



Mindfulness Northwest

mindfulness training, classes, and professional development

Mindfulness & Self-Compassion

for Stress Reduction and Burnout Prevention

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

-Jon Kabat-Zinn

Mindfulness is the awareness that arises out of intentionally paying attention in an open, kind, and discerning way.

- Shauna Shapiro & Linda Carlson

Mindfulness and Stress: a Healthier Relationship

Becoming more aware of feelings in the body; seeing thoughts and emotions *as* thoughts and emotions; and less caught in the story, helps us be

less reactive, more curious, and aware of multiple points of view.

- What am I adding?
- Stress happens. Upset happens. Fact of Life.
- But humans are uniquely gifted at prolonging the stress response. We keep ourselves upset by repeating the story of what happened.

Default Mode Network- When mind has nothing to do it tends to go into past or future and finds things to regret or worry about. It's just natural.

When the mind is aware of what it's doing, the Default mode network shuts down.

Killingsworth Study with iPhones- It doesn't matter if we like what we are paying attention to, paying attention on purpose makes us happier over time!

Every moment of Mindfulness weakens the Default Mode

****4 Informal Practices To Bring Home****

1. Two Feet and a Breath
2. STOP—Stop, Take a Breath, Observe, Proceed
3. Walk a little slower, feel the feeling of walking
4. Get up and stretch slowly with awareness

Formal Practice: Awareness of breathing:

1. Sit in an upright, comfortable posture
2. Find the breath in the body
3. Attend to the embodied feeling of the breathing, the sensations of breathing
4. When the mind wanders, gently bring it back to the breathing
5. Continue for 5 to 15 minutes

Just thinking about it doesn't do it.

Try something!

****Practice Recordings****

www.mindfulnessnorthwest.com/resources

A little more on Mindfulness:

It's more than meditation and breathing:

Engagement - Practicing staying present and curious—science suggests we're happier when we pay full attention to what we're doing, whether we like the activity or not.

Being Present—Becoming more aware of our thinking, noticing when we've drifted off to the past or the future. When we "aren't there" relationships don't work well and we miss much of life. We can get "stuck on autopilot."

Curiosity - When we're sure we know everything that's happening we're probably in a mindless state assuming the past predicts everything. Get curious. There may be more going on and it may be more interesting than we thought!

Mindfulness

What's Happening Right Now? Is the primary question of mindfulness. We stop and notice our body, feelings and/or thoughts for the answer.

Burnout & Mindfulness

Burnout Factors

- 1) Emotional exhaustion
- 2) Feeling ineffective
- 3) Depersonalization

Burnout Symptoms

- 1) Overwork
- 2) Self neglect
- 3) Chip on shoulder
- 4) Forgetting values
- 5) Denying/avoiding problems
- 6) Isolated & Withdrawn

How Mindfulness Helps

- 1) More resilient in stressful situations
- 2) Body awareness leads to wiser choices, more empathy, less impact from chronic pain
- 3) Better memory and attention
- 4) More awareness, less autopilot
- 5) Less likely to overuse alcohol / substances
- 6) Increased emotional intelligence
- 7) Cultivation of kindness / positivity / compassion
- 8) More flexible & creative

Mindful Self-Compassion

Combines Mindfulness with Self-Kindness

What do I Need Right Now? Is the primary question of MSC, which we ask in a moment of stress or difficulty. How Would I Treat A Friend? How Would I Want to be Treated by a Friend?

Mindful Self Compassion Break

- 1. Mindfulness** – Becoming aware when there is stress or suffering or difficulty
- 2. Common Humanity-** Remembering and calling to mind that all humans suffer and experience difficulty, this is just how I am experiencing that in this moment.
- 3. Self Kindness** – Through posture, gentle contact, soothing and/or kind words.

Simple and Effective Gratitude Practice

Think of 5-10 things you appreciate. These can be relatively small and insignificant or big and important, the effect is the same.

Research shows measurable mood and well being improvement in 30 days with this simple practice.

Just thinking about it doesn't do a lot... Try something!

Practice recordings, research, classes and workshops:
www.mindfulnessnorthwest.com

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