



## The ABCs of Mindfulness

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# Learning objectives

## The ABCs of Mindfulness

- **Define** mindfulness and what it means for you
- **Discover** the benefits of practicing mindfulness
- **Learn** about formal and informal mindfulness practices
- **Practice** mindfulness with guided meditation

# What is mindfulness?

- Present moment awareness
- Paying attention on purpose
- Direct connection with experience using all your senses
- Mind training- STOP “monkey mind”
- Experiencing life as it unfolds non-judgmentally
- Not living your life on “autopilot”



# Benefits of mindfulness

Can help to improve...	Can help to reduce....
Sleep quality	Sleep disturbances
Immune system function	Blood pressure
Ability to relax	Chronic pain
Ability to respond instead of react	Weight
Self-esteem	Anxiety and depression
Attention and focus	Stress

*Mindfulness can also help you to gain enthusiasm for life in general!*

# What does mindfulness mean to you?

- “Mindfulness is being in the present.”
- “I am mindful about the choices I make on a daily basis, putting my best self into the decision-making process and being fully alert to the possible consequences.”
- “Mindfulness, to me, means being aware of myself—my abilities, my pain, my emotions—and using this awareness to present myself honestly to the world.”
- “Practicing mindfulness means being present, aware and conscious of my breathing, my decisions and my boundaries and strengths as a human.”



Let's practice!

## Guided meditation





# Seven core attributes of mindfulness

# Seven core attributes

1 Beginner's mind

2 Non-judging

3 Patience

4 Non-striving

5 Acceptance

6 Letting go

7 Trust





# Core attributes

## 1. Beginner's mind

Cultivating a mind that is willing to see everything as if for the first time and being receptive to new possibilities

# Core attributes

## 2. Non-judging

Taking the stance of an impartial witness to your own experience and noticing the stream of a judging mind

# Core attributes

## 3. Patience

Letting things unfold in their  
own time

# Core attributes

## 4. Non-striving

Just watch. Focus on carefully seeing and accepting things as they are moment by moment

# Core attributes

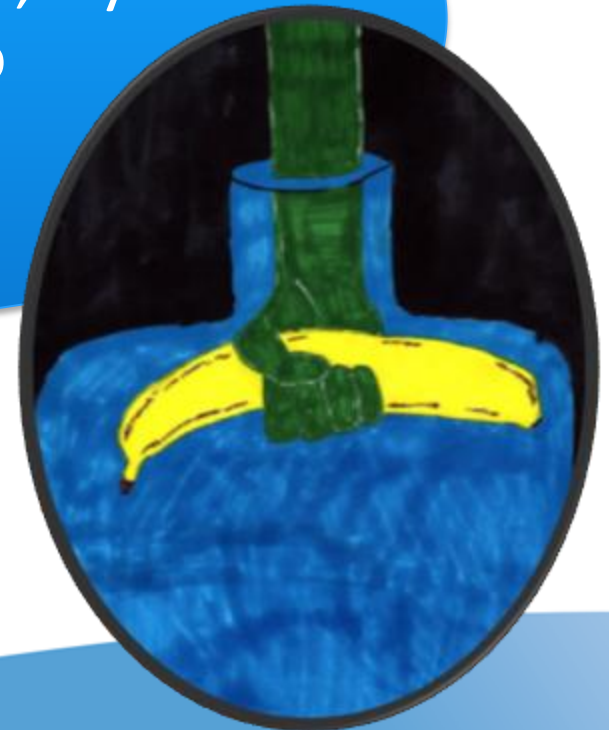
## 5. Acceptance

Seeing things as they actually  
are in the present

# Core attributes

## 6. Letting Go

Instead of holding on, try and let things go



# Core attributes

## 7. Trust

Having a basic trust in yourself- your feelings, your own authority and your intuition

# Mindfulness practices



# Formal mindfulness practices

- Body scan
- Breath awareness
- Walking meditation
- Yoga/mindful movement
- Sitting practice
- Laying down practice
- Mindful eating



# Informal mindfulness practices

- Present moment awareness
- Simply noticing
- Body sensations, sensory- sight, sound, smell, touch, taste
- Mindful communication



Slow down and be  
**fully** present.

# Building mindfulness muscle

When	How
While answering e-mails	Become aware of fingers typing
Sitting in traffic	Become aware of sounds, sights, other cars
Waiting in line	Become aware of feet on the ground, people and voices around you
Eating/drinking	Become aware of the tastes, sight, mouth feel, origin of the food

## In summary

Improve your health by learning to live in the moment

Stay  
present in  
the  
moment

Pay  
attention  
on purpose

Use all your  
senses to  
experience  
life

Experience  
life w/o  
judgment

***Remember, mindfulness matters!***

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Thank you!

