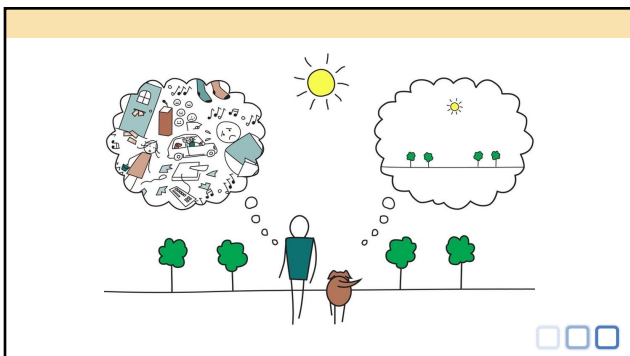
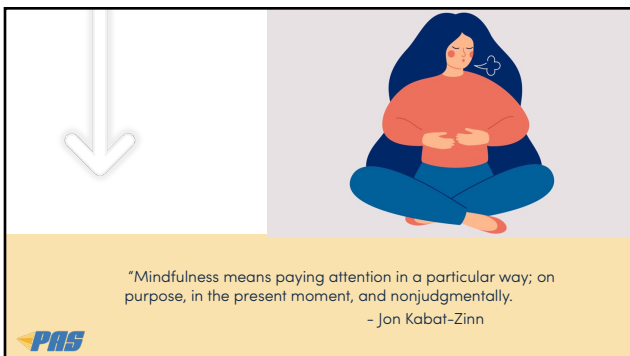




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Being Mindful Includes:

Paying Attention - Right Here, Right Now

- Acting with awareness and attention (not being on autopilot)

Living In Harmony With What Is

- The capacity for lowering reactivity to challenging experiences
- The ability to notice, observe, and experience bodily sensations, thoughts, and feelings



4

Meditation Defined

Meditation is an umbrella term for the many ways to a relaxed state of being. There are many types of meditation and relaxation techniques that have meditation components. All share the same goal of achieving inner peace.



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Types of Meditation

Dispositional
Meditation

Mindful
Breathing

Guided
Visualization

Mindful
Movement



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Dispositional Meditation

Open
Accepting

Curious
Nonjudgmental

Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

7



Benefits of Dispositional Meditation

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

8

Dispositional Meditation Practice

- Savor the moment
- Practice Gratitude
- Stop – Look – Listen – Reflect

9

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again."
 -Thich Nhat Hanh

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Benefits of Diaphragmatic Breathing

- Decreases blood pressure
Improves immune function
Improves digestion
- Improves onset and maintenance of sleep
Stabilizes autonomic nervous system
- Increases heart rate variability
Improves lung function and blood flow

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Mindful Breathing Practice

Imagine that you have a balloon in your stomach. Every time you inhale the balloon inflates. Every time you exhale the balloon deflates.

Notice the sensations in your abdomen as you breathe in and out, the rising and falling of the body with the breath.

You can add a count of 5 to 10 to go along with the breath.

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Guided Visualization

Directed thoughts and suggestions that guide your imagination to a relaxed state

Based on the concept that your body and mind are connected

You can use an instructor, recordings, or apps to help you with the process

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Benefits of Visualization

Reduces pain and helps the immune system
Calms racing thoughts

Reduces feelings of anxiety, anger, and confusion

Increases energy
Provides a sense of calm and balance

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Visualization Practices

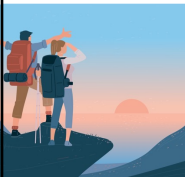
Many resources are available to help you in guided visualization.

Websites:	Apps:
UCLA Health	EnVision
The Chopra Center	Buddhify

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Mindful Movement



Movement guided in a manner that allows the individual to slowly and methodically explore the sensory, emotional, and cognitive realms of the experience.

Walk at a slow deliberate, and attentive way while bringing awareness to the experience.




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Benefits of Mindful Movement

An awareness of the body as a whole, and in segments to better understand when "something isn't feeling right".

Plus, the health benefits that go along with adding additional activity into your day.



☐☐☐

17

Types of Mindful Movement



Dancing

Mindful Walking

Yoga and Pilates

Tai-Chi and Qigong



18

“It is what makes us human, what distinguishes us from other animals. We can be aware of being aware.”
— Jon Kabat-Zinn

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MindHealth Matters Newsletter

Sneak Peek

What's in this edition of MindHealth Matters?

Let's Practice

When we set emotional boundaries, we find a wealth of our own focus and feelings. That frees up our emotional space so that we can take care of ourselves, giving us more time to practice our own needs, and that makes us better in any relationship we have.

Emotional boundaries can be challenging, especially for people who are:

What are Emotional Boundaries?

Setting emotional boundaries means

Setting emotional boundaries does not mean

▶ PAS

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