

SUMMERVILLE

Family Health Team

Mindfulness & Meditation

October 27, 2020

10:00-11:00am



Group Privacy Statement

- This session is reserved for the sharing of less sensitive information, mainly, educational materials relating to mindfulness and stress management
- Virtual sessions do have some inherent privacy and security risks that there is a chance your personal log-in information may be intercepted or unintentionally disclosed
- It is possible that there could be a problem with the technology and your session could be cut short and/or interrupted
- We will not be recording the session, and ask that you not record the session, either

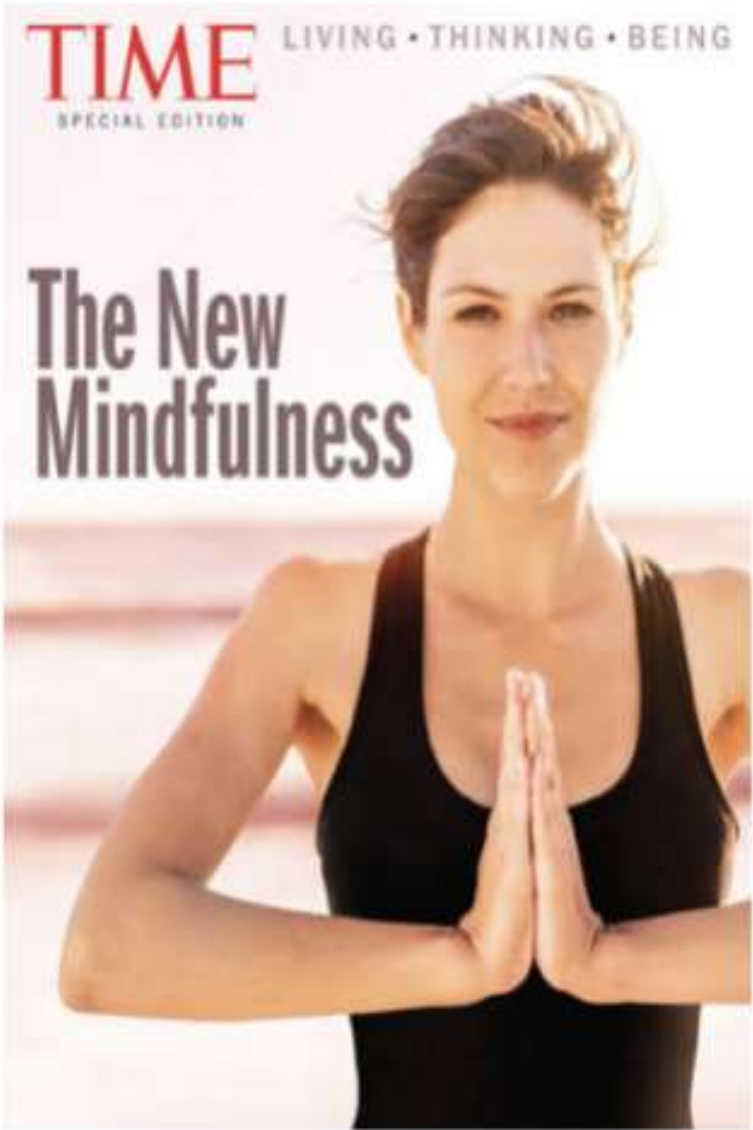
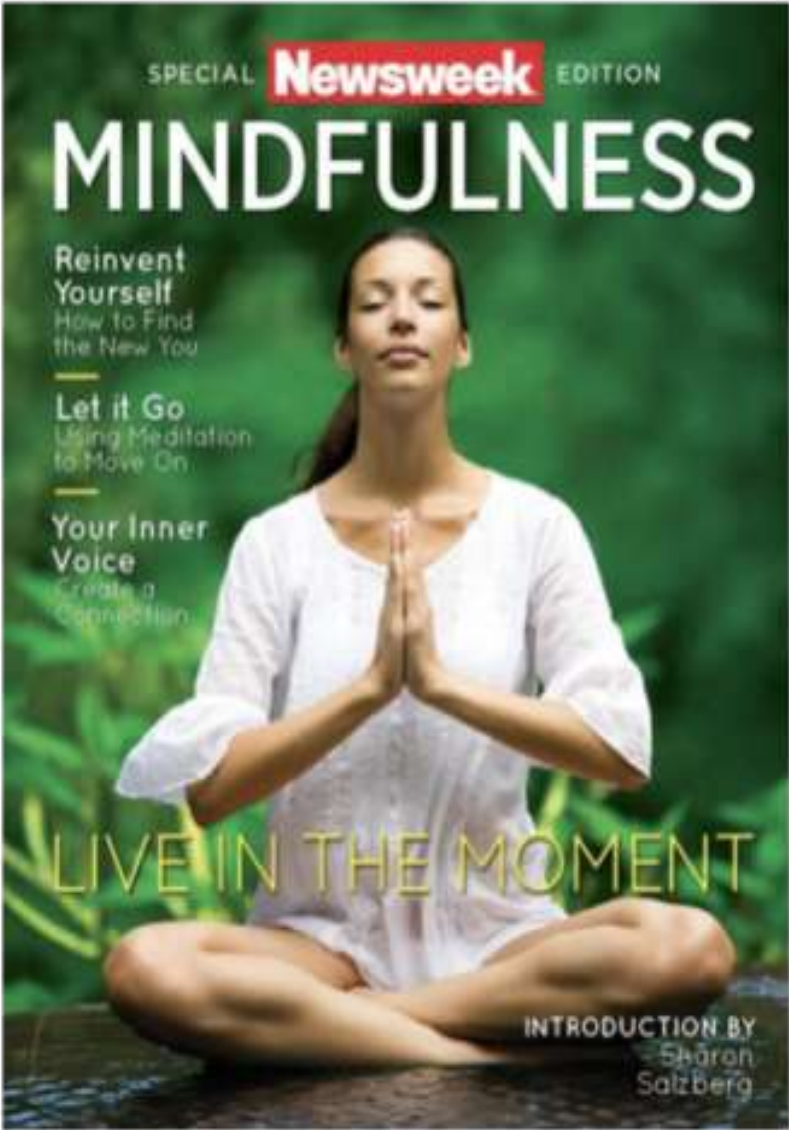


