

START WHERE
YOU ARE

Presentation is available at www.integratedmindfulness/show

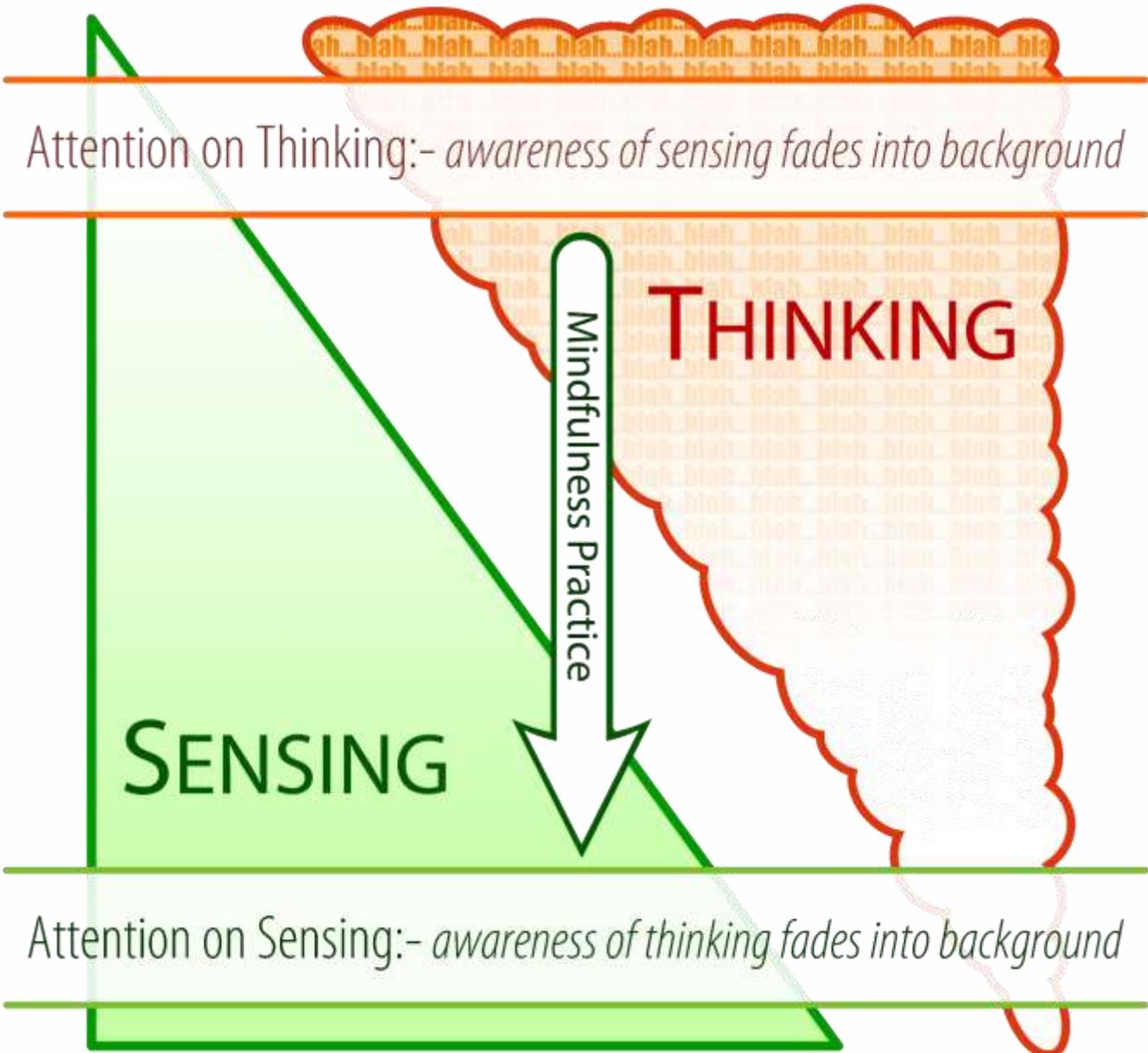
Mindfulness Definition

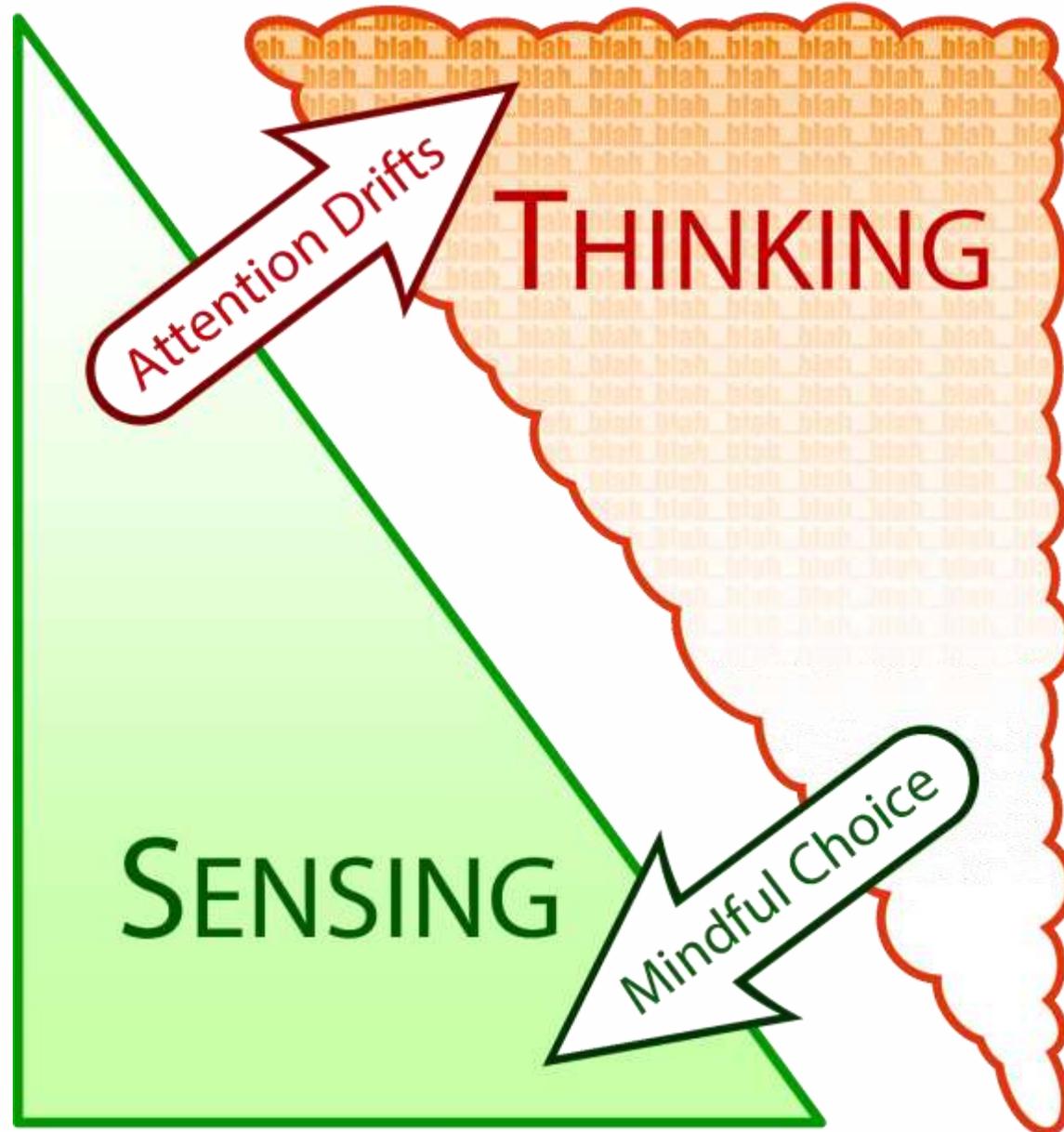
‘Mindfulness means paying attention to what’s happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness.’

The Mindfulness Initiative, 2015, p.6

The Mindfulness Initiative (2015). Mindful Nation UK Report by the Mindfulness All-Party Parliamentary Group. Retrieved 10 February, 2016, from http://themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf

Mindful Living Show 2018





Adapted from original concept Williams, M. (2010) Mindfulness and Psychological Process. *Emotion*. 10(1): 1-7. Animation inspired by MISF .bFoundations.

Types of Mindfulness Practice

- Mindfulness practices aim to cultivate mindful awareness.
- Mindfulness practice can be divided into three main types

1. Mindful Moments Practice:

- You choose to linger a little longer with a pleasant or neutral physical sensation you have spontaneously noticed.
- You can do Mindful Moments Practices without having to change any of your daily routines.
- Mindful Moments Practices are very helpful in counterbalancing the negativity bias (the tendency to focus on the unpleasant more than the pleasant).

2. Noticing Practice:

- You deliberately weave mindfulness practice into one of your routine activities.
- While you are doing the chosen activity, you bring your attention to what you can physically sense and return your attention to what you have chosen to sense when your attentions wanders.
- You can do Noticing Practices without having to change any of your daily routines.
 - Noticing Practices are also called 'Informal Practices.'

3. Time Out Practice:

- You create a break in your usual routines to just practice mindfulness.
- These breaks are usually can be anywhere from a few moments to a number of minutes (and possibly for hours).
 - When practiced for longer periods, Time Out type practices are often called 'Formal Practices'.

What Kind of Mindfulness Practice Suits You?

- We are each the expert in our own lives.
