



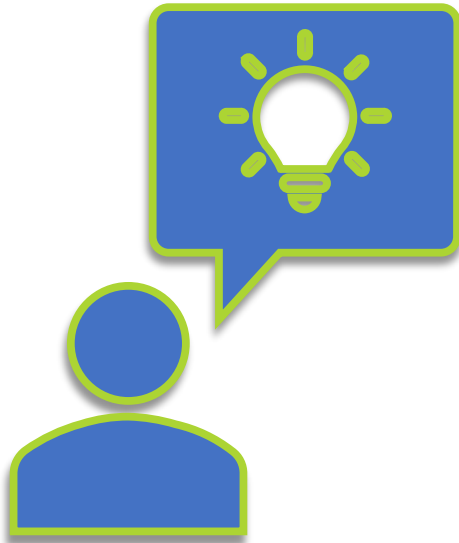
MINDFULNESS

JUDIT NAGY

MACA

CLINICAL COUNSELLOR, SUPERVISOR

WHAT ARE WE COVERING



- ▶ What is mindfulness
- ▶ How mindfulness work
- ▶ When and where we can use it
- ▶ Why is mindfulness important
- ▶ Practice

GOAL

awareness

Bring awareness to mindfulness

evidence base

Introduce some evidence-based approach

science

Show how neuroscience explains the body and mind connection

experience

Have your own personal mindful experience

implement

Open doors to implement mindfulness to your practice or private life

joy

Shift some of your stress and become joyful for today

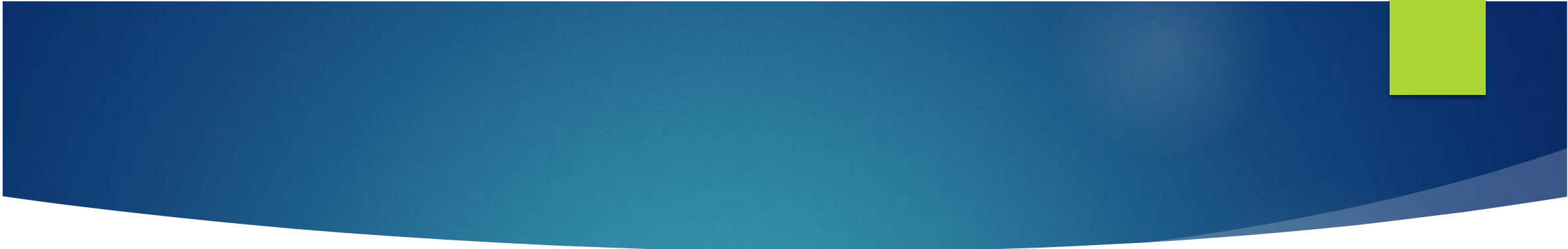
HOW I GOT INTO MINDFULNESS



WHAT IS MINDFULNESS



- ▶ Mindfulness is a pathway to an effective and enjoyable life.
- ▶ Mindfulness means choosing to pay attention to **this present moment**, on purpose, without judgment.
- ▶ Mindfulness allows us to **gain awareness of our emotions, thoughts** bodily sensations, behaviours, relationships and environment.
- ▶ As we become more mindfully aware in our lives, we can make more informed and effective choices to build more satisfying lives.
- ▶ Neuroscience research clearly shows that mindfulness makes positive and lasting changes to our brains.

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- ▶ Mindfulness skills opens doors to acceptance, experience and connection to yourself and the world.
 - ▶ This approach allows for more complete and richer information and experience to guide us.
 - ▶ As we learn mindfulness, we must remember that it needs to be practiced with other skills and nurtured.

MYTH ABOUT MINDFULNESS

- ▶ **Mindfulness is all new age-y wavy-gravy...**

For some reason, mindfulness seems like becoming a stereotype: people sitting in serene setting, existing in some unreal world disconnected from your or my reality.

The facts are that mindfulness is for everyone and that people across all races, ethnicities, cultures, occupations and social economic status practice mindfulness.

- ▶ **Mindfulness takes a lot of time**

While some advocates of mindfulness practice daily 45 min or more, **the fact** is that you can benefit from taking just a few minutes (re-center yourself mindfully in the moment or breath).



► **Mindfulness is done ONLY during meditation**

The mindfulness practice is an exercise for the brain, building the skills needed to collect and focus your attention and then guide your behaviour. **Fact is** you can be mindful in the moments of everyday life.