Group Protocol

- Please keep your microphone muted unless you would like to share
- Feel free to speak up when invited
- Your participation is encouraged!
- Questions – type your question in the chat box and choose to send to “everyone” or direct it to the facilitator
- Interactive Opportunities
 - Unmute your microphone to share verbally or type your response in the chat box



The Mindful Movement



what is that?



oh,
just my mind

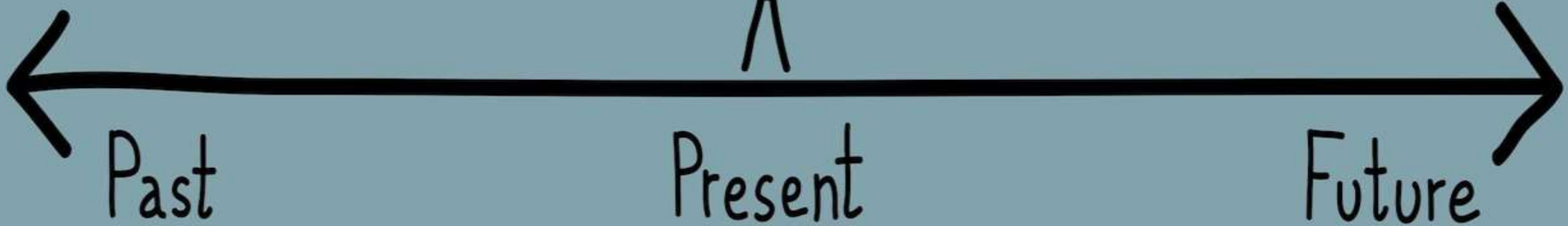
Mind Full vs Mindful



Your body is present.



Is your mind?



Mindfulness Defined

Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.



"You can't stop the waves, but you can learn to surf."

-Jon Kabat-Zinn



Attitudinal Foundations of Mindfulness

Non-judging: Observe while being an impartial witness.

Patience: Letting things unfold in their own time.

Beginner's Mind: Seeing things as if for the first time.

Trust: Trusting in your intuition and your own authority.

Non-striving: Trying less and being more.

Acceptance: Coming to terms with things as they are.

Letting Go: Letting our experience be what it is.

Benefits of Mindfulness

- Mindfulness may be good for our hearts.
- Mindfulness may decrease cognitive decline.
- Mindfulness may improve your immune response.
- Mindfulness may reduce cell aging.
- Mindfulness may help reduce physical and psychological pain.
- Mindfulness may enhance attention and working memory.
- Mindfulness may improve sleep.

Considerations for Mindfulness Practice

1. Dedicate time and space for mindfulness practice.
2. Make a conscious effort to focus on the present moment, without judgment.
3. Try to not think about the past, plan the future or look at the time.
4. Pay attention to your thoughts, words, actions, and motivations.
5. Notice your judgments and let them pass.
6. Be kind to yourself when your mind wanders off during practice. Gently bring your attention back to the present.

Look at other people
and ask yourself if you
are really seeing them
or just your thoughts
about them.

