

The background of the slide is a photograph of a Zen garden. It features light-colored sand with intricate, concentric, wavy ripples that create a sense of movement and calm. Two smooth, rounded, light-brown stones are placed on the sand, one in the upper left and one in the lower right. A solid green horizontal bar is overlaid across the middle of the image, containing the title text in white.

Introduction to Mindfulness: Using Mindfulness to Navigate Turbulent Times



PeaceHealth



Welcome



YOUR MODERATOR

Summer Meyer, BA, LMT

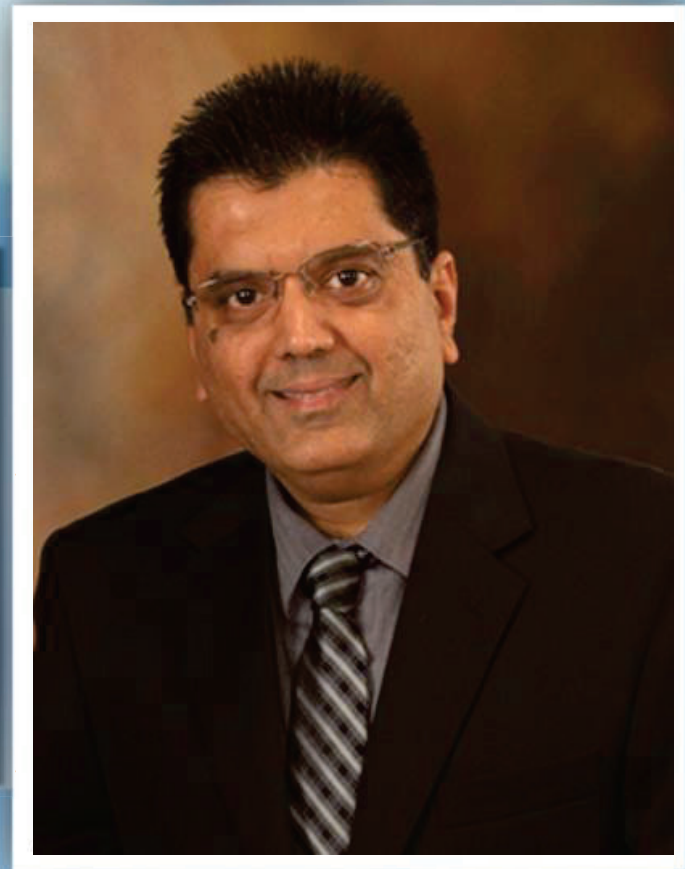
Certified Health Coach

Your speaker

Al Parikh

Mindfulness Coach

- Project manager at PeaceHealth
- Longtime practitioner and coach of mindfulness
- Began in 1991 at a retreat outside Mumbai.
- Coaching since 2013, esp. in workplace.



Overview

What is Mindfulness?

- Mindfulness is the gentle effort to be continuously present with experience.
- Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.

Benefits of Mindfulness Practice

Numerous studies and research into the effects of this kind of practice have proven the following benefits:

- Stress Reduction
- Reduced Rumination
- Less Emotional Reactivity
- Improved Focus and Cognitive Ability





Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

- Breath
- Body
- Thoughts
- Emotions
- Mind States, etc.





Mindfulness of Breath Practice



- Our breath is an amazing, portable and ever-present tool to use for mindfulness practice.
- Breath is an anchor to the present moment.
- Mindfulness of breath practice leads to stability of mind through concentration as a direct result of the slowing of thoughts.
- The ability to remain focused on the breath acting like an antidote to mental distraction and unnecessary mental activity.



Tips on Mindfulness of Breath Practice

- Be gentle and kind with yourself. Mindfulness is synonymous with Kindfulness.
- Adopt a non-striving attitude.
- Accept whatever arises within you as you practice mindfulness of breath.
- When you find that your attention has wandered off, gently let go of the distraction and bring it back to your breath.
- Adopt a Beginner's Mind attitude.
- Have patience and trust that this process works.

Guided Mindfulness of Breath Practice 15 minutes





Post-practice session

- Do you have questions?
- How would you describe your experience with the practice?

Resources & Handouts

- Recording
- Presentation slides
- Other resources at www.SummitMindfulness.com

Peacehealth.org/healthy-you/meditation-intro





***PeaceHealth is
here to help.***

Healthy **You**

peacehealth.org/healthy-you