



# **In Search of Peace and Quiet: Reducing Your Stress with Mindfulness**

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# What is Mindfulness?

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us.”

(mindful.org)

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

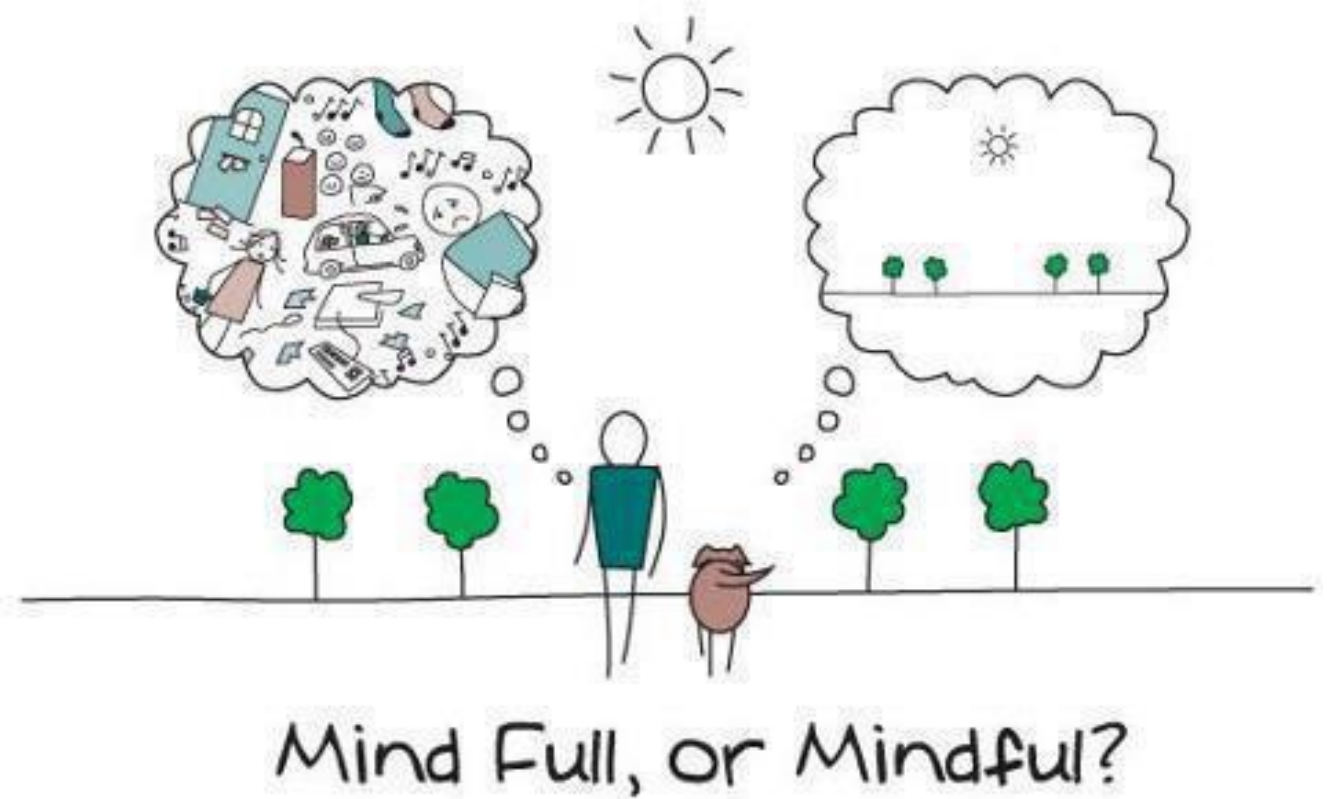
(Jon Kabat Zinn)

# Why mindfulness?

- Today's world is full of constant distractions – phones, people, activities, sounds
- People are always moving very fast with an increasing need for immediate feedback
- Very little opportunity for silence
- We are constantly moving on to the next thing
- All of this creates increased stress for everyone

# Why the Interest in Mindfulness?

- Distractions, distraction, distractions
- Stress
- Dissatisfaction
- Unhappiness



# Mindfulness

- Does not require any religious beliefs or cultural belief system
- It is not something we acquire
- It's is simple but not easy
- Based on Buddhist traditions and practices
- Scientific evidence that practicing mindfulness regularly can help reduce stress

