

# Mindfulness



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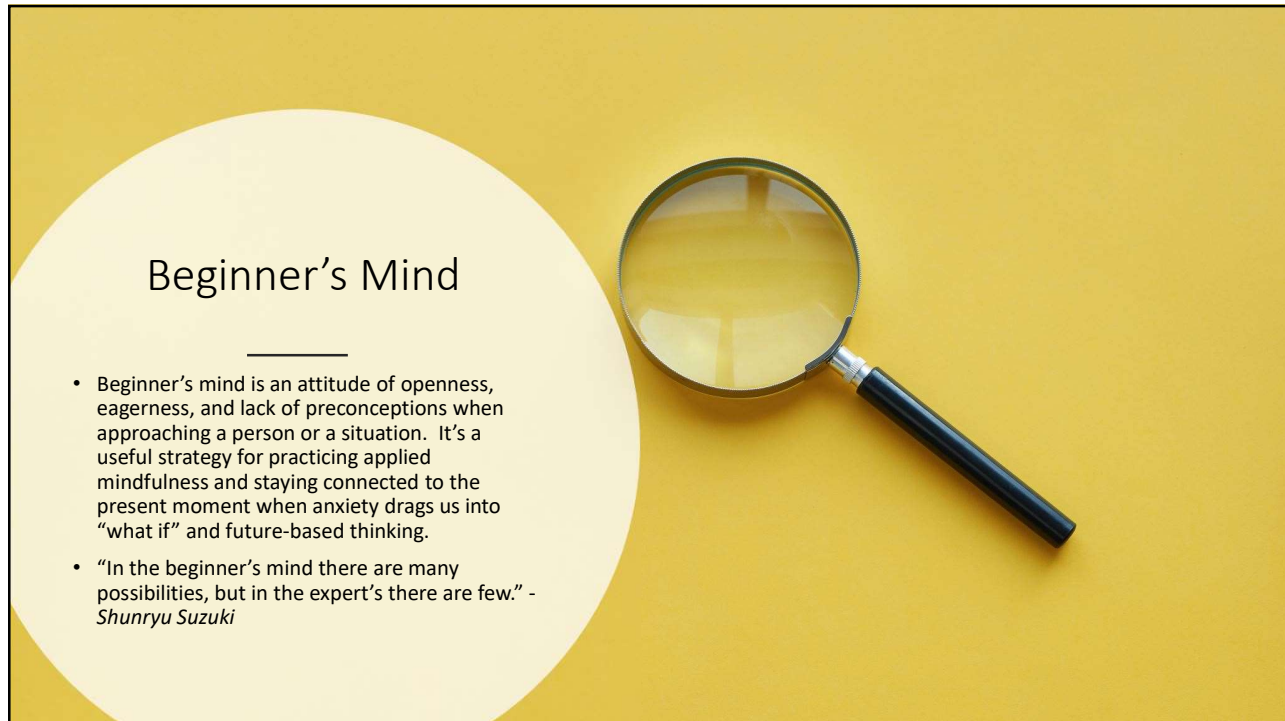
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## About me...

- MSW from Sac State, 2021
- Post-Masters Mental Health Fellow at Kaiser Roseville
- Clinical practice: depression, anxiety, PTSD, borderline personality d/o, etc.
  - Acceptance & Commitment Therapy (ACT)
- Interested in Zen Buddhism for 15 years
- Father was a practitioner of Tibetan Buddhism
- Atheist with an interest in contemplative practices

