

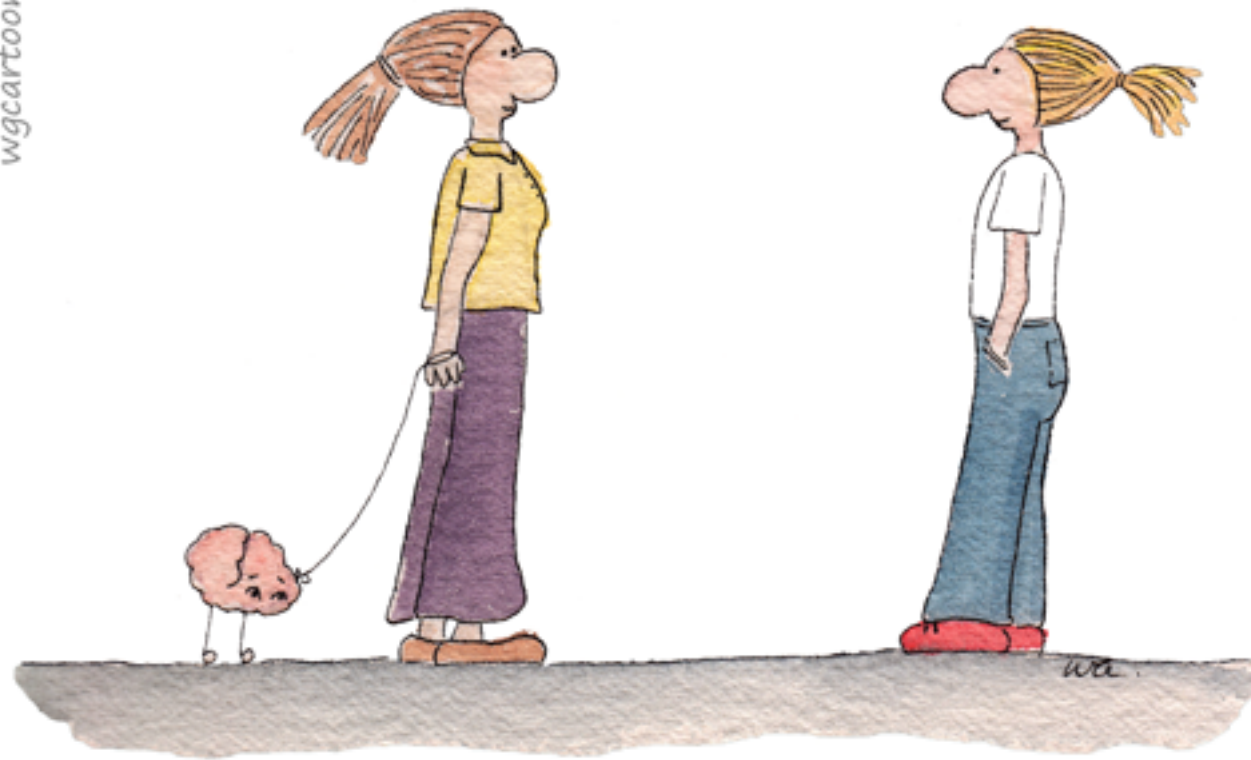
A Short Course in Mindfulness

and Body Based Strategies

To Help
Regulate,
Calm and
Focus Yourself



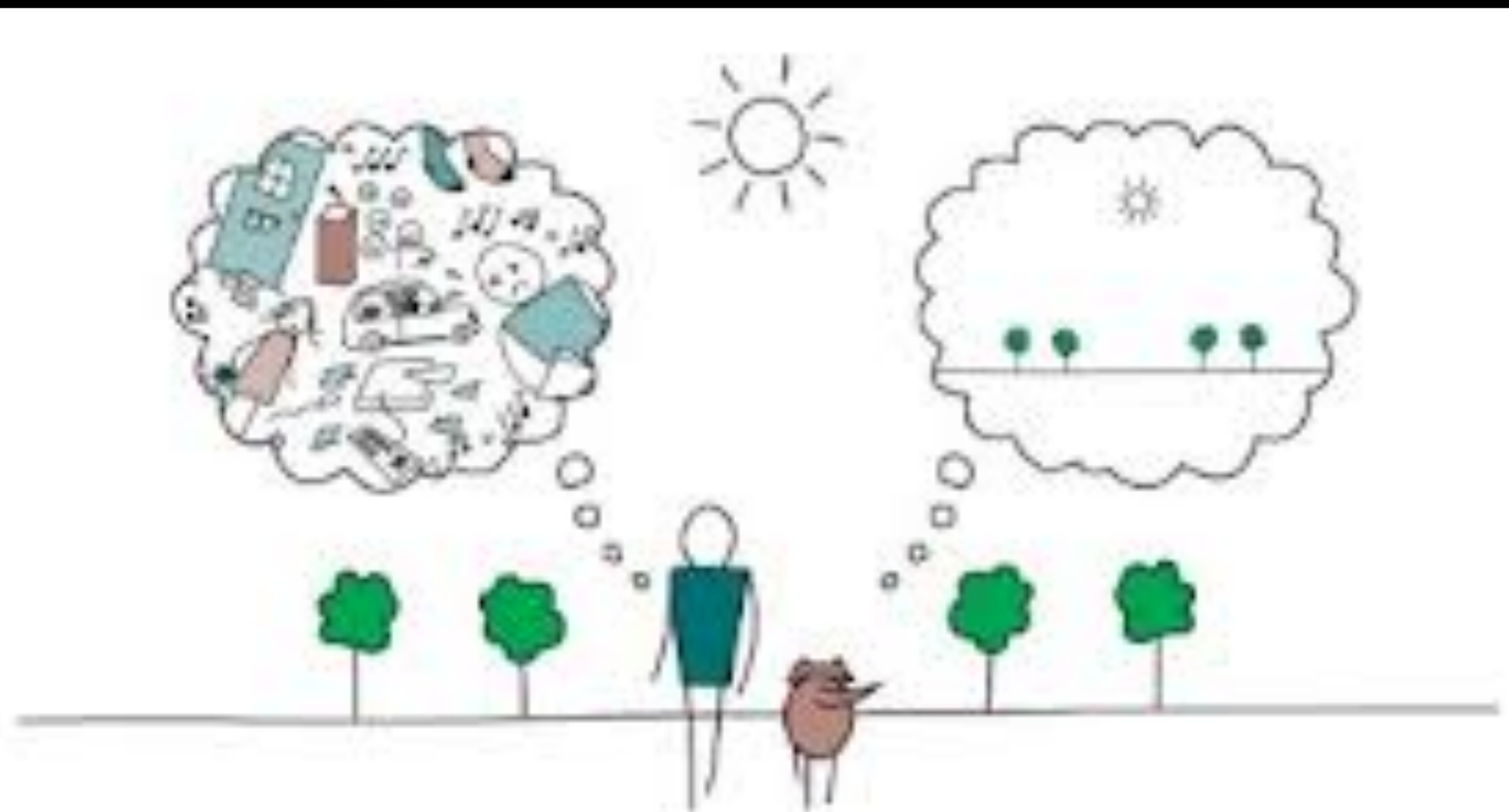
"Can I call you back, Ed? I'm in the moment here."



*Well yes he used to wander all over the place
until we started mindfulness training...*



UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE.



Mind Full, or Mindful?

Agenda

- Background/ Evolution
- History of Mindfulness
- Research
- Overview and Practice of Mindfulness Practices
- "Mini Lessons" for daily practice

Outcomes

- Understanding of Mindfulness
- Integration of at least 1 practice discussed today into daily life
- A resource for further exploration of Mindfulness

BACKGROUND

- Contemplative Practices
- Transcendental Meditation (1970s)
- Body Based Practices
- Mindfulness Based Stress Reduction aka MBSR (Jon Kabat-Zinn, 1979)
- General Mindfulness Practices

Mindfulness

History and Research

- Mindfulness Based Stress Reduction also known as MBSR (Kabat-Zinn)
- University of Massachusetts beginning in 1979
- Multiple other studies, but Kabat-Zinn is the "grand-daddy" of Secular Mindfulness Practice in the U.S.

Overview of Mindfulness Practices

- Sitting Meditation
- Sound Awareness
- Body Scan
- Mindful Eating
- Walking meditation
- Movement and Exercise Practice - Yoga

Sitting Meditation

- Sit comfortably in chair on on cushion
- Eyes closed or focus is on single point on floor
- Pay attention to your breathing
- "Watch" thoughts - don't get caught in them