—Jon Kabat-Zinn

Mindful Walking



Mindful Eating





**Mindful
Listening**

Mindful Tasks





Stop - pause, set it down, look away, disengage

Take a Breath - feel the full cycle of breathing in the body

Observe - notice bodily sensations, thoughts and emotions

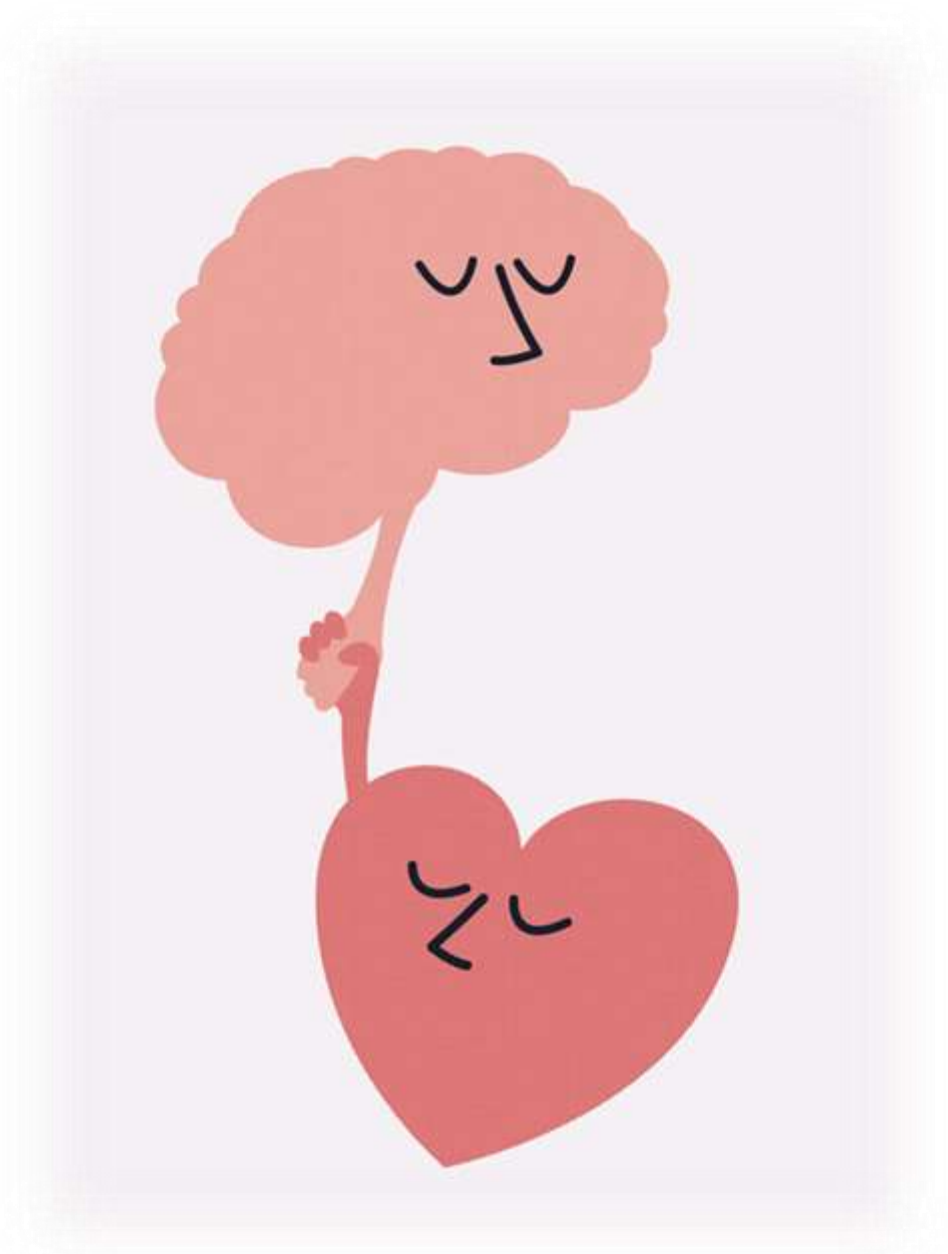
Proceed - continue on with more awareness and intention

Self-Compassion Break

Think of a situation in your life that is difficult, that is causing you stress.

Now, say to yourself:

1. This is a moment of suffering.
2. Suffering is a part of life.
3. May I be kind to myself.



I am
grateful
for



The mind
is a
muscle.



“What day is it?”
asked Pooh.

“It's **today**,”
squeaked Piglet.

“My favorite day,”
said Pooh.”



Resources

- Mindful - <https://www.mindful.org/>
- *Insight Timer* - <https://insighttimer.com>
- *Calm* - <https://www.calm.com>
- *10% Happier* - <https://www.tenpercent.com/mindfulness-meditation-the-basics/>
- *Inscape* - <https://inscape.life/pages/app>
- *Simple Habit* - <https://www.simplehabit.com/>