



**AGENTS of CHANGE**  
NOVEMBER 6-8, 2023

**Taste of Mindfulness  
a tool for Stress Reduction  
& Well-Being**

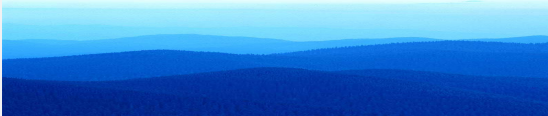
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### Definition of Mindfulness

Paying attention in a particular way;  
On Purpose,  
moment-to-moment,  
to our direct experience,  
without judging or striving

Jon Kabat-Zinn; MBSR



### A taste of Mindfulness

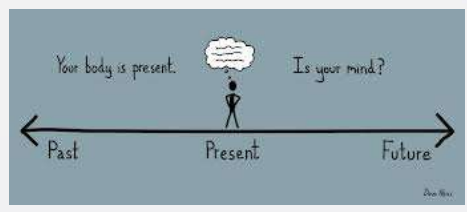
- Explore the practice of mindfulness
- Begin to understand from your own experience what mindfulness is all about
- Understand how & why mindfulness is an effective antidote to stress, aids in self care & resiliency and reduce fatigue/burnout and improves overall well-being
- Tools you can begin using immediately, and on your own and share with your students





What does honey taste like?



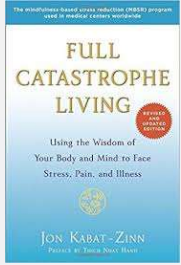
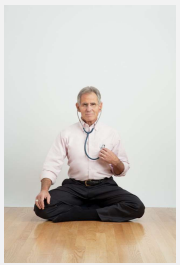
### Mindfulness Practice – body centered



How do you teach a puppy to sit?





### Mindfulness Based Stress Reduction

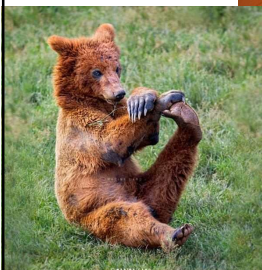
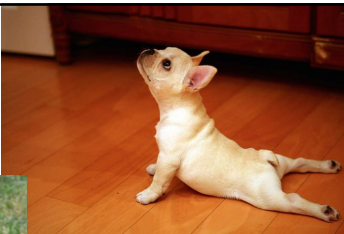




To be fully human – More Joy

Jon Kabat-Zinn, PH D  
1979 Study





### Mindful Movement and Mindful Breathing



## Present Moment Experience

**Awareness Triangle**  
engaged simultaneously:  
How am I?  
What would be helpful?

**Body** BREATHE  


**Thoughts** 

**Emotions** FEELINGS

## Create a stress free environment

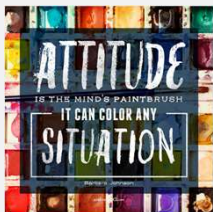

- Bring Nature IN: relief of the sense
  - Plants/Flower/water fountain (sound of water)
  - Pictures of nature – seasons
  - *Music or instrument-chime*
  - *Aroma*; candle/dried lavender
  - blanket pillow
- Items of interest – fidget items
- Whimsy – fun...feelings of safety
- Move into Mindfulness page - Resources
  - Audio Library: *Take a minute or two*
  - Books /online practices and apps (calm/headspace/insight timer)



## Mindfulness – cultivate new habits

**Helpful Attitudes:** How do you greet the moments when you become aware that the mind has wandered?

- Non-judging & non-striving
- Patience
- A 'beginner's mind'
- Trust
- Acceptance/allowing
- Letting go/be
- Humor
- Compassion, Kindness
- Gratitude

## What are your stressors?



**Mind Full, or Mindful?**  
Wherever You Go There You Are



## Reactivity of the Conditioned Mind


*Imbalance vs. Grounded*

**COPING WITH STRESS: REACTING VS. RESPONDING**

**ON AUTOPILOT**      **WITH MINDFULNESS**

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    graph TD
        S[Stressor] <--> P[Perception]
        P --> SR[Stress Reaction]
        P --> SR2[Stress Response aware of sensations, thoughts, emotions]
        SR --> I[Inhibition]
        SR2 --> A[Acknowledging and allowing]
        I --> MCS[Maladaptive Coping Strategies]
        A --> CS[Skillful Coping Strategies]
        MCS --> MPD[Mental/Physical Disease]
        CS --> MPWB[Mental/Physical Well-being]
    
```



## Thank You!

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