

MINDFULNESS

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THE PRESENT MOMENT

*** THE PRESENT MOMENT, IF YOU THINK ABOUT IT, IS THE ONLY TIME THERE IS. NO MATTER WHAT TIME IT IS, IT IS ALWAYS NOW.**

----Marianne Williamson

MINDFULNESS

**The Problem Is You Think
You Have Time**

MINDFULNESS

- * **Jon Kabat-Zinn (2011):**
- * **MINDFULNESS IS AWARENESS, CULTIVATED BY PAYING ATTENTION IN A SUSTAINED AND PARTICULAR WAY: ON PURPOSE, IN THE PRESENT MOMENT AND NONJUDGMENTALLY.**

MINDFULNESS MEDITATION

- * IT IS ONE OF THE MANY FORMS OF MEDITATION, IF YOU THINK OF MEDITATION AS ONE OF THE MANY WAYS IN WHICH WE ENGAGE IN**

MINDFULNESS MEDITATION

- * **1) SYSTEMATICALLY REGULATING OUR ATTENTION AND ENERGY**
- * **2) THEREBY INFLUENCING AND POSSIBLY TRANSFORMING THE QUALITY OF OUR EXPERIENCE**
- * **3) IN THE SERVICE OF REALIZING THE FULL RANGE OF OUR HUMANITY**
- * **4) AND OUR RELATIONSHIP TO OTHERS AND THE WORLD**

OPERATIONAL DEFINITION OF MINDFULNESS

- * **The awareness that arises by**
 - * **paying attention,**
 - * **on purpose,**
 - * **in the present moment,**
 - * **nonjudgmentally**

WHY BE MINDFUL?

* **AUTOMATIC PILOT**

* **IS THERE LIFE BEFORE
DEATH?**

The Science behind *mindfulness meditation*

*** Empirically Supported Benefits of
Mindfulness**

Interpersonal benefits

- * **Positively associated with effective verbal expression in social situations**
- * **Positively associated with relationship satisfaction**
- * **Helps protect against the problematic effects of relationship conflict**

Emotion regulation

- * **Decreased Rumination**
- * **Decreased Negative Affect**
- * **Decreased Depression**
- * **Improved Memory**
- * **Improved Attention**

Intrapersonal benefits

- * **Improved wellbeing**
- * **Decreased psychological distress**
- * **Develops thicker brain regions associated with attention, sensory processing and sensitivity to internal stimuli**
- * **Improved immune system functioning**

Decreased reactivity

- * **Increased ability to disengage from emotionally upsetting stimuli**
- * **Increased ability to focus on the cognitive task at hand**
- * **This creates Cognitive Flexibility**
- * **Decreased Amygdala Activity**

Mark Epstein, M.D.

**THE TRAUMA
OF EVERYDAY
LIFE**

SUFFERING

*THE MOST IMPORTANT
THING WE CAN DO ABOUT
SUFFERING IS
ACKNOWLEDGE IT

LEARNING TO RELATE TO SUFFERING

**IT'S NOT WHAT YOU'RE
EXPERIENCING THAT MATTERS
MOST IT'S HOW YOU RELATE
TO IT THAT COUNTS**

SUFFERING

**OUR TENDENCY IS TO TURN AWAY FROM
THESE FEELINGS OR BANISH THEM**

THIS IS KNOWN AS DISSOCIATION

LIFE IS SUFFERING

*** THE GENERAL
UNSATISFACTORINESS OF LIFE**

*** Ajahn Chah: THE DRINKING GLASS**

*** “because I know the glass is
broken every minute with it is
precious”**

BROKENNESS

**FACING THE BROKENNESS
OF LIFE ALLOWS US TO
APPRECIATE IT'S
PRECIOUSNESS**

ATTUNEMENT

- * **WE CAN LEARN ATTUNEMENT IN RELATIONSHIPS THROUGH HEALTHY AND AWARE CAREGIVER/CHILD RELATIONSHIPS**
- * **THE TRAUMAS OF ADULTHOOD ARE DIFFICULT IN PART BECAUSE OF HOW DIFFICULT THEIR INFANTILE/CHILDHOOD COUNTERPARTS WERE FOR THEIR PARENTS TO HANDLE**

EARLY MALATTUNEMENT

- * **EARLY TRAUMAS RESTRICT OUR ABILITY TO PROCESS LATER TRAUMAS**
- * **IT IS NATURAL FOR US TO TURN AWAY FROM THOSE THINGS THAT TRIGGER THE PAINFUL AND SOMETIMES OVERWHELMING EMOTIONS**
- * **AND TO TURN AWAY FROM THE EMOTIONS AS WELL**