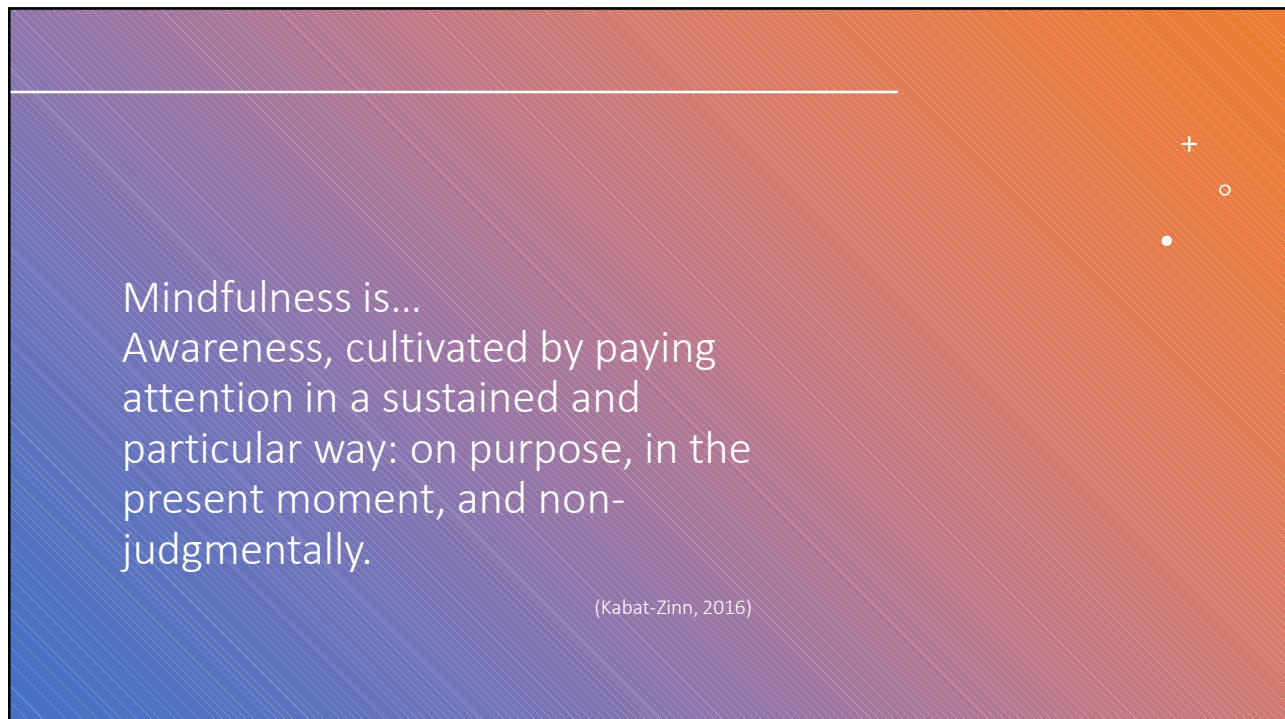
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A slide with a yellow background. On the left, a white circle contains the title 'Beginner's Mind' and two bullet points. To the right of the circle is a magnifying glass with a black handle and a silver frame, resting on the yellow surface.

## Beginner's Mind

- Beginner's mind is an attitude of openness, eagerness, and lack of preconceptions when approaching a person or a situation. It's a useful strategy for practicing applied mindfulness and staying connected to the present moment when anxiety drags us into "what if" and future-based thinking.
- "In the beginner's mind there are many possibilities, but in the expert's there are few." - *Shunryu Suzuki*

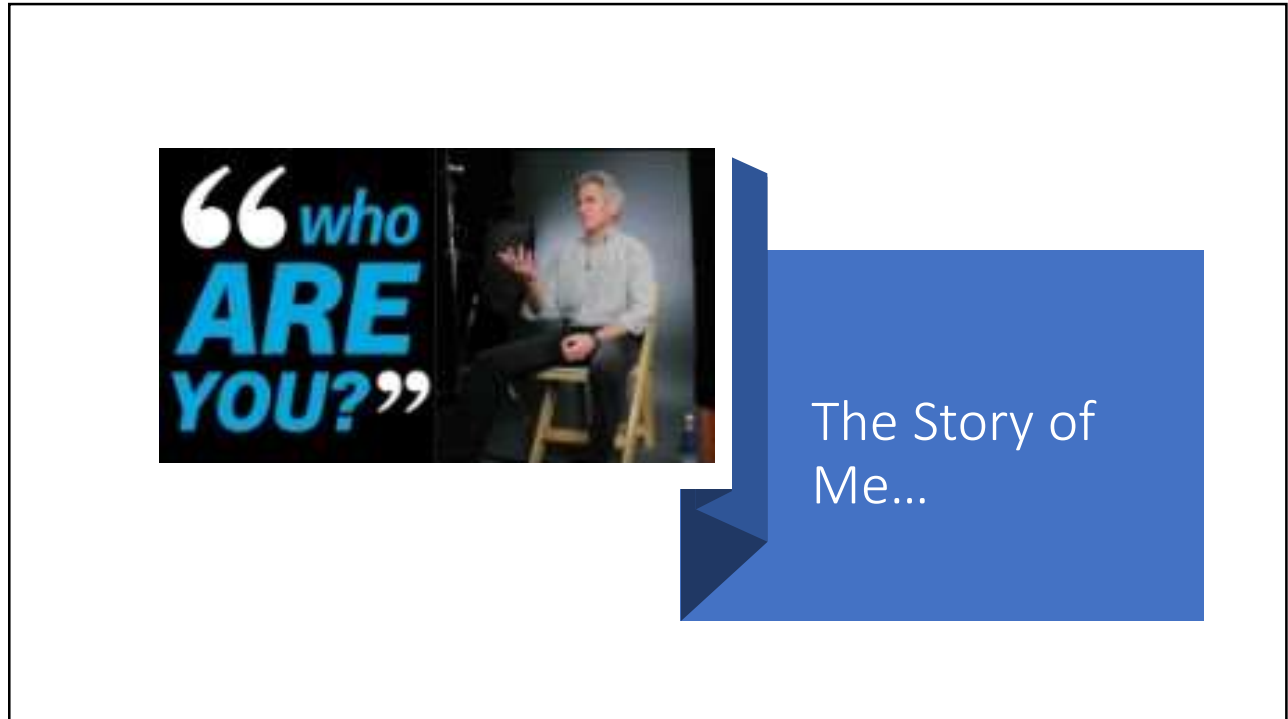
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A slide with a blue-to-orange gradient background. A white horizontal line is positioned near the top. On the right side, there are three small white symbols: a plus sign, an open circle, and a solid dot. The text 'Mindfulness is...' is followed by a definition of mindfulness.