► **Children, people with cognitive disabilities cannot do mindfulness**

Watch young children eat, play with their toys and explore. They are there in the moment. This is mindfulness.

Fact is: Every level of the cognitive development people has the ability to focus their attention and connect to the present moment.

DEFINITION

According to the American Psychological Association (APA.org, 2012), mindfulness is:

“...a moment-to-moment awareness of one’s experience without judgment. In this sense, mindfulness is a state and not a trait.

While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.”

DEFINITION

Webster Dictionary

“[Mindfulness is] 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

Dictionary.com

“[Mindfulness is] the state or quality of being mindful or aware of something.”

Wikipedia

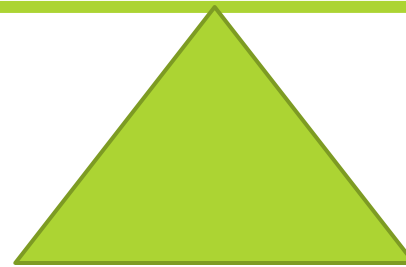
“Mindfulness is the psychological process of bringing one’s attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training.”

Wise Mind Theory

EMOTION MIND



REASON MIND



WISE MIND



Observe

Describe

Participate

**PATH TO
WISE MIND**

OBSERVE

- ▶ Use your sense to gather information what is seen, heard tasted or touched, what is happening in your body and mind?
- ▶ Note your emotions, thoughts and behaviours as well as other people, your situation and environment.
- ▶ look inside and outside yourself.
- ▶ where the intention goes the attention will follow

DESCRIBE

- ▶ Outline the details of your observation with specific descriptions.
- ▶ Use words bring your observations to life. Clarify your experience for yourself and others.
- ▶ Do not get caught in analysing your thoughts, feelings, impulses, urges.
- ▶ **Remember** thoughts are just thoughts feeling are just feelings, sensations are just sensation
- ▶ You are not your mind.
- ▶ These experiences are not commands!!!

PARTICIPATE

- ▶ **O**bserve and describe and bring awareness to experience.
- ▶ Use this awareness to make a choice and to become one with your experience.
- ▶ Go from simply watching your experience to bring connected to your experience.
- ▶ Ultimately be in your experience.

WHERE CAN WE PRACTICE

THERAPY

SPORT

WORK

SHOPPING

PARENTING

HOSPITAL

HOLIDAY

MINDFULNESS EXERCISES

Explore the
fruit

Connect
with the
sound/touch

Mindful
eating,
walking

Deep
breathing

Body scan

Half of full
smile

Remember
positive
memories

Meditate on
subjects

Look through
the new
window

Write and
release (burn)

BENEFIT OF MINDFULNESS

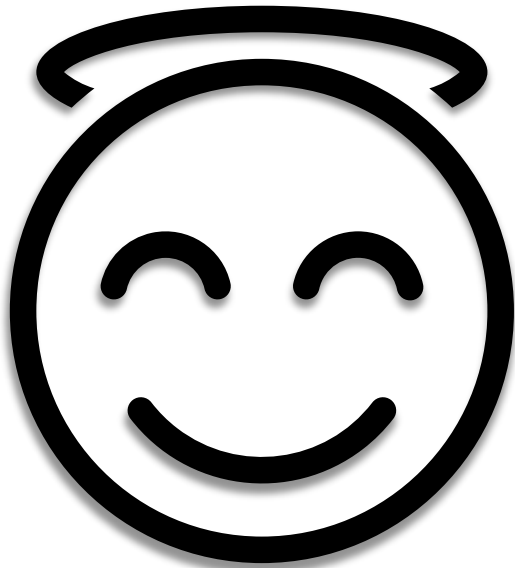
- Stress and anxiety
- Pain management
- Depression
- Insomnia
- High blood pressure
- Improve attention
- Improve sleeps
- Decrease job burnout
- Help people with asthma

WHY MINDFULNESS

▶ **Dr Joe Dispenza**

<https://youtu.be/W81CHn4l4AM>

PRACTICE



- ▶ Sticky judgments (individual)
- ▶ 1 minute master pieces (pair)
- ▶ Tapping around stress
- ▶ Body scan meditation (group)

JUDGMENTS

- ▶ Judgments are not good or bad right or wrong
- ▶ There are **STICKY JUDGEMENTS**, and they act like tinted or coloured glasses that shade almost everything around you.
- ▶ Because **we are committed to these judgements**, we refuse to take off those glasses to see ourselves, others, situation, and the world different light.
- ▶ Sticky judgment **does not help us** to move on, but **weight us down** like rocks in a backpack.
- ▶ If you find that backpack is full, it may be time to take it off, start to remove those rocks (practice mindfulness)

