Mindfulness
The Community Partnership for the Prevention of Homelessness
June 1, 2020
The practice of mindfulness has been shown to be a powerful resource for stress management, physical and psychological health, enhanced brain function, and productivity. Today we will learn how to engage in mindfulness practices both situationally and as a primary life function.
Agenda

Today, participants will:

- understand what mindfulness *is*.
- learn about the origins of mindfulness concepts, the science, and holistic impacts.
- commit to mindful practices including: detachment, forgiveness, and gratitude.
- engage in mindfulness activities including: breathing, relaxation, and awareness.
- create a plan of action.
What mindfulness is:

Mindfulness is *not*:

- lots and lots of meditation.
- never getting upset.
- a passive activity.

Mindfulness is:

- being fully present in the moment.
- being an active participant in experiencing life.
- an opportunity to be in a consistent state of learning and growth.

_The little things? The little moments? They aren’t little._ - Jon Kabat-Zinn
Origins, Science, and Impacts

- Mindfulness has its origins in organized religion started thousands of years ago: Hinduism, Buddhism, Islam, and Christianity.
- The development of humanistic psychology in the 1930’s began to examine the human existence beyond behaviorism.
- The science of psychological mindfulness was developed by Dr. Kabat-Zinn in the 1970’s.
- Research has shown that mindfulness practices impact all areas of human existence and experience.

*The ability to be in the present moment is a major component of mental wellness.* - Abraham Maslow
Breathing

Breathing is the core of all mindful practices.

Let’s breathe!

When the breath is unsteady, all is unsteady; when the breath is still; all is still. Control the breath carefully. Inhalation gives strength and a controlled body; retention gives steadiness of mind and longevity; exhalation purifies body and spirit. - Goraksasathakam
Detachment

- Be aware of the lessons of the past.
- Be aware of the possibilities of the future.
- Be aware of the only reality: the present moment.

_Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure._ - Oprah Winfrey
Forgiveness

Gracey’s definition of forgiveness:

You hurt me. That is not okay. It was not okay then and it is not okay now. I will do whatever I can to make sure you don’t hurt me again. And here’s your stuff back.

_Forgiveness says you are given another chance to make a new beginning._ - Desmond Tutu
Gratitude

- Simple but not easy
- Need vs. want
- “This, too, shall pass.”

“Enough” is a feast. - Buddhist Proverb
Some more science

- Rational Emotive Behavioral Therapy: ABC
- Reticular Activating System
- Psychoneuroimmunology

Whether you think that you can, or that you can’t, you are usually right. - Henry Ford
Relaxation and Awareness

- Feel feelings
- “How Interesting”
- Physical mindfulness

Feelings are much like waves, we can't stop them from coming but we can choose which one to surf.

- Jonatan Mårtensson
Some more breathing

What do you need to let go of...right now?

*Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.* –Hermann Hesse