# Meditating the Stress Response

Our unconscious response

Reactivity

Auto-pilot

DMN

Habitual patterns



Maladaptive coping



Self-destructive behaviors  
(overeating, overworking)

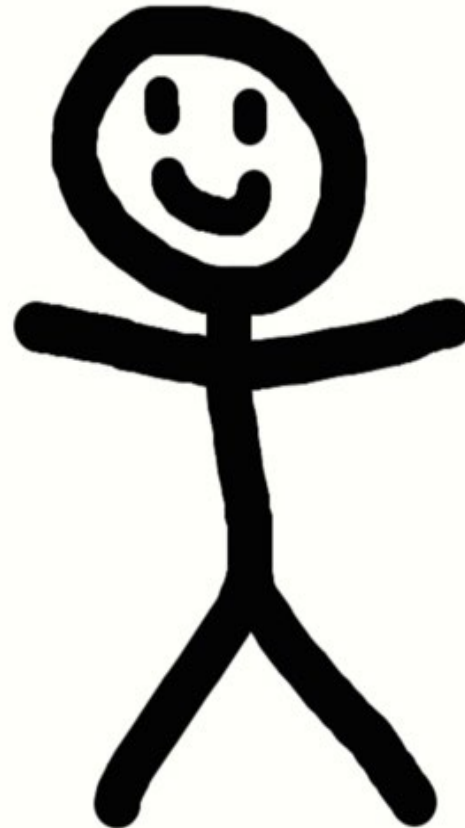


BREAKDOWN

Depression

Burnout

exhaustion



STOP



Pause



Awareness of direct experience  
Quick recovery of mental equilibrium



Choose your response

# Why Mindfulness?

## Top 7 Reasons People are Stressed

1. Job Pressure
2. Money
3. Health
4. Relationships
5. Poor nutrition
6. Media Overload
7. Sleep Deprivation





# Where do we live?

- Mind
- Heart
- Gut/Intuition



# How do we practice mindfulness?

What does “being present” look like?

- Awareness
- Meditation
- Breathing
- Walking
- Body Scan
- Listening

# Mindfulness in Daily Life

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Victor Frankl

**Mindfulness: simple  
but not easy!**



Stop.  
Take a breath.  
Observe your thoughts and  
feelings.  
Pause. Proceed mindfully.

# Goal of Mindful Listening

To silence the internal noise of your own thoughts so that you can hear the whole message and so the speaker feels understood.

- Awareness of the present moment
- Letting go of distractions (put your phone away)
- Letting go of your physical and emotional reactions to what people say to you
- Enable you to respond intentionally

# How to Listen Mindfully

- Be present: focus on the person
- Cultivate empathy: validate perspective
- Listening to your own cues (thoughts, feeling, physical reactions that block communication)



# Mindful Listening

- Engage your full attention
- Paraphrase
- Express empathy
- Use engaged body language
- Avoid judgement
- Avoid giving advice
- No interrupting, advising, correcting, or fixing

# Mindful Listening Exercise

- Divide into groups of two
- Think about something that is currently going on in your life that is stressing you out **OR** something that you are looking forward to.
- Spend a few minutes telling your partner about one of these things.
- Partner practices mindful listening techniques
- Switch roles





# Responding vs. Reacting

Do You  
REACT



or

Do You  
Respond?



# Mindful Email Quiz

- Do you open your email and work quickly to answer as many messages as possible in as little time as possible?
- Is your email inbox screen open on your computer all day?
- Do you have email conversations longer than 4 messages?
- Do you react to your email?

