



# *Tackling Stress and Burnout with Mindful Meditation*





# *Mindful Meditation*

As a Self Care Component to  
Reducing Stress and  
Minimizing Burnout



# *Mindlessness*

- Robotic routine, high functioning  
Zombies      Ellen Langer, Harvard Business Review
- Giving or showing little attention  
or care, heedless      Nelson Canadian Dictionary





# *What Mindfulness Is Not:*

- Zoning Out
- Avoiding Engaging with Others
- Placebo



# *What Mindfulness Is:*

- Being attentive, heedful Nelson Dictionary
- A way of life
- A way of being where our attention is woven into the most mundane daily activities





# *About Meditation:*

“Meditation isn’t about trying to throw ourselves away and become something better. It’s about befriending who we already are.”

Pema Chodron, Buddhist nun





# *Blending Mindfulness and Meditation:*

“Noticing with all our six senses all that we are and all that is around and within us.” Susan McCoy



# *Why Mindful Meditation?*

- Decreases:

Stress, Blood Pressure, Fear,  
Anxiety and Pain (physical/mental)

- Increases:

Well-Being, Immune System,  
Productivity, Sleep and Happiness.





# *Mindful Meditation:*

Is about:

- Engaging All Senses to Notice All and Be Present to the All.





# *To Notice as a Beginner:*

The “Beginners Mind”, is  
approaching each moment without  
preconception, as though it’s a new  
experience every time. Jon Kabat-Zinn





# *Mindful Meditation Flow:*

*N*OTICE

With All the Senses

*O*PEN

Without Expectations

*W*ELCOME

Without Judgement





“Know that What Is  
Simply Is. Not Good or  
Bad But It Is What It Is.”

- NO EXPECTATIONS
- NO JUDGEMENT



# *Mindful Meditation as Part of Our Everyday Life:*

- MINDFUL: Waking, Breathing, Walking, Brushing Teeth, Bathing, Breathing, Dressing, Eating, Breathing, Walking, Driving, Breathing, Observing, Working, Drinking, Sitting, Eating, Breathing, Working, Sitting, Praying, Breathing ...
- And All While Being Fully Present and Noticing All...





*Lets Try It Together!*

*N*OTICE

With All the Senses

*O*PEN

Without Expectations

*W*ELCOME

Without Judgement



# *In Our Rapidly Changing World:*

- Mindful Meditation is Crucial for All
- A Minute a Day of Meditation will Promote Well-Being
- More Minutes of Mindful Meditation the Better
- As Part of Your Daily Routine Start with One Minute and Then Go From There!
- Treat Yourself as Your Best Friend
- And Share the Concept with All Your Friends, Family and Others...





*BE WELL AND BE  
MINDFUL...*

*BE MINDFUL AND YOU  
WILL BE WELL...*