

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