



Mindfulness for Stress Management

What is Mindfulness:

Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. Jon Kabat-Zinn. PhD.

- Knowing what's happening, while it's happening; you may not like what's happening, but you are aware of it.
- We can't be mindful 24/7 but we can be mindful more often.

Why practice Mindfulness? In the present moment....

- We are more engaged with ourselves and others.
- We become better listeners.
- We can learn to choose to respond rather than react to ourselves and others.
- We can become curious how we are perceiving the moment - narrow perspective or wide and open.

Easier to understand mindlessness - Autopilot

- Reading same page over and over, driving to same location and arriving, eating too fast.
- The moment you wake up from auto pilot.....that is mindfulness!

What it isn't:

- Not Relaxation
- Not about Stopping/ Clearing our Thoughts
- Not about Happy Thoughts or trying to stay positive
- We can't avoid pain, suffering, failure, awkwardness of life, but we can transform our response to it

Next Steps for Practice - Learning to pause with **S.T.O.P**, Stop, Take a few breaths, Observe what it's like in the moment, become Present. Practice S.T.O.P at the beginning of day, at lunch, before a meeting, at a stop light, before sending an email, in between tasks.

Resources:

Wherever you go, There you are. Jon Kabat - Zinn, Ph.D. 2005.

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