Mindfulness is...  
Awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally.

(Kabat-Zinn, 2016)

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“who ARE YOU?”

The Story of Me...

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## What is Mindfulness?

- mind·ful·ness | \ 'mīn(d)-fəl-nəs \
- **Definition of *mindfulness***

1: the quality or state of being [mindful](#)

2: the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis/so : such a state of awareness

(Merriam-Webster, n.d.)

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## Other Definitions of Mindfulness

Source	Definition
Mindfulness Based Stress Reduction (MBSR)	<i>Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.</i>
Mindful Nation UK Report by the Mindfulness All-Party Parliamentary Group (MAPPG)	<i>Mindfulness means paying attention to what is happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness.</i>
Zen Master Thich Nhat Hanh	<i>Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing.</i>

(Shapiro & Weisbaum, 2020)



*Leave your front door and  
your back door open.  
Allow your thoughts to  
come and go.  
Just don't serve them tea.*

Shunryu Suzuki

(Chadwick, 1999)

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## Historical Roots of the Modern Mindfulness Movement

- Modern practices mostly stem from Eastern traditions, ie. Hinduism & Buddhism
- Christianity, Judaism, & Islam also use contemplative practices
- Came to the west in the 19<sup>th</sup> century via Chinese immigrants
- Gained popularity in the 1960s & 1970s  
(Maurucuo, 2020)

- Hinduism
  - Dhyāna – process of “stilling the mind”
- Buddhism
  - Sati - “moment to moment awareness of present events”

(Leonard, 2020)


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## Benefits of Mindfulness

- Reduces stress
- Reduces anxiety, panic, & depression in medical patients
- Helps with chronic pain management
- Reduces severe MDD relapses
- Helps with processing challenging emotions
- May improve immune system
- Positive changes in brain structure and functioning
- Helps reduce memory loss
- Aids in addiction recovery
- Improves Sleep

(Kabat-Zinn, 2016; Mauricio, 2020)

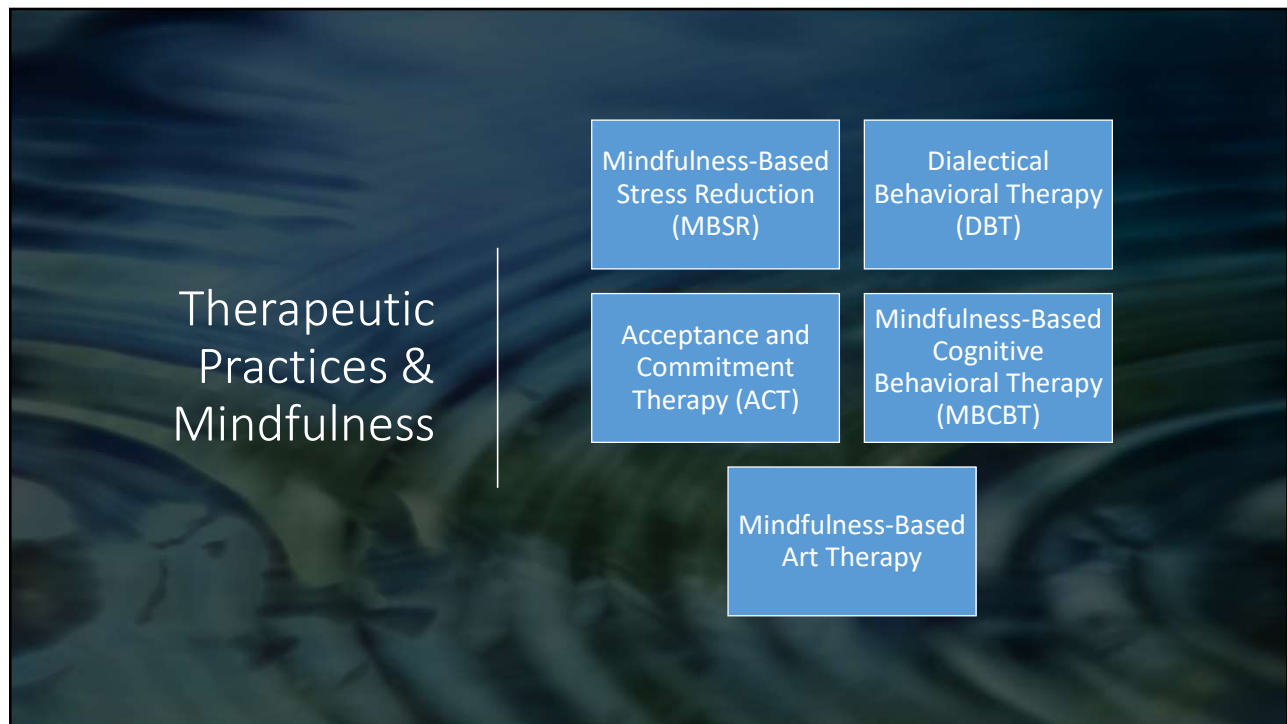
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<p>5 Minute Break</p>	

