

MINDFULNESS:
*Balancing Life and Work
through Stress Reduction*



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2010 CIVSA Conference - Lexington, Kentucky

What is Mindfulness?

- Self Awareness
- State of being in the present moment
- Accepting things for what they are without judgment

"What lies behind us and what lies ahead of us are tiny matters to what lies within us." - Ralph Waldo Emerson

What is Mindfulness?

- Originated from Buddhist meditation and teachings
- Western medicine and psychology has adapted these philosophies:
 - Treatment of depression
 - Assisting with mood regulation
 - Provides considerable health benefits
 - Reduces stress and improves flexibility

Switching Off Autopilot

- Thoughts come and go
- Not much say on which thoughts turn up in our head
- Thoughts skip from one idea to another
- Overlap of a constant stream of ideas, memories, desires

Switching Off Autopilot

- Mindfulness = Stepping back to observe your thoughts
- Awareness of how inner world is reacting to events taking place around you
- Awareness of inner disturbances and staying positive
- Stress and anxiety build up when attention is not given

What can it help with?

- Freedom from harmful judgments
 - Acceptance of things as they are instead of as good or bad
 - Judgments become a choice instead of reaction
 - Avoiding damaging consequences mindfully

"You will not be punished for your anger, you will be punished by your anger." ~ Buddha

What can it help with?

- Healing of inner emotional disturbances
 - Observe inner events, thoughts, feelings without judgment
- Allow emotions to “just be” instead of trying to resist them
- Defuse negativity, aggression and turbulent emotions

“What you resist, persists” – Carl Jung

The Benefits of Mindfulness

- STABILITY OF MIND
 - balanced outlook without thoughts bouncing
- FLEXIBLE AWARENESS
 - Shifting of thoughts to a positive light with greater ease
- SELF AWARENESS
 - Stronger ability to maintain a healthy outlook

The Benefits of Mindfulness

- NON REACTIVITY
 - Stop labeling events as good or bad
 - Continue working on change without such burden

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

The Benefits of Mindfulness

- **BUILD CONCENTRATION and REDUCE STRESS**
 - balanced outlook without thoughts bouncing
- **STOP BEING A VICTIM OF YOUR OWN THINKING**
 - Realize your Thoughts and feelings are not the sum total of who you are
- **DEALING MORE EFFECTIVELY WITH UPHEAVALS**
 - Development of healthy coping mechanisms

Practicing Mindfulness

- **MANY PEOPLE:**
 - Think it sounds like a wonderful idea!
 - Talk about “life being too short” to spend time worrying
 - Have occasional moments of inspiration that dwindle
- **THIS MOMENT:**
 - Is truly all there is (not the past or the present)
 - And every moment can be mastered fully
 - Can transform your life into a liberating experience

First Steps

- Become aware of this moment
- Just stop for a moment and listen
- Simply choose to become aware of this moment
- Don't be discouraged
- Anchor your awareness through mindful breathing

How to Practice?

- Choose to be mindful, then choose it again and again
- Commit to living mindfully
- It might seem like a lot of work to start with
- Time and practice will produce a natural state of mind
- You will begin to experience the benefits with ease

Lessons from the Mind of a Child

- Adults live on autopilot and not mindful of thought
- Children are mostly free from mental chatter
- A young child's world is full of newness and fascination
- Practicing mindfulness is like reclaiming the pure, simple awareness that we had in our youth.

Mindful Exercises

Exercise 1: One Minute of Mindfulness

Exercise 2: Conscious Observation

Exercise 3: The Ten Second Count

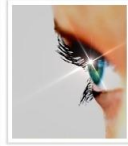
Exercise 4: Mindfulness Cues



"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

Mindful Activities / Anchors

- MINDFUL EATING
- MINDFUL LISTENING
- MINDFUL WALKING
- MINDFUL ANYTHING!



The Power of Meditation

- "Meditation is the art of letting go...an art that many people find difficult to master.
- Even if you are someone who finds it extremely difficult to let go of thoughts, you will quickly achieve inner stillness and peace of mind when you put yourself in the hands of a great guided meditation."



<http://www.the-guided-meditation-site.com/>

Guided Meditation 🍁



"Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone." ~ Louis L'Amour



Resources

Meditations for relaxation and awareness:

<http://www.learningmeditation.com/room.htm>

Mindful Parenting:

<http://joyfullyrejoycing.com/>

Mindful Meditations (from MARC at UCLA):

<http://marc.ucla.edu/body.cfm?id=22&oTopID=22>

Institute for Mindfulness Studies:

<http://mindfulliving.net/Home.html>
