

What is Mindfulness?



Nov 27-17:35

Mindfulness...is about
paying attention, on purpose, in the
present moment, non-judgementally

To exist in the moment -
just in the 'now'

not getting embroiled in
feelings

Try to stay separate from the feeling, e.g. anger

action ← mindfulness → reaction

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You can meditate to become more mindful, but there are other ways to be mindful, therefore mindfulness and meditation are not the same thing. Meditation is only one part of mindfulness; you can become more relaxed when practising mindfulness, but this not the end goal of mindfulness, rather a by-product.

Mindfulness is not...

- The same as meditation
- Trying to achieve a higher state of consciousness
- A means to end
- An isolated 'off the shelf' tool/resource
- To be confused with relaxation

Mindfulness is not something to be selectively practiced in order to gain something or address a certain issue, it is a fluid approach, which is adopted as a continuous way of being in everyday life.

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Mindfulness is a state - meditation is a practice to become more mindful...

Purpose of Mindfulness...

- To quiet the mind
- To alleviate distraction from everyday life
- To notice, acknowledge and accept the present moment

↓
this can include both
positive and negative
moments

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What challenges might we face trying to be in the present moment?

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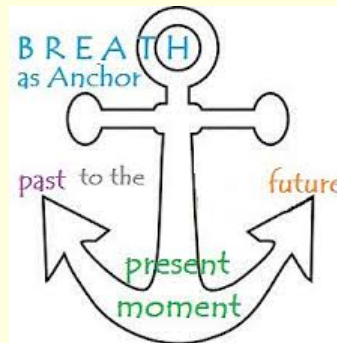
Applications and benefits...

- Stress management
- Anger
- Anxiety/panic
- Worrying/ruminating
- Low mood
- Depression
- General maintenance of mental wellbeing

You can choose a response to a situation rather than a reaction.

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Breathing is at the core of mindfulness - it is the anchor.



Mindfulness tries to use breathing in a positive way - breathing can change with mood.

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Being non-judgemental...

- am I doing it right?
- don't judge yourself by distractions
- be non-judgemental - so if you begin to question/doubt/judge, cast it out like a fishing rod and return to focus on breathing!

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When I feel _____,
I can...

do 54321 grounding



or

5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste

This deliberately uses the five senses to tune into the essence of the present moment.

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See handout - 'The effects of meditation on the brain'

The brain is like a muscle - it needs exercising to do its best:

- social
- emotional regulation
- stress management
- intelligence

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Activity:

Mindful eating

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Mindfulness for children

See various handouts

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1. Breathing Buddies

https://www.youtube.com/watch?v=scqFHGI_nZE

2. The Bell Listening Exercise

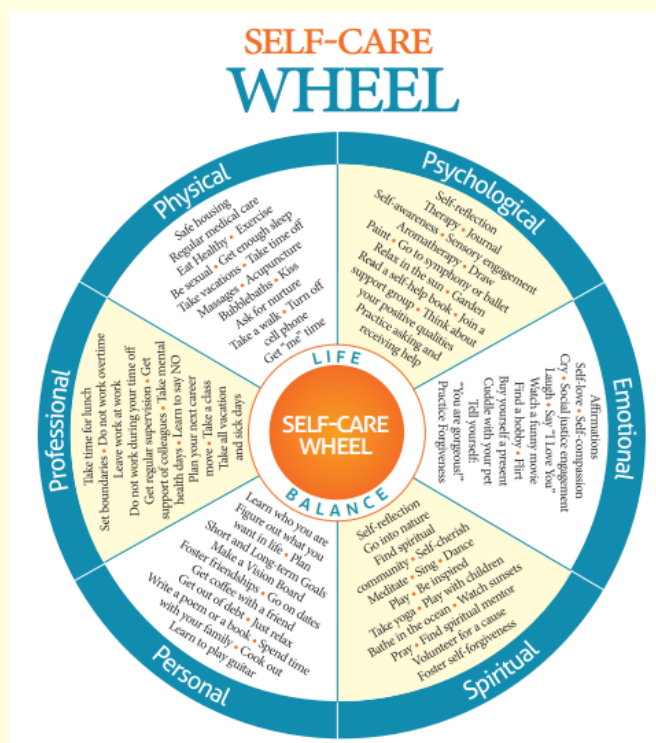
<https://www.youtube.com/watch?v=ZME0JKiweL4>

3. Guided Meditation

<https://www.youtube.com/watch?v=b57QvR1Ysyw>

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And what about you?



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