

A person is shown from the waist down, sitting in a lotus position on a light-colored rug. They are wearing blue jeans and a light-colored sweater. Their hands are held in a mudra (meditative gesture) with fingers interlaced. The background is softly blurred, showing a bright, indoor setting.

Introduction to Mindfulness – Body Scan: Using Mindfulness to Navigate Turbulent Times



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.**
- The metaphor of taming a wild horse.

Why has Mindfulness gained such popularity in the West?

PAID Reality ⁽¹⁾

- Pressured
- Always On
- Information Overloaded
- Distracted
- Mindfulness practice is a great antidote for coping with this reality.



(1) Rasmus Hougaard, ONESECOND AHEAD: Enhance Your Performance at Work with Mindfulness, Palgrave Macmillan; November 5, 2015

Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

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





Principles of Mindfulness of Body Practice



- Body scan involves paying attention to parts of the body and observing sensations in a gradual sequence from head to feet and feet to head.
- Body scan helps us bring awareness to every single part of our body so that we can notice any aches, pains, tension, or general discomfort.
- The body is always in the present moment but the mind is seldom in the present moment.
- Our bodies are changing all the time.
- There are therapeutic benefits of body scan practice to reduce pain and suffering (primary pain and secondary pain)

Therapeutic Benefits of Mindfulness of Body Practice



- For participants with psychosomatic pain, body scan practice can help them heal their emotional pain and trauma by making peace with and compassionately embracing the physical manifestations of their pain.
- Mindfulness-based treatments for posttraumatic stress disorder (PTSD) have emerged as promising adjunctive or alternative intervention approaches. ⁽¹⁾

(1) Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence

Jenna E. Boyd, MSc, Ruth A. Lanius, MD, PhD, and Margaret C. McKinnon, PhD, CPsych

Journal of Psychiatry & Neuroscience



Tips on Body Scan Practice

- Be gentle and kind with yourself. Mindfulness is synonymous with Kindfulness.
- Adopt a non-striving attitude.
- Accept whatever sensation arises as you practice body scan.
- When you find that your attention has wandered off, gently let go of the distraction and bring it back to your body.
- During body scan practice; if you do not feel anything, simply acknowledge that there are no sensations and move on.

Guided Body Scan Practice 15 minutes



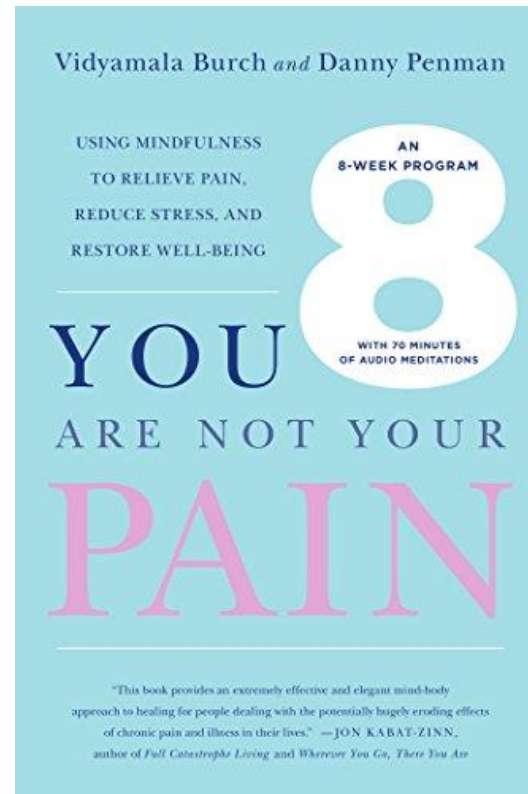


Post-practice session

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

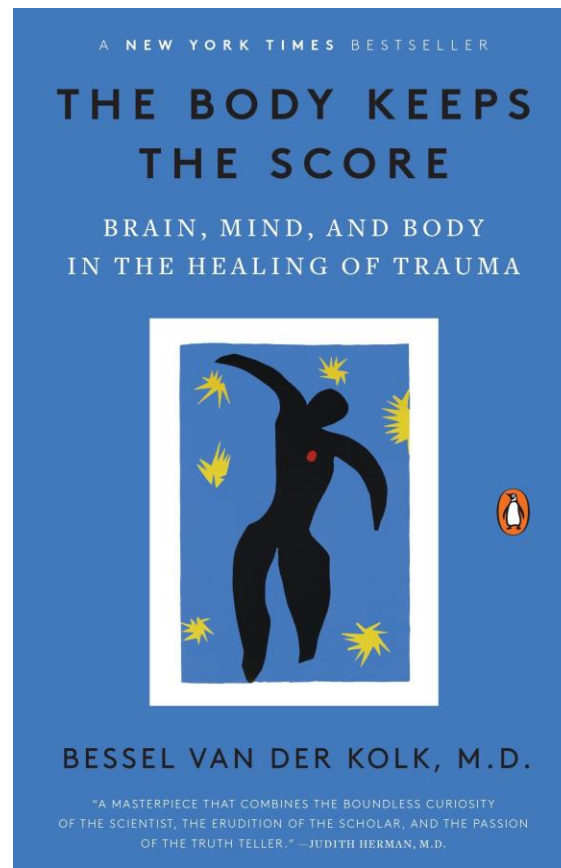
Post-practice session

Book Reference 1



Post-practice session

Book Reference 2



Resources & Handouts

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

Peacehealth.org/healthy-you/meditation-intro



PeaceHealth





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

Healthy **You**

peacehealth.org/healthy-you