BEING HUMAN

- * **TRAUMA CAN MAKE US MORE HUMAN IF WE ARE WILLING TO FACE IT AND THE FEELINGS**
- * **FACING TRAUMA CAN WAKE UP FEELINGS OF EMPATHY AND COMPASSION**
- * **TRAUMA CAN MAKE US MORE HUMAN CARING AND WISE AND IT IS AVAILABLE TO EVERYONE AS PART AND PARCEL OF EVERYDAY LIFE**

HOLDING ENVIRONMENT

- * **MEDITATION CAN “HOLD” THE MIND JUST AS WINNICOTT DESCRIBED THE MOTHER HOLDING THE INFANT**
- * **MEDITATION CAN STRENGTHEN THE EGO SO THAT IT CAN HOLD PRIMITIVE AGONIES WITHOUT COLLAPSE**

CRYING

- * **WHEN YOU CRY IN MEDITATION YOU SHOULD CRY WITH YOUR WHOLE HEART**
- * **WHEN YOU KEEP FEELINGS AT BAY YOU GIVE THEM POWER OVER YOU**
- * **YOUR MIND CAN USE YOUR PAIN FOR IT'S OWN PERSONAL DEVELOPMENT**
- * **ACKNOWLEDGING YOUR PAIN HELPS YOU DEAL WITH IT**

Mindfulness

- * **Mindfulness is engaging in a love affair with ourselves**
 - * **It is a radical act**
- * **Taking your seat and stepping into the present moment**

Mindfulness Meditation

- * **The intentional cultivation of access to our own capacity for awareness**
 - * **Awareness Of:**
 - * **Relationality**
- * **We have a reciprocal relationship between the way we touch the world and the way in which the world touches us (eyes, ears etc.)**

Mindfulness Meditation

- * The Willingness to drop in on ourselves and get a sense of how it feels when we choose to stop and cultivate non-doing**
- * Can I be at home in “this moment”?**

Sitting Quietly

* “All of humanity's problems stem from man's inability to sit quietly in a room alone.”

*

— Blaise Pascal, Pensées

The Five Processes of Present Moment awareness

- 1) **NOTICING**
- 2) **NAMING**
- 3) **LETTING GO**
- 4) **SOFTENING**
- 5) **EXPANDING**

NOTICING

- * **THE ABILITY TO SIMPLY OBSERVE WHAT'S PRESENT**
- * **IN THE MOMENT**
- * **MAINTAINING AN OBSERVER PERSPECTIVE**
- * **THE ABILITY TO SHIFT BETWEEN SALIENT INTERNAL AND EXTERNAL CUES**

NAMING

- * **THE ABILITY TO NAME AND DESCRIBE PRIVATE EXPERIENCES**
- * **CONTACTED IN PRESENT MOMENT AWARENESS**
- * **OBJECTIVELY AND NONJUDGEMENTALLY**

LETTING GO

- * **THE ABILITY TO BOTH RECOGNIZE AND DETACH FROM PROVOCATIVE EVALUATIONS OR COMPETING TIME PERSPECTIVES (PAST OR FUTURE)**
- * **WHICH ARE INJECTED BY THE BUSY MIND**
- * **THE ABILITY TO SEPARATE SELF FROM THE MENTAL ACTIVITIES OF THE MIND**

SOFTENING

- * **THE ABILITY TO RELEASE ONESELF FROM IMPERFECTIONS AND ATTACHMENT TO NEGATIVE SELF NARRATIVES**
- * **THE ABILITY TO CONNECT WITH THE UNIVERSAL NATURE OF SELF INFLICTED SUFFERINGS**

EXPANDING

*** THE ABILITY TO FIND NEW PURPOSE AND LIFE MEANING THAT ALLOWS FOR MAKING VOLUNTARY CONTACT WITH PREVIOUSLY AVOIDED PAINFUL PRIVATE EXPERIENCE**

COMPASSION

* **“A PROCESS OR STATE OF BEING THAT CONNECTS TO A PERSON’S OVERALL SUFFERING OR STRUGGLE AND PROVIDES THE IMPETUS TO HELP THE PERSON FIND RELIEF FROM HIS OR HER SUFFERING”**

