asked Pooh.  
"It's today," squeaked Piglet.  
"My favorite day," said Pooh.

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