

# Mindfulness of Feeling Tones & Emotions:

*Using Mindfulness to Navigate Turbulent Times*



# Welcome



YOUR MODERATOR

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*Certified Health Coach*

# *Your speaker*

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### *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 means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.
- The metaphor of peeling onions

## 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 Feeling Tones & Emotions practice



- Three basic components to an emotion:
  - Thoughts (or the story)
  - Physical sensations: How the emotion manifests itself in the body
  - Emotional mood or feeling tones in the mind
- Feeling tones can be pleasant, unpleasant or neutral
- We bring our mindset derived from the stone ages to bear on the problems of our contemporary, interconnected, complex, technological world
- Feeling tones keep us hooked into our conditioning behavior of craving and aversion and are a linchpin for our transformation
- Genesis of all addictive behaviors
- The metaphor of a falling knife

## Dynamics of Mindfulness of Feeling Tones & Emotions practice



- Focus on the feeling tone of moment to moment experience
- Whenever a strong pleasant or unpleasant feeling tone arises, note the automatic reaction to it by craving or aversion
- Note whatever it is that you might be holding on to underneath the craving or aversion
- And then let go



# Tips on Mindfulness of Feeling Tones & Emotions Practice

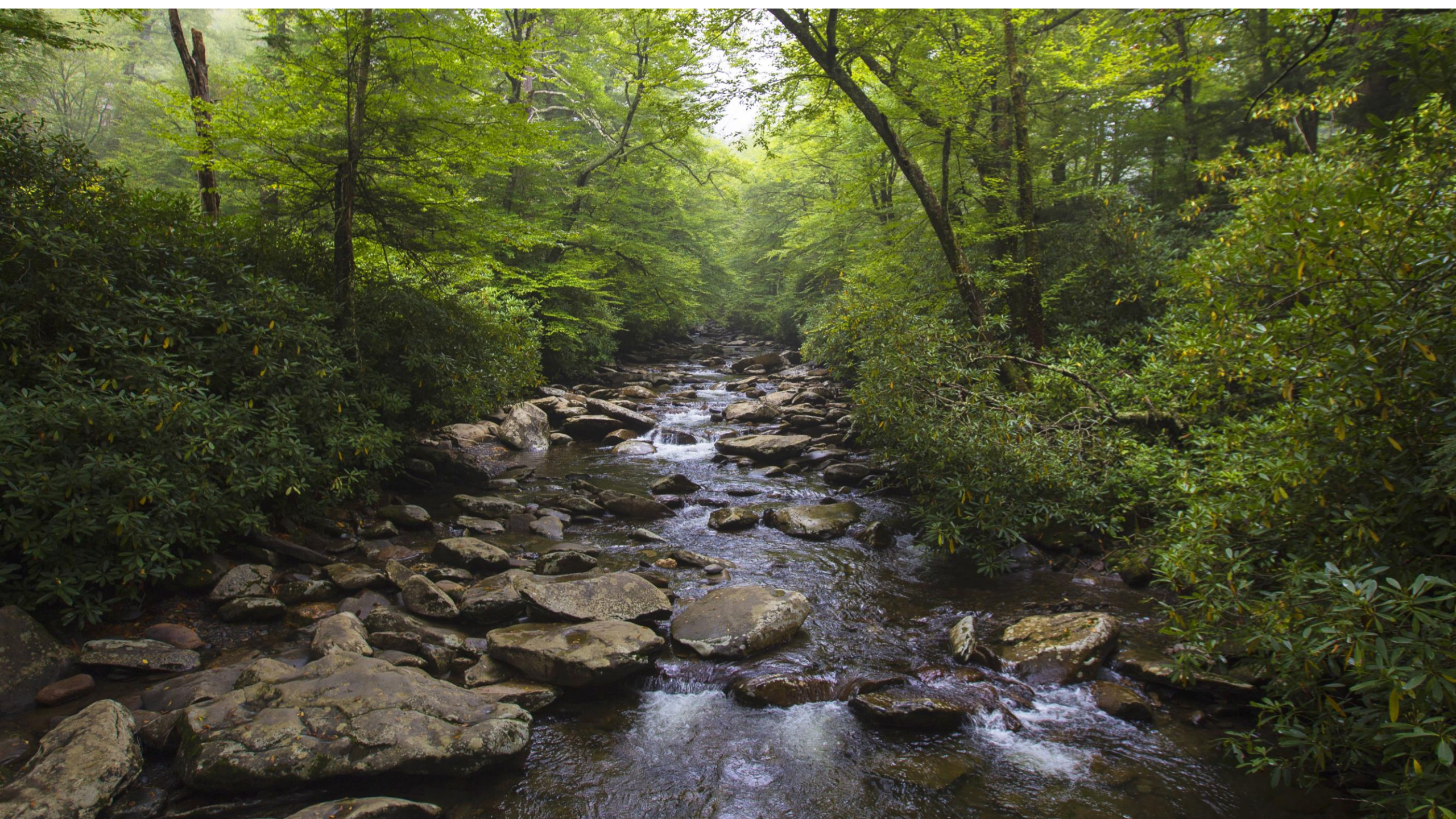
- Be gentle and kind with yourself. Mindfulness is synonymous with Kindfulness.
- Adopt a non-striving attitude.
- If you are unable to discern any strong pleasant or unpleasant feeling tones, keep your attention on the breath.



# **Guided Mindfulness of Feeling Tones & Emotions Practice**

## **15 minutes**







## Benefits of Feeling Tones & Emotions Practice

- Feeling tones practice allows us to deal with "bad" experiences in a skillful manner
- Feeling tones practice provides a pathway for treating addiction behaviors in a gentle way, not as a quick fix but with repeated practice

*Not a substitute for regular pharmacologic treatments. It is best to supplement this practice with other treatments and let behavioral health providers know of this approach.*

**Mindfulness-based treatment of addiction: current state of the field and envisioning the next wave of research.** Eric L. Garland and Matthew O. Howard, Published online 2018 Apr 18, US National Library of Medicine, NIH, PMID: [29669599](#)

**Mindfulness Training Targets Neurocognitive Mechanisms of Addiction at the Attention-Appraisal-Emotion Interface.** Eric L. Garland, Brett Froeliger, and Matthew O. Howard, Published online 2014 Jan 10, US National Library of Medicine, NIH, PMID: [24454293](#)

**Mindfulness-Based Interventions for Addictive Behaviors: Implementation Issues on the Road Ahead.** Adam D. Wilson, Corey R. Roos, Charles S. Robinson, Elena R. Stein, Jacob A. Manuel, Matthew C. Enkema, Sarah Bowen and Katie Witkiewitz, Published online 2017 Oct 26, US National Library of Medicine, NIH, PMID: [29072477](#)



# 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](http://www.SummitMindfulness.com)

[www.peacehealth.org/webinar-mindfulness-emotions](http://www.peacehealth.org/webinar-mindfulness-emotions)



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