

## **Magic of Mindfulness**

Lisa Schumacher

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

Jon Kabat-Zinn

“Be here NOW”

### **Benefits of Mindfulness**

Reduced Stress      Increased self-control      Increased awareness  
Increased attention and focus      Higher brain functioning      Increased energy  
Increased clarity in thinking and focus      Increased immune function

### **Mindfulness Techniques**

#### **Just Breath**

Belly breathing- Imagine a big X on your belly, As you breathe in expand the X as much as possible. Exhale slowly and completely. Repeat

#### **6-7-8 Breathing**

Breathe in silently through your nose to the count of four

Hold your breath to the count of seven

Exhale through your mouth to the count of 8 while making a “woosh” sound

#### **STOP and Reframe**

When you find you are having a negative thought, Imagine a big **RED STOP SIGN**

Say STOP. Take a deep breath- Reframe your negative thought to a positive thought.

Example - Negative -This is such a big project-I’ll never meet my deadline!!

Positive- I’ve successfully completed big projects before, I’ve got this!

Practice Positive self talk often

#### **Cues**

Develop a positive cue word or phrase you can use while breathing    Ex- Breath in calm, Breath out stress

Positive visual cues such as stickers, pictures and signs in your workplace and your house

### **Practice Productive thinking**

Focus on what is in your control and/or what you can influence

Practice Acceptance: Accept what is

Challenge your negative thoughts

Keep things in perspective

### **Focus on one thing at a time**

Multitasking is a myth. You can only focus on one thing at a time. It takes four times longer to complete a task when interrupted (multitasking). If your working on a deadline, close your email and focus on the task at hand. If your are talking to someone keep your mind present, do not think about EVERYTHING you need to do.

Practice Active Listening

### **Take a Break**

Every 60-90 minutes get up and take a walk. This gives your brain a mini break and it will make you more productive

### **Do A Mind Dump**

Write down everything you need to do, get it out of your brain

### **Meditate**

Take a mini break, step back from what your doing and do a few minute meditation.

## **Resources**

### **APPS**

Calm

Headspace

10% Happier

### **Books**

Search inside Yourself, Chade-Meng Tan

Solving for Happiness, Chade-Meng Tan

Mindfulness-An Eight Week Plan for finding Peace in a Frantic World, Danny Penman and J. Mark G. Williams

10% Happier, Dan Harris

The Book of Joy, Dalai Lama, Desmond Tutu and Douglas Carlton Abrams

### **Classes**

The Mindfulness Center- Intro to Mindfulness Series -<http://amindfulnesslifecenter.com/>

Mindfulness Based Stress Reduction- 8 week series- <http://www.comingtomindfulness.com/>

Mindfulness Based Stress Reduction- 8 week series- <http://www.stressbeaters.com/class-information/class-schedule/>

Meditation- Goggle Meditation in Phoenix and there a variety of places to choose from

### **Ted Talks**

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

[https://www.ted.com/talks/eduardo\\_briceno\\_how\\_to\\_get\\_better\\_at\\_the\\_things\\_you\\_care\\_about](https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about)

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)

### **Websites**

Online FreeMindfulness-Based Stress Reduction (MBSR) <https://palousemindfulness.com/index.html>

<https://www.mindful.org/at-work/>

An emotional feel good site- <http://www.dailygood.org/>

Science Based Insights for a Meaningful Life-<https://greatergood.berkeley.edu/mindfulness>

Free Guided Imagery Meditations-<http://www.innerhealthstudio.com>

You Tube- type in guided meditations and a variety of meditations/guided visualization will come up

*"When you can't control what is happening, challenge yourself to control the way you respond to what's happening. That's where your power is."*