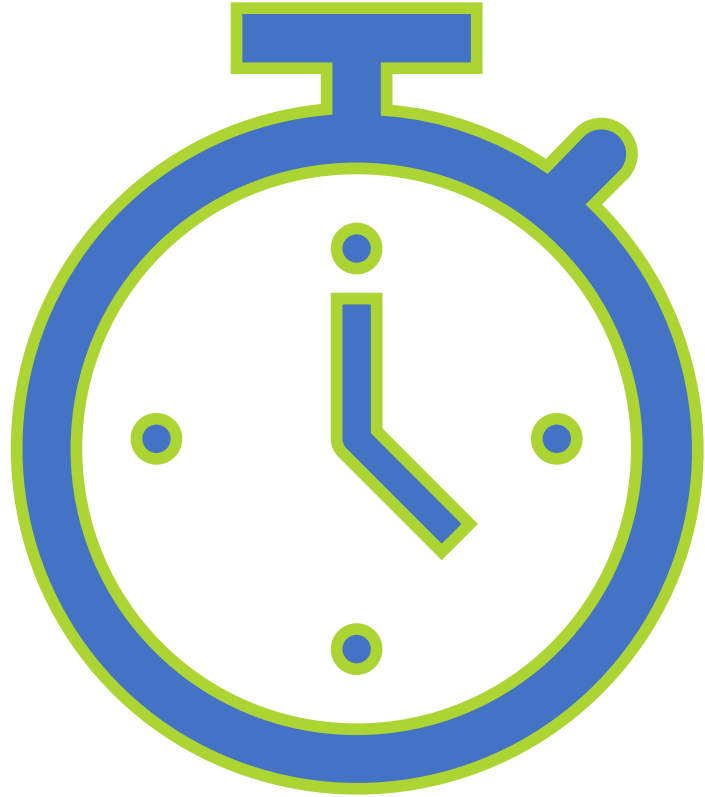


<https://www.youtube.com/watch?v=8M143iRrbgw&list=RD8y36Wf6fTVU&index=2>

STICKY JUDGMENT



GROUP DISCUSSION



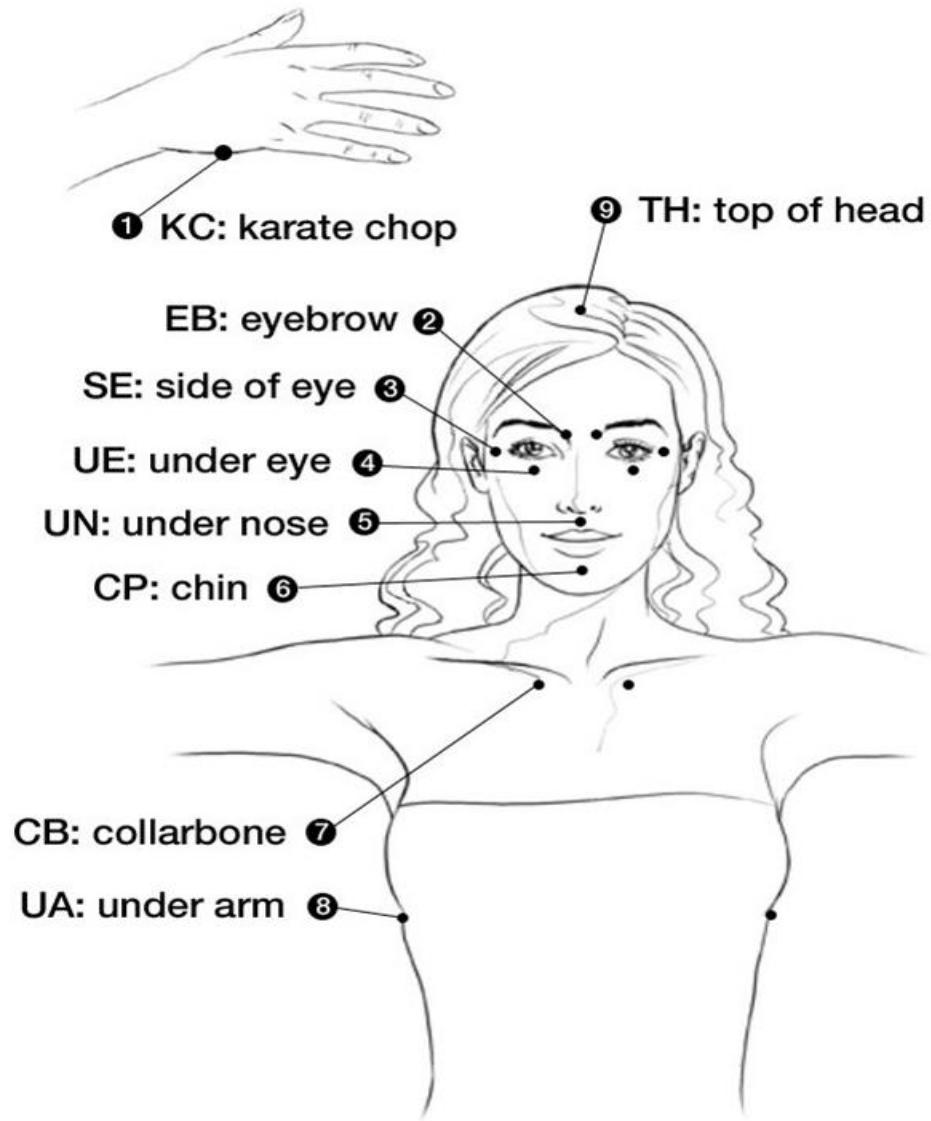
1 MINUTE MASTERPIECES



GROUP DISCUSSION

TAPPING

- ▶ Tapping is part of the Fourth Wave of Psychotherapy.
- ▶ Involves tapping acupressure points on the body while working through a series of statements.