* **(Vivino et al. 2009)**

COMPASSION

* THE HEART OF UNDERSTANDING

- * THE WISDOM AND ABILITY TO SEE THAT ALL EVENTS INCLUDING HUMAN BEHAVIOR HAVE CAUSES
- * THAT EVEN IN THEIR IMPERFECTION THINGS ARE PERFECT AS THEY ARE
- * PEOPLE ARE DOING THE BEST THAT THEY CAN

COMPASSION

- * **First, to have compassion for others you must notice that they are suffering.**
- * **Second, compassion involves feeling moved by others' suffering so that your heart responds to their pain (the word compassion literally means to "suffer with"). When this occurs, you feel warmth, caring, and the desire to help the suffering person in some way. Having compassion also means that you offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly.**
- * **Finally, when you feel compassion for another (rather than mere pity), it means that you realize that suffering, failure, and imperfection is part of the shared human experience. "There but for fortune go I."**

SELF COMPASSION

Kristin Neff

* **THREE COMPONENTS**

- * **1.) Self Kindness vs. Self Judgement**
- * **2.) Common Humanity vs. Isolation**
 - * **3.) Mindfulness vs. Over-identification**

Self Kindness vs. Self Judgement

- * Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties is inevitable, so they tend to be gentle with themselves when confronted with painful experiences rather than getting angry when life falls short of set ideals. People cannot always be or get exactly what they want. When this reality is denied or fought against suffering increases in the form of stress, frustration and self-criticism. When this reality is accepted with sympathy and kindness, greater emotional equanimity is experienced.

Common Humanity vs. Isolation

- * Frustration at not having things exactly as we want is often accompanied by an irrational but pervasive sense of isolation – as if “I” were the only person suffering or making mistakes. All humans suffer, however. The very definition of being “human” means that one is mortal, vulnerable and imperfect. Therefore, self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

Mindfulness vs. Over-Identification

- * Self-compassion also requires taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated. This equilibrated stance stems from the process of relating personal experiences to those of others who are also suffering, thus putting our own situation into a larger perspective. It also stems from the willingness to observe our negative thoughts and emotions with openness and clarity, so that they are held in mindful awareness. Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it at the same time. At the same time, mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we are caught up and swept away by negative reactivity.

SILENCE

- * **How comfortable can I be with silence?**
- * **We want to fill the space**

* **W.A.I.T.**

Why Am I Talking

THE MIND

- * **The MIND has a life of it's own**
- * **PAST, PRESENT, PROBLEM SOLVING**
 - * **IMAGES**
 - * **WORDS**
- * **RULES RULES RULES**

THE MIND

*** THE MIND IS ADDITIVE**

*** WHAT ARE THE NUMBERS?**

*** Don't take what your mind does
personally**

*** It doesn't have ill will**

*** It just doesn't know any
better**

THE MIND

**NOW YOU
KNOW
BETTER**

THE MIND

- * **There's much more right with you than wrong with you**
- * **When we get caught up in the mind and it's own twists it only focuses on what's wrong**
- * **“My mind is not a neighborhood I feel safe hanging out in”**

ATTITUDES OF MINDFULNESS

- * **NON-JUDGING**
- * **PATIENCE**
- * **BEGINNER'S MIND**
- * **TRUST**
- * **NON-STRIVING**
- * **ACCEPTANCE**
- * **LETTING GO**
- * **CURIOSITY**

NON-JUDGING

- * **SIMPLY OBSERVE WHAT IS UNFOLDING**
- * **ASSUME A STANCE OF IMPARTIALITY**
- * **OBSERVE YOUR REACTIONS TO WHAT IS UNFOLDING**
- * **AND DON'T STOP THE JUDGING WHEN YOU BECOME AWARE OF IT**
- * **JUST BE AWARE OF IT HAPPENING**

PATIENCE

- * **To be completely open in each moment**
- * **Accepting it in its' fullness**
- * **Knowing that things will unfold in their own time**
- * **Cultivate patience toward our own minds and bodies**

BEGINNER'S MIND

- * **Seeing everything as if for the first time**
- * **Be receptive to new possibilities**
- * **Don't get stuck in the rut of our own expertise (relationships)**
- * **See things as they are and not through the lens of your own thoughts, emotions and opinions**

TRUST

- * **Develop a basic trust in yourself and your experience.**
“Good decisions come from experience and experience comes from bad decisions”
- * **Learn to trust the wisdom of your feelings and the wisdom of your body**
- * **In mindfulness we are practicing taking responsibility for ourselves and learning to listen and trust our own beings**