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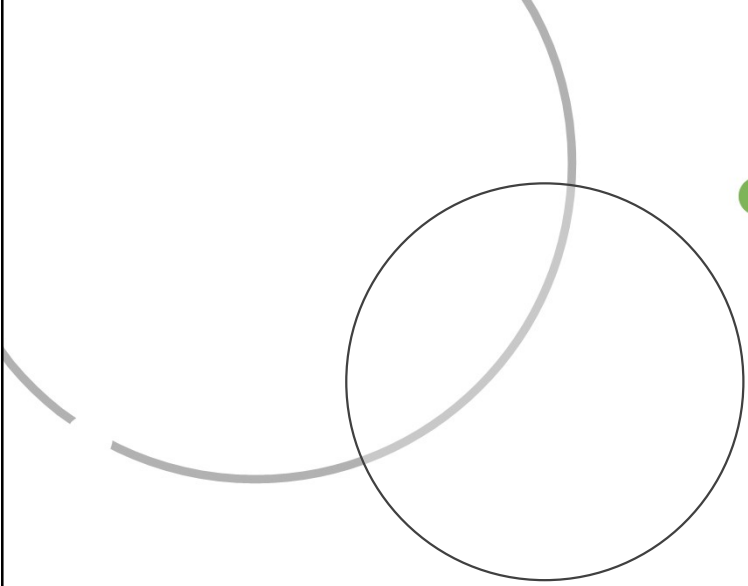
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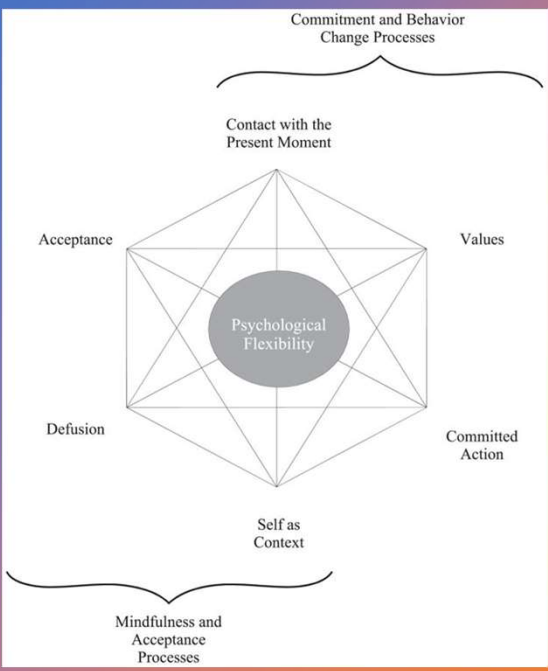
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## Dialectical Behavioral Therapy (DBT)

- Mindfulness
- Emotion Regulation
- Interpersonal Effectiveness
- Distress Tolerance

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## Acceptance & Commitment Therapy (ACT)

- The 6 Core Processes of ACT - Psychological Flexibility
  - Acceptance
  - Cognitive Diffusion
  - Being Present
  - Self as Context
  - Values
  - Committed Action