- Return focus to your breathing

Sound Awareness

- Bell, chime or other sound
- Listen till sound ends

Body Scan

- Sit or lie on floor
- Focused engagement and relaxation of each part of the body
- Begin to come back to awareness

Walking Meditation

- Hands cupped in front of you
- Notice where foot touches floor
- Notice picking up foot, putting it down
- Notice breathing

Mindful Eating

- Smell food
- Feel food on and around lips
- Listen
- Place food in mouth
- Notice taste, texture
- Notice bodily response to the food

Movement and Exercise

- Yoga
- Tai Chi
- Aikido
- Other exercise practices

Mini Lessons in Mindfulness

- "Just One Thing" (Hanson, 2011)
- "A Mindfulness-Based Stress Reduction Workbook (Stahl & Goldstein, 2010)
- Mindful Teaching and Teaching Mindfulness (Schoeberlein, 2009)

Related Works

- "The Healing Power of Breath" (Brown & Gerbarg, 2012)
- "Mindfulness Yoga" (Boccioi, 2004)
- "Spark" (Ratey, 2008)

Mindfulness with Children

- "Mindfulness Curriculum K-5 Grades" (Mindful Schools, 2011)
- "Mind Up Curriculum" (The Hawn Foundation, 2011)
- "The Mindful Child" (Kaiser Greenland, 2010)
- "Child's Mind" (Willard, 2010)

Review of Outcomes

- Better understanding of the term Mindfulness?
- Is there one practice implemented or discussed today that you can integrate into your daily life?
- Do you feel like you have ideas of where to look for more information about developing Mindfulness practice?

Serenity is not freedom
from the storm, but
peace amid the storm.

-Author Unknown