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:

NOTICE

With All the Senses

Open

Without Expectations

Welcome

Without Judgement

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

NO EXPECTATIONSNO 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!

Notice

With All the Senses

Open

Without Expectations

Welcome

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...