

Mindfulness

the Life-Mind-Body Connection

Objectives

Define mindfulness and other mind-body methods to reduce stress.

Explain the myths and realities of meditation.

Practice deep breathing techniques and meditation techniques.

Mindful expectations

What are your goals for mediation and mindful practice?

What do you hope to accomplish?

The Nature of Stress

Stress

Global vs Situational

Distress and Eustress

Competing systems that work together to maintain balance

Fight or Flight Response

Relaxation Response

It all adds up

Remember to breathe – lean back

Stress Management

Practical Coping

Taking control of your time and space

Am I attending to things I can control?

Emotional coping

How you manage yourself when the situation is out of your control

How does relaxation help?

Self-care

Taking a break

Soothing activities and distractions

Physical relaxation

Calms the nervous system

Tension exercises

Help facilitate a better mood

Progressive Muscle Relaxation/Body Scan

How does focus help?

Awareness

Attention

Concentration

How does meditation help?

Intentionally – doing things on purpose

Doing and not doing

Promotes a path to peace that can improve the moment

How does mindfulness help?

What is mindfulness?

“awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.” – Jon Kabat Zinn

Mindful exercises

Mindful breathing

In and out, not in and out

Mindful eating

Chocolate and Lemons

Mindful movements

Reach up and reach down

Mindful exploration

Who are you really?

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- Mindful practice by Rachel Gill youtu.be/c0outYmTincw

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