- ▶ Tapping in therapy to free individuals from trauma, PTSD, stress, anxiety, depression, food cravings, and weight issues, as well as limiting beliefs and trapped emotions.

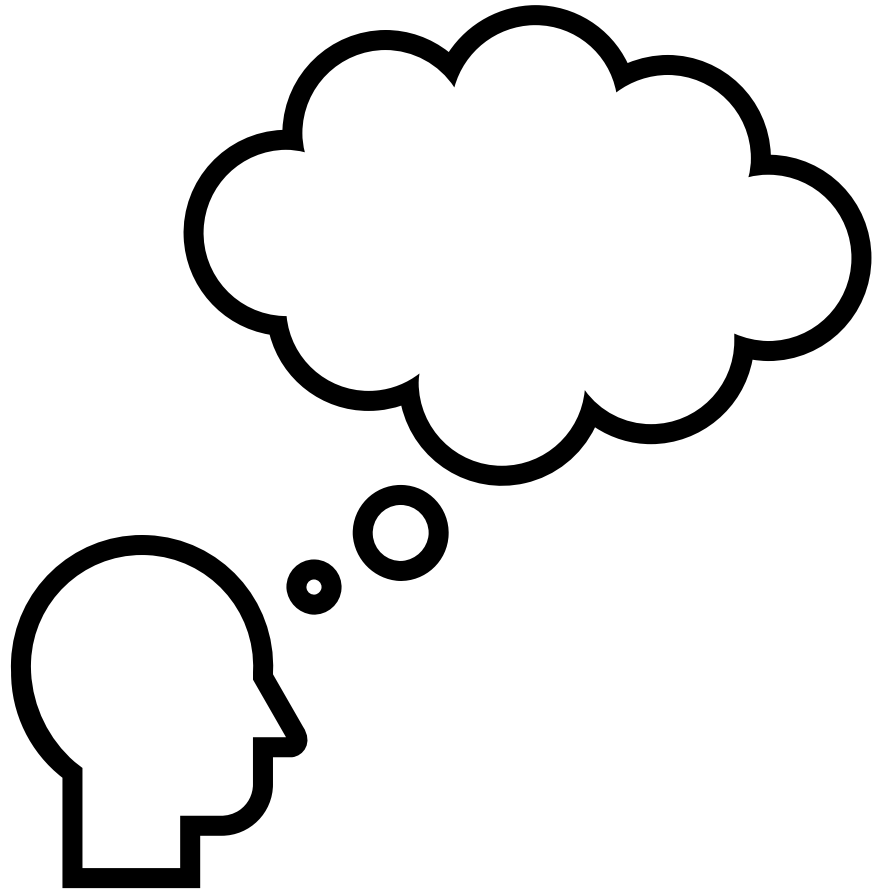


Tapping points



<https://www.youtube.com/watch?v=8y36Wf6fTVU&t=14681s>

BODY SCAN MEDITATION



Q & A



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Thank you😊