NON-STRIVING

- * **In meditation the best way to achieve your goals is to back off from striving for results and to start seeing and accepting things as they are moment by moment**
- * **We are allowing everything that we experience to be here because it already is**
- * **The invitation is to simply embrace it and hold it in awareness**

ACCEPTANCE

- * **Seeing things as they actually are in the present**
- * **Healing: Coming to terms with things as they are**
- * **NOW is the only time you have for anything**
- * **We can be sure of one thing: Whatever we are attending to in this moment will change**
- * **IMPERMANENCE**

LETTING GO

- * **NON-ATTACHMENT**
- * **Monkey Trap**
- * **We try to hold on to pleasant experiences and push away aversive experiences (addiction)**
- * **We put aside the tendency to elevate some aspects of experience and reject others**
- * **You let go everyday: You SLEEP**

RAIN

- * **R** **Recognize what is happening**
- * **A** **Allow life to be just as it is**
- * **I** **Investigate with kindness**
- * **N** **Non identification**

RECOGNIZE

- * **Recognize what is happening**
- * **Focus on what is happening in your body**
- * **What kind of sensations?**
- * **What kind of emotions?**
- * **What kind of thoughts?**

ALLOW

- * Allow life to be just as it is**
- * Allowing what is happening can be difficult**
 - * Use the words “YES” or “THIS TOO”**
 - * These words can create a softening**

INVESTIGATE

*** Investigate with Kindness**

Ask the following questions:

- * 1) What most wants attention?**
- * 2) How am I experiencing this in my body?**
- * 3) What am I believing?**
- * 4) What does this feeling want from me?**

NON-IDENTIFICATION

Make a distinction between the experience and yourself

There is a lot of anxiety present vs. I AM anxious

The emotion is PRESENT but it's not WHO you are

FIVE FACETS OF MINDFULNESS

- * **OBSERVE**
- * **DESCRIBE**
- * **DETACH**
- * **LOVE YOURSELF**
- * **ACT MINDFULLY**

OBSERVE

- * **TWO CORE PROCESSES:**
- * **1) Centering: Pull yourself out of distraction and reorganize your attention.**
- * **Simple acts: closing your eyes and deep breaths**
- * **2) Focusing: Applying your attention in a focused way on just one thing.**
- * **One mindfully**

FROM PARTICIPANT TO OBSERVER

- * **Participant: Get lost in your immediate experience**
- * **Participant-Observer: Pay attention to your own experience and the world around you**
- * **Observer: To take in and process the entire context of the experience. To see how it will end before those immersed in it will ever see**
- * **(Anger as an example)**

DESCRIBE

- * **TWO CORE FEATURES:**
- * **1) Use a wide spectrum of words to identify your immediate response to stress and the mental events that follow: horrible vs challenging**
- * **2) Describe non-judgmentally**
- * **“I’m experiencing sadness” vs “This sucks I should be over it”
This adds to distress and escape**

DETACH

- * **TWO CENTRAL FEATURES:**
- * **1) Accepting what's present in your awareness knowing that it doesn't have to be controlled in any way (unpleasant feelings aren't threats to your well being)**
- * **2) Take a long view of stress producing situations. As powerful as the emotions of the moment are, the situation doesn't warrant overriding your life principles or chosen valued direction**

LOVE YOURSELF

- * **TWO CENTRAL FEATURES:**
- * **1) UNDERSTANDING AND ACCEPTING THE INEVITABLE REALITY THAT YOU WILL MAKE MISTAKES OR FAIL IN IMPORTANT LIFE PURSUITS**
- * **2) DETACH FROM SELF-DEFEATING PERSONAL NARRATIVES: a self story that explains who you are and how you got to be that way. These are stories made up by the mind.**

ACT MINDFULLY

- * **TWO CORE PROCESSES:**
- * **1) SLOW DOWN, SHOW UP AND BECOME AWARE OF A SPECIFIC PURPOSE THAT YOU WILL EMBODY IN YOUR BEHAVIOR IN THE MOMENT**
- * **2) PERSIST WITH BEHAVIORS THAT ARE LINKED TO YOUR SPECIFIC PURPOSE, EVEN WHEN OBSTACLES SHOW UP**

