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COMMUNITY NETWORKS OF SPECIALIZED CARE
RESEAU COMMUNAUTAIRE DE SOINS SPECIALISES
NORTH/NORD

Hands Mains


Mindfulness

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Just Breathe



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What mindfulness is ...
 What mindfulness is not ...
 Cultivating mindfulness - meditation
 Meaningful pauses
 Moment to moment awareness and acceptance
 Obstacles to becoming aware



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Mindfulness is...
 "Simply put, mindfulness is moment to moment awareness. It is cultivated by purposefully paying attention to things we ordinarily never give a moment's thought to. It is a systemic approach to developing new kinds of control and wisdom in our lives, based on our inner capacities for relaxation, paying attention, awareness and insight".


Jon Kabat-Zinn, Ph.D.

(Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness, p.g.2)

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Mindfulness is...

Paying attention
 on purpose
 in the present moment
 without judging your experience



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“Simply rest in a bare awareness of thoughts, feelings and perceptions as they occur... it’s about being the observer, not the observed”

N. Singh 2011



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- Active awareness of the present moment
- Not judging your experience – actively accepting in the moment no matter what
- Not getting caught up in automatic reactions, thoughts, feelings, sensations but simply noticing and being aware of them
- Catching yourself when you are not being aware and gently bringing yourself back to the present moment



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What’s on your mind?



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Mindfulness is...

- A way of more fully experiencing those things that might otherwise slip by you
- Easy to learn – but takes practice
- Eight weeks, twenty minutes a day



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Mindfulness is not...

- Just a relaxation technique
- Going into a trance
- A mysterious practice which cannot be understood
- A means of becoming a psychic superman!
- Dangerous and to be avoided!
- Just for saints, gurus or holy people
- Running away from reality



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Mindfulness is not...

- A great way to “get high”
- Selfish
- Sitting around having lofty thoughts
- Something you do for a couple of weeks and then all your problems go away



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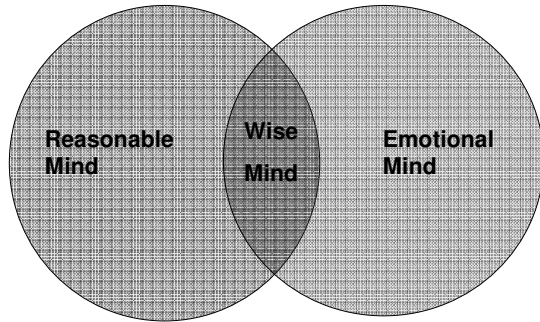
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Presence of Heart



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States of Mind



From Marsha Linehan (1993) Skills Training Manual for Treating Borderline Personality Disorder¹⁴

How to achieve
mindfulness more often
than not?



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Mindfulness meditation

Meaningful pauses

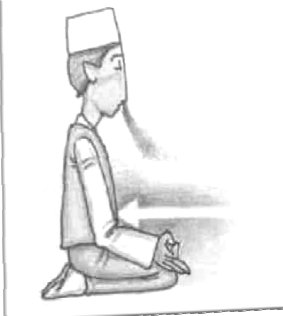
Moment to moment awareness



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Cultivating
mindfulness:
Meditation

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Listen to this!



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Mindfulness Meditation

- For cultivating moment to moment mindfulness
- Practiced daily
- Start with shorter durations (5-10 minutes) and work up to longer durations (45 minutes to an hour)
- 20 minutes per day for 8 weeks – you will see dramatic changes in your life
- Guided meditation practice
- Classes
- Be creative!

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Benefits of Mindfulness - Practical

- Acceptance of reality as it is – more effective dealing with problems – you don't put off dealing with things based on not wanting it to be so
- Addressing life's challenges requires accurately perceiving reality, accepting, then changing (if change is possible)
- Cultivates compassion and a non-judgmental stance towards self and others
- Decrease stress
- Increase well-being
- Self-exploration, understanding, enlightenment

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Benefits of Mindfulness – Health Promotion

- Mind-body connection
- Stress relief
- Enhanced immune functioning
- Enhanced awareness
- Greater emotional regulation
- Behavioural regulation improved
- The people you support will notice

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Benefits of Mindfulness – Managing Chronic Illness

- MBSR – chronic physical and emotional pain (over 30 years) – JKZ
 - Formal meditation
 - Meaningful pauses
 - Yoga/Stretching
- Management of chronic pain conditions
- Management of chronic illness – gastrointestinal, cardiovascular problems, skin disorders, disorders of the immune system, cancer
- Improvement in quality of life and enhanced functioning

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Benefits of Mindfulness – In Mental Health

- Borderline Personality Disorder
- Anxiety Disorders
- Depression (particularly relapse prevention)
- Substance abuse
- Disorders of impulse control
- Anger management

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Meaningful Pauses



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Meaningful Pauses

- To learn to practice mindfulness throughout the day
- Scheduled or cue-based
- Short pause from what you are doing
- Focus on breath, soles of the feet, counting, etc... but doing so mindfully
- Go about your business with awareness



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Gotta whole lot of
sole



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Moment to moment awareness



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- The ultimate goal
- Anything can be done mindfully – your LIFE can be lived mindfully
- Takes LOTS of practice
- Mindfulness cues
- You will never do this perfectly – people spend their entire lives practicing



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Obstacles to becoming aware



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I don't WANT to accept everything! Some things are simply unacceptable!



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It is too difficult and I don't have the time!



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I keep getting distracted!



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It's too boring – nothing is happening!



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I don't like what goes through my mind!



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I keep falling asleep when I meditate!



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Coming to your senses



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“You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this.”



Henry David Thoreau



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Thank you



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