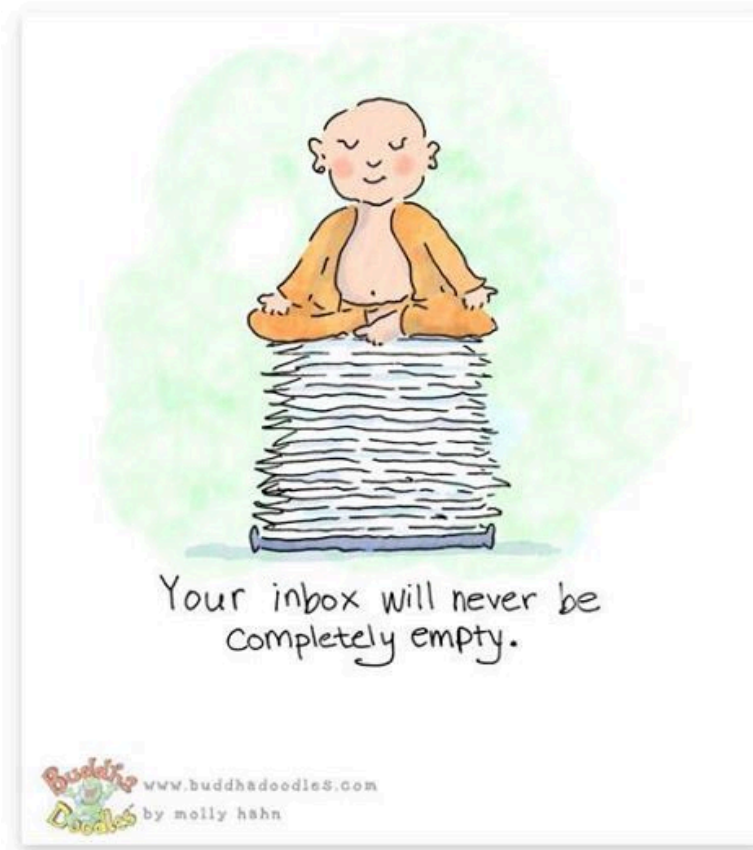
# Great Books to Read

- Mindfulness in Plain English by [Bhante Bhante Gunaratana](#)
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by [Jon Kabat-Zinn](#)



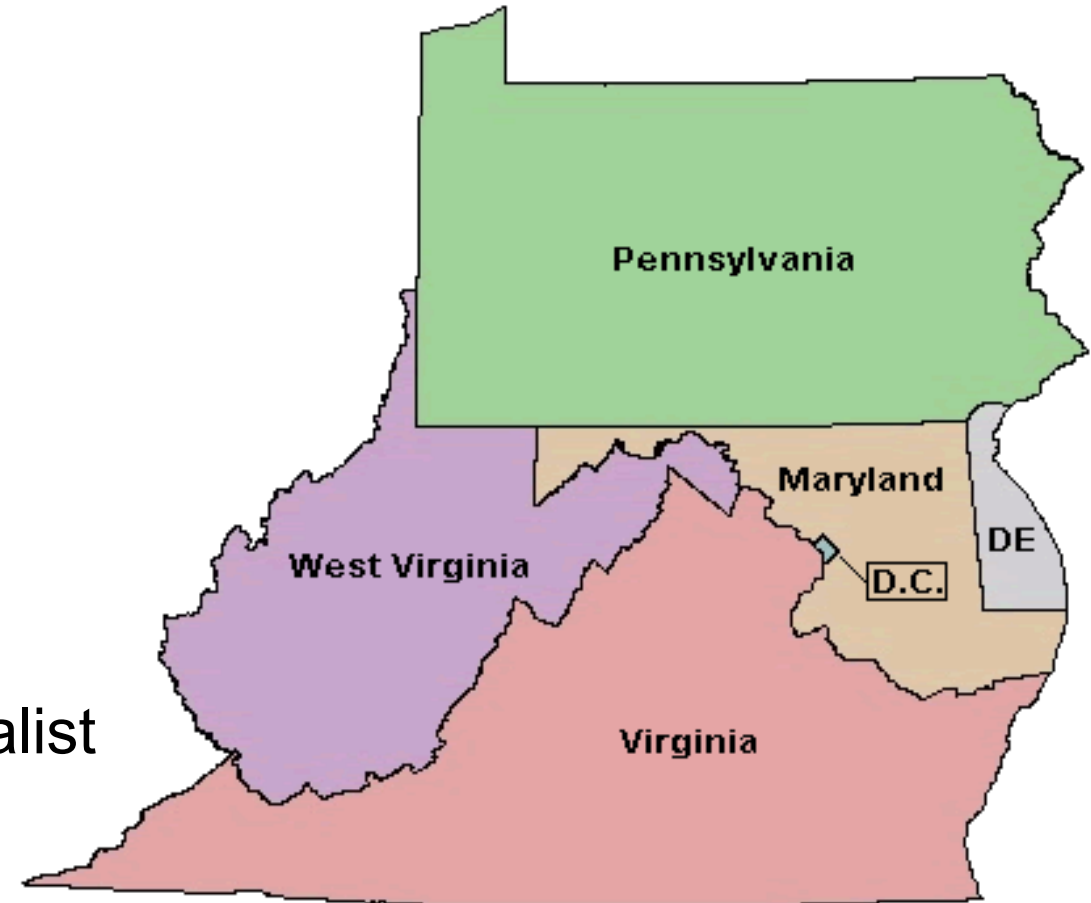
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Mindfulness is about learning to accept what is.....



