
Mindfulness

paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally

~Jon Kabat-Zinn

Under Pressure 2018

<https://www.youtube.com/watch?v=WJ-ZAyxHd9Y>

Testimonials and research based information on the practice of mindfulness / meditation

Sensory Questions

Let's practice Mindfulness
using the 5 senses

FIRST: Check in with Yourself.

THEN ask yourself:

1. What do I feel right now?
2. What do I hear right now?
3. What do I taste right now?
4. What do I see right now?
5. What do I smell right now?

END by checking in with Yourself.

Recognize this face?



What do people report after taking a course in mindfulness based stress reduction?

- Lasting decrease in physical & psychological symptoms
- Increased ability to relax
- Pain reduction or enhanced ability to cope with pain
- Greater energy and enthusiasm for life
- Improved self esteem

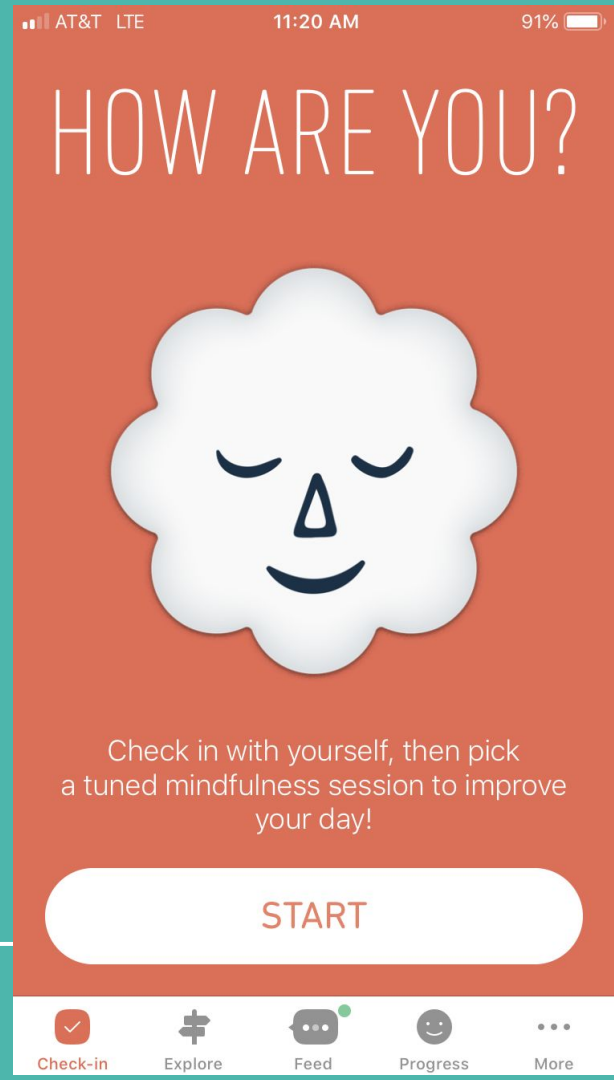
Center for Mindfulness in Medicine, Health Care, and Society, UMASS School of Medicine

Apps for your phone or computer

- Stop Breathe & Think
 - Headspace
 - 2bpresent
 - Happify
 - Calm
 - Insight Timer
-

Stop, Breathe & Think

a favorite app with lots of free features to support your mindfulness practice



Check in with yourself...

"How am I feeling physically?"

I'M PHYSICALLY...

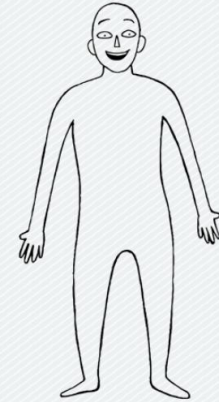
Great

Good

Meh

Poor

Rough



NEXT

MENTALLY...

Great

Good

Meh

Poor

Rough



ONWARD

MENTALLY...

Great

Good

Meh

Poor

Rough



ONWARD

MENTALLY...

Great

Good

Meh

Poor

Rough



ONWARD

Cancel Add



Balanced

Kind

Calm

Loving

Caring

Neutral

Compassionate

Non-judgmental

Connected

Open-hearted

Empathetic

Open-minded

Equanimous

Relaxed

Grounded

Trusting

Choose up to 5 emotions

Cancel Add



Alienated

In Pain

Ashamed

Insecure

Bullied

Insulted

Defeated

Isolated

Depressed

Lonely

Despairing

Longing

Despondent

Not Confident

Disappointed

Overwhelmed

Discouraged

Powerless

Embarrassed

Rejected

Exhausted

Remorseful

Choose!

The app will give you a menu of suggested mindfulness meditations - pick one and try it!

If you don't feel better, choose another activity and keep trying until you improve

Based on your check-in, we recommend you try:



Gratitude

5+ minute meditation
Lift your spirits



Mindful Breathing

3+ minute breathing exercise
Observe without judgment



Hand to Heart

3 minute meditation
Soothe your pain



Yoga for Fatigue

6 minute yoga video
Restore your vitality



SEE MORE



MEDITATION TIMER



BREATHING TIMER

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