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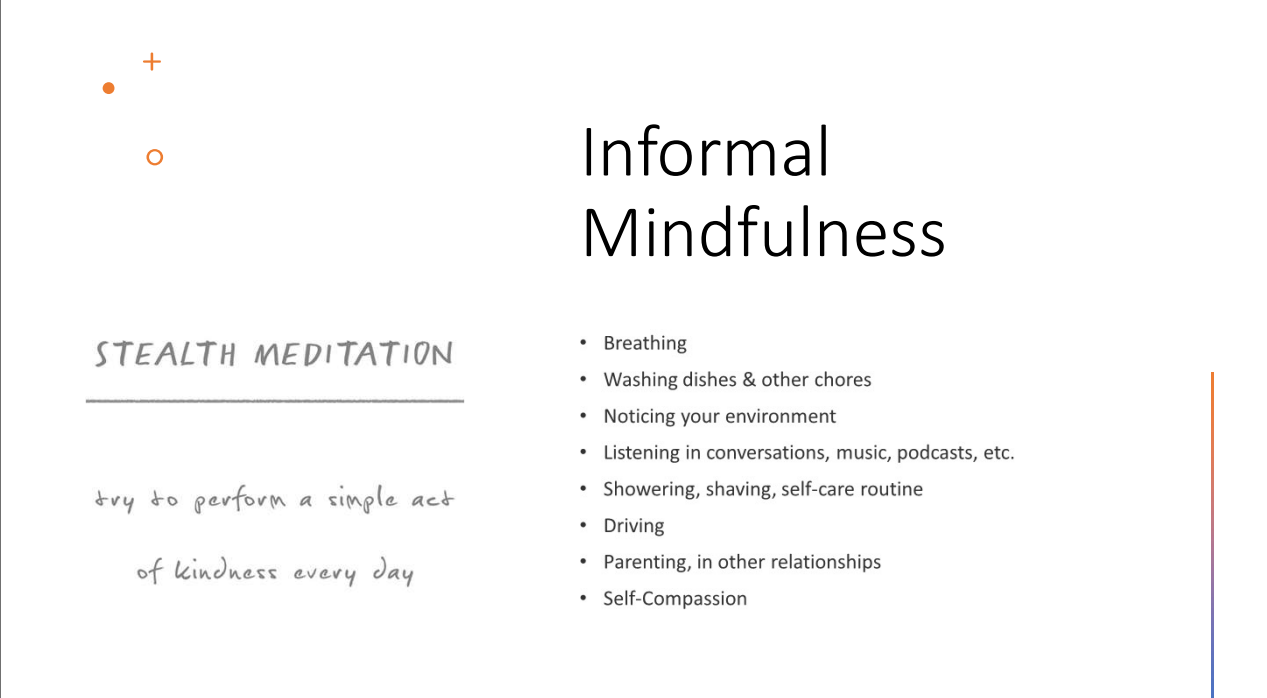


## Modern Mindfulness Practices

- Concentration
  - Focusing on an object, word, sense, etc.
- Breath awareness
  - Paying attention all aspects of breathing
- Body awareness
  - Body scan, physical sensations
- Movement
  - Mindful walks, yoga, etc.
- Heart practices
  - Cultivating empathy, joy, kindness, etc.
- Visualizations
  - Focusing on images within the mind

(Maurucuo, 2020)

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## Informal Mindfulness


- Breathing
- Washing dishes & other chores
- Noticing your environment
- Listening in conversations, music, podcasts, etc.
- Showering, shaving, self-care routine
- Driving
- Parenting, in other relationships
- Self-Compassion

**STEALTH MEDITATION**

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*try to perform a simple act  
of kindness every day*

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## Formal Mindfulness

- Sitting meditation
- Awareness of breath
- Walking meditation
- Eating meditation
- Guided meditations
- Body scans
- Yoga

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## Building a Daily Practice

1	Start small
2	Designate a practice space
3	Set a specific time to practice (start with 5-15 minutes/day)
4	Aim for consistency
5	Seek social support (meditation groups, friends, family)
6	Be kind to yourself

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Mindfulness Exercises © 2015 Therapist Aid LLC

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## A Few Resources

- **General Mindfulness**
  - Mindfulness for Beginners – Jon Kabat-Zinn
  - Mindfulness Meditation for Beginners – Dawn Mauricio
- **Buddhist Books**
  - Zen Mind, Beginner’s Mind - Shunryū Suzuki
  - How to Meditate: A Practical Guide to Making Friends with Your Mind – Pema Chodron
- **Mindfulness Apps** – Calm, Whil, Insight Timer, Headspace, etc.
- **Website** – [mindful.org](http://mindful.org)

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