- We are each best placed to discover which type of mindfulness practice suits our current situation.
- Regardless of type, we cultivate mindful awareness through regular, ongoing mindfulness practice.
- It is best to start with what is easily attainable and slowly build on that.
- **Remembering to practice** is often the main stumbling block....

When-Then Planning

- Helpful habits are usually triggered by cues:
 - **When** I go into the bathroom in the morning, **then** I brush my teeth.
- Using 'When-Then' plans sets up clear triggers to do any type of mindfulness practice and can significantly increase the likelihood of remembering to practice.

How to do When-Then Planning

1. Identify a specific event in your daily routines [The 'When'].
 - The first or last time you do something in a specific situation often works well.
2. Identify the specific mindfulness practice you will do that suits the situation [The 'Then'].
3. Set a definite When-Then for the end of the practice.
 - When first learning mindfulness, end while you are still finding the chosen practice easy and attainable.
 - Don't force yourself to do more than you want to.

Examples of When-Then Planning

- **When** I first step into the shower, **then** I mindfully notice the feeling of water on my body until I start using the shampoo.
- **When** I have my first sip of tea or coffee, **then** I mindfully notice the taste of three sips.
- **When** I first step out of the front door, **then** I mindfully notice the feel of the ground under my feet for 5 steps.
- **When** I stop at the first red light when driving, **then** I mindfully notice the feel of the steering wheel in my hands until the light changes.
- **When** I first reach the entrance to the park, **then** I mindfully notice the pull of the dog's lead in my hands until I reach the first lamppost.
- **When** my phone rings, **then** I mindfully notice the sound of the first three rings before answering.

Thank You

This presentation is available at
www.integratedmindfulness/show

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