

SLIDE 1:

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

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TransCen/Mid-Atlantic ADA Center

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SLIDE 2:

Ziggy cartoon:

“We appreciate the here and now cause its only here now.”

SLIDE 3:

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 KabetZinn)

SLIDE 4:

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.

SLIDE 5:

Why the Interest in Mindfulness?

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

Cartoon of a person and a dog. Thought balloon over human has lots of clutter and the dog's thought balloon shows the sun and trees. Caption reads: Mind Full or Mindful?

SLIDE 6:

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.

SLIDE 7:

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

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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

SLIDE 9:

Where do we live?

- Mind
- Heart
- Gut/Intuition

SLIDE 10:

How do we practice mindfulness?

What does “being present” look like?

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

SLIDE 11:

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

SLIDE 12:

Mindfulness: simple but not easy!

STOP SIGN

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

SLIDE 13:

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.

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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)

SLIDE 15:

Mindful Listening

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

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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.

SLIDE 17:

Cartoon of someone sitting in the lotus position thinking "Today I will live in the moment."

Caption reads: "Unless the moment is unpleasant, in which case I will eat a cookie."

SLIDE 18:

Responding vs. Reacting

Cartoon: two women: one yelling and one relaxing.

SLIDE 19:

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?

SLIDE 20:

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

SLIDE 21:

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

SLIDE 22:

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

Map of the Mid-Atlantic region: Delaware, Maryland, Pennsylvania, Virginia, West Virginia, and the District of Columbia.

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Thank You!

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SLIDE 24:

Cartoon of monks protesting. “What do we want – mindfulness. When do we want it? Now.”

SLIDE 25:

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.

Contact us at inquiries@transcen.org for more information!

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Questions?