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

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**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?

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**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.

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**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!

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