HUMAN SUFFERING

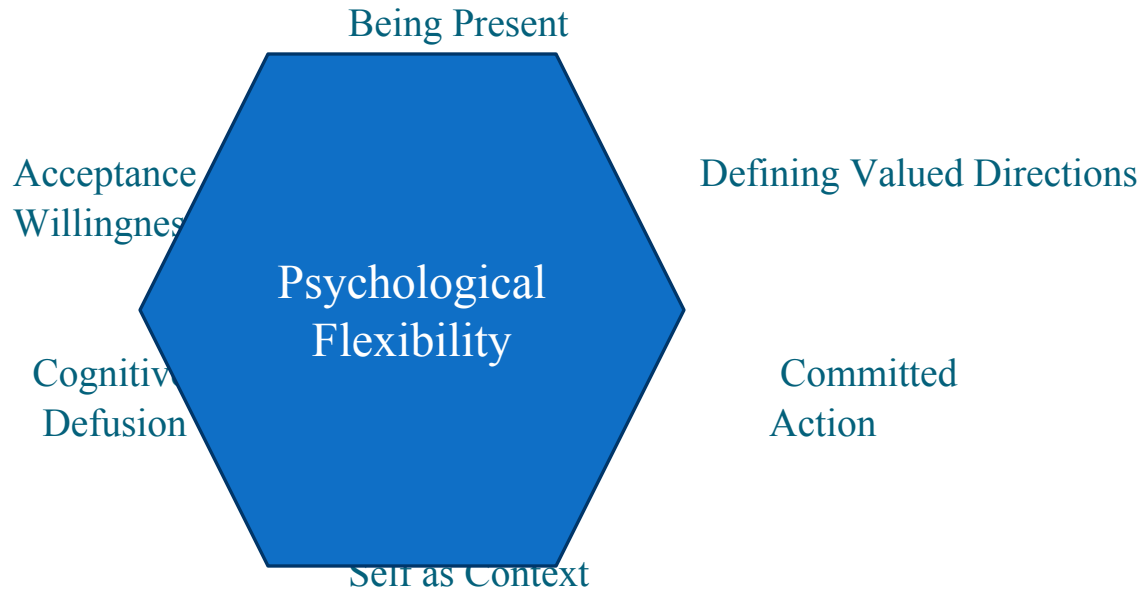
IS

UBIQUITOUS

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ACCEPTANCE AND COMMITMENT THERAPY ACT

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THE PILLARS OF FLEXIBILITY

- * OPENNESS:

- * **Detach from distressing private experience and associated rules**
- * **Non-judgmental, accepting stance toward painful material**

- * AWARENESS:

- * **Able to experience the present moment**
- * **Able to take perspective on self and self story**

- * ENGAGEMENT:

- * **Exhibits strong connection with values**
- * **Able to sustain values consistent action**

VULNERABILITY

* **UNCERTAINTY**

* **RISK**

* **EMOTIONAL EXPOSURE**

VULNERABILITY

- * **The core of all emotions**
- * **To feel is to be vulnerable**
- * **Vulnerability is the birthplace of love, belonging, joy, courage, empathy and creativity**
- * **If we want greater clarity in our purpose vulnerability is the path**

EMPATHY

- * **LISTENING**
- * **HOLDING SPACE**
- * **WITHHOLDING JUDGMENT**
- * **EMOTIONALLY CONNECTING**
- * **COMMUNICATING “YOU’RE NOT ALONE”**

*

Mindfulness in the Schools Project

.b

Stop

Breathe

Be

.b 10 LESSONS

- * **1) Introduction to Mindfulness**
- * **Persuades young people that mindfulness is worth learning about by making it relevant to their lives**
- * **2) Playing Attention**
- * **Training the muscle of your mind which like a puppy needs to be trained**
- * **3) Taming the Animal Mind**
- * **Anchoring attention in the body, alongside the cultivation of curiosity and kindness can be calming and nourishing**

.b 10 LESSONS

- * **4) Recognizing Worry**
- * **Noticing how your mind plays tricks on you that leads to stress and anxiety**
- * **5) Being Here Now: From Reacting to Responding. This is the heart of mindfulness**
- * **6) Moving Mindfully**
- * **How to use mindfulness in sports**

.b 10 LESSONS

- * **7) Stepping Back**
- * **Watching the thought traffic of your mind**
- * **New ways of relating to our thoughts**
- * **8) Befriending the Difficult**
- * **Dealing with difficult emotions**
- * **9) Taking in the GOOD**
- * **Being Present with Your Heart: gratitude and “Savoring what is GOOD in your life”**
- * **10) Putting it all together**