The ABCs of Mindfulness

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PEBTF
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## Learning objectives

### The ABCs of Mindfulness

- **Define** mindfulness and what it means for you
- **Discover** the benefits of practicing mindfulness
- **Learn** about formal and informal mindfulness practices
- **Practice** mindfulness with guided meditation
What is mindfulness?

• Present moment awareness
• Paying attention on purpose
• Direct connection with experience using all your senses
• Mind training- STOP “monkey mind”
• Experiencing life as it unfolds non-judgmentally
• Not living your life on “autopilot”
## Benefits of mindfulness

<table>
<thead>
<tr>
<th>Can help to improve...</th>
<th>Can help to reduce....</th>
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</thead>
<tbody>
<tr>
<td>Sleep quality</td>
<td>Sleep disturbances</td>
</tr>
<tr>
<td>Immune system function</td>
<td>Blood pressure</td>
</tr>
<tr>
<td>Ability to relax</td>
<td>Chronic pain</td>
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<tr>
<td>Ability to respond instead of react</td>
<td>Weight</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>Anxiety and depression</td>
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<tr>
<td>Attention and focus</td>
<td>Stress</td>
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*Mindfulness can also help you to gain enthusiasm for life in general!*
What does mindfulness mean to you?

• “Mindfulness is being in the present.”

• “I am mindful about the choices I make on a daily basis, putting my best self into the decision-making process and being fully alert to the possible consequences.”

• “Mindfulness, to me, means being aware of myself—my abilities, my pain, my emotions—and using this awareness to present myself honestly to the world.”

• “Practicing mindfulness means being present, aware and conscious of my breathing, my decisions and my boundaries and strengths as a human.”
Let’s practice!

Guided meditation
Seven core attributes of mindfulness
Seven core attributes

1. Beginner’s mind
2. Non-judging
3. Patience
4. Non-striving
5. Acceptance
6. Letting go
7. Trust
Core attributes

1. Beginner’s mind

Cultivating a mind that is willing to see everything as if for the first time and being receptive to new possibilities
Core attributes

2. Non-judging

Taking the stance of an impartial witness to your own experience and noticing the stream of a judging mind.
Core attributes

3. Patience

Letting things unfold in their own time
Core attributes

4. Non-striving

Just watch. Focus on carefully seeing and accepting things as they are moment by moment
Core attributes

5. Acceptance

Seeing things as they actually are in the present
Core attributes

6. Letting Go

Instead of holding on, try and let things go
Core attributes

7. Trust

Having a basic trust in yourself- your feelings, your own authority and your intuition
Mindfulness practices
Formal mindfulness practices

• Body scan
• Breath awareness
• Walking meditation
• Yoga/mindful movement
• Sitting practice
• Laying down practice
• Mindful eating
Informal mindfulness practices

• Present moment awareness
• Simply noticing
• Body sensations, sensory- sight, sound, smell, touch, taste
• Mindful communication

Slow down and be **fully** present.
## Building mindfulness muscle

<table>
<thead>
<tr>
<th>When</th>
<th>How</th>
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</thead>
<tbody>
<tr>
<td>While answering e-mails</td>
<td>Become aware of fingers typing</td>
</tr>
<tr>
<td>Sitting in traffic</td>
<td>Become aware of sounds, sights, other cars</td>
</tr>
<tr>
<td>Waiting in line</td>
<td>Become aware of feet on the ground, people and voices around you</td>
</tr>
<tr>
<td>Eating/drinking</td>
<td>Become aware of the tastes, sight, mouth feel, origin of the food</td>
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In summary

Improve your health by learning to live in the moment

- Stay present in the moment
- Pay attention on purpose
- Use all your senses to experience life
- Experience life w/o judgment

Remember, mindfulness matters!
Visit MyActiveHealth today!

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- Stay up-to-date with information on your PEBTF benefits
- Stay educated via health and wellness news
Thank you!