# Mid-Atlantic ADA Center

- Information
- Guidance
- Training
- Materials
- Newsletter and E-Bulletin
- Speak to an ADA Information Specialist  
Toll-free: 800-949-4232
- Website: [www.ADAinfo.org](http://www.ADAinfo.org)



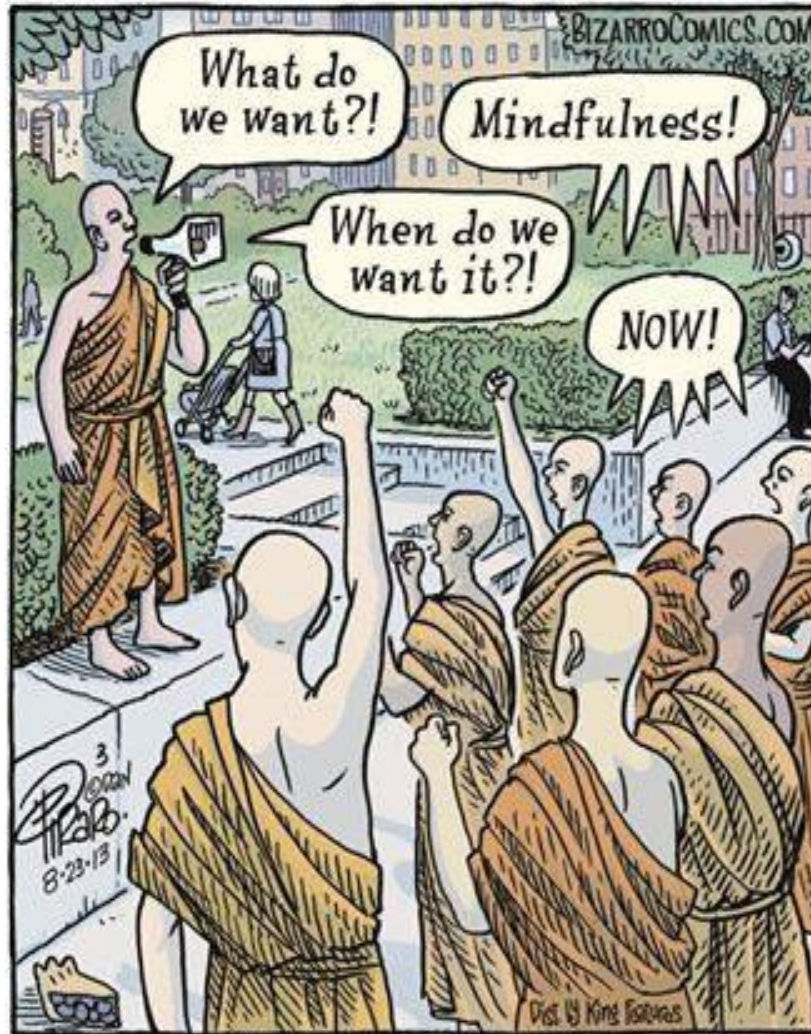
# Thank You!



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# About TransCen

TransCen, Inc. is a national organization offering web-based and in-person training for state agencies, school districts, provider organizations, and others interested in meaningful work and community inclusion for individuals with disabilities.

Learn more about our work: [www.transcen.org](http://www.transcen.org)

Contact us at [inquiries@transcen.org](mailto:inquiries@transcen.org) for more information!

**MEANINGFUL  
WORK**  
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**COMMUNITY  
INCLUSION**

Questions?

