



An Introduction to Mindfulness: Strategies to Harness the Power of Pause

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Intentions for Our Time Together

- Identify the challenges contributing to our stress today
- Define mindfulness and discuss the science behind mindfulness
- Address the obstacles and challenges of practicing strategies for resilience.
- Practice strategies to support increased awareness and well-being



The State of Our Minds Today

- **Volatile**
- **Uncertain**
- **Complex**
- **Ambiguous**



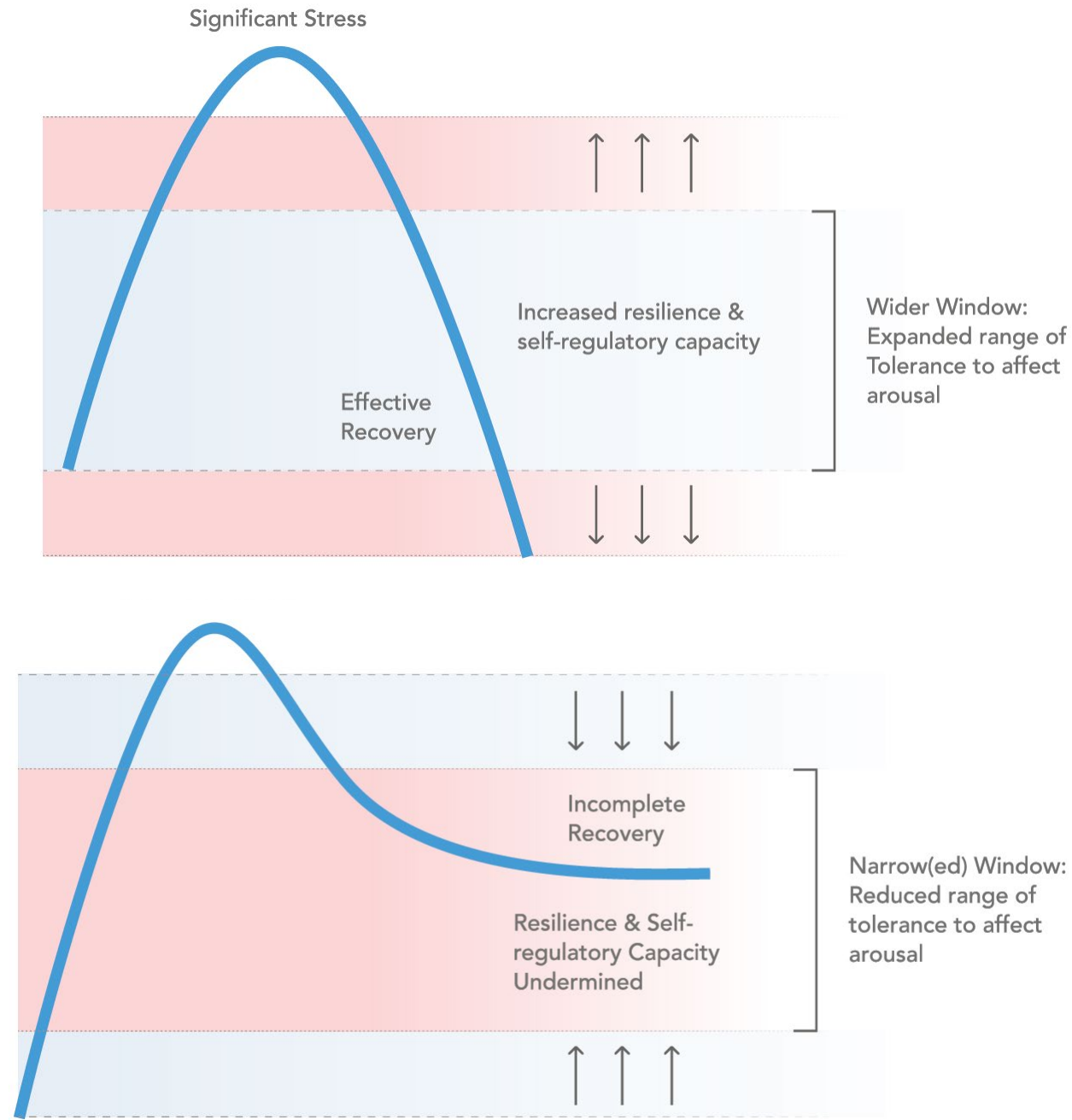


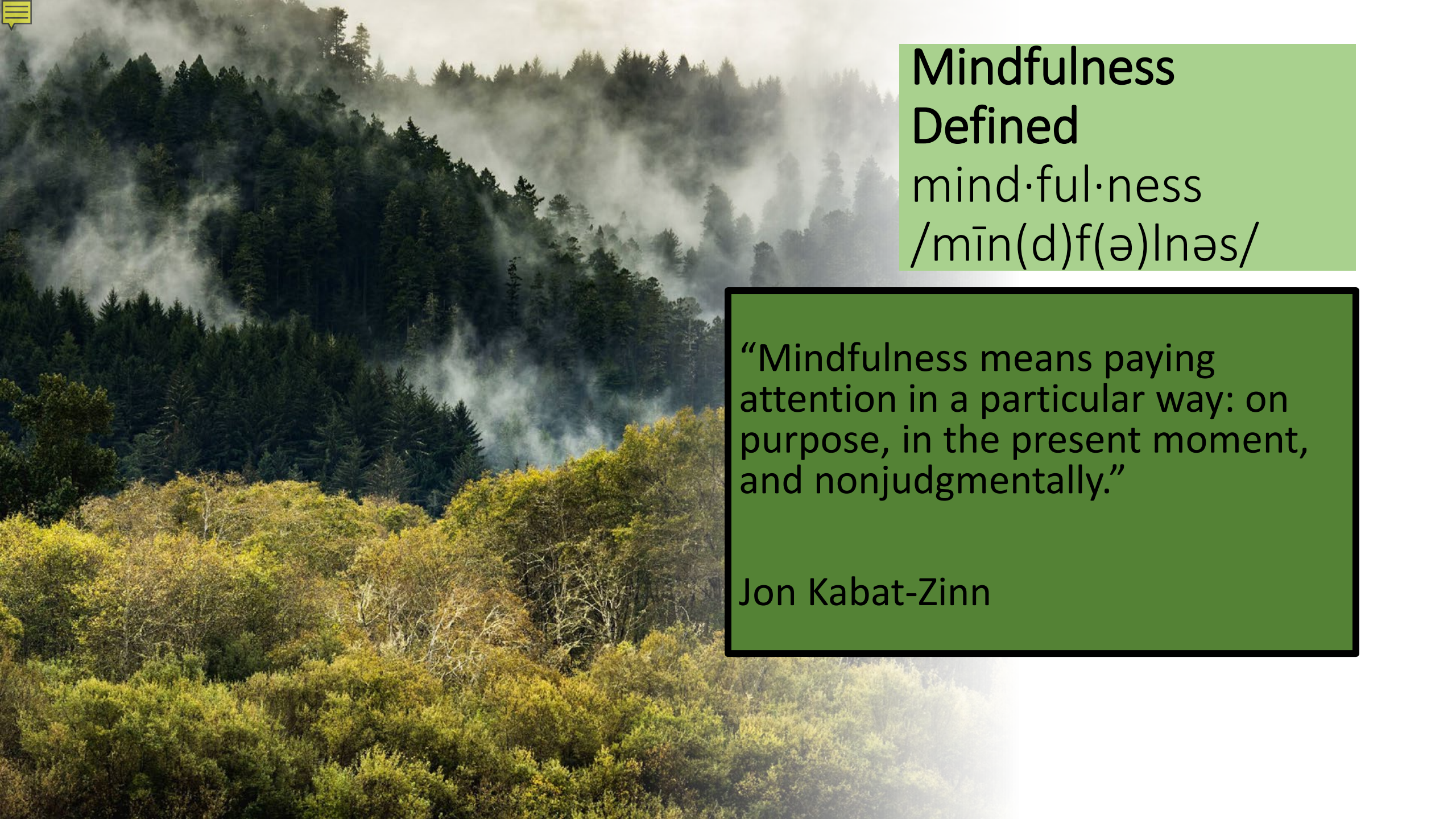
The Cost of Low Resilience and Chronic Stress

- 40% of adults currently experience adverse mental health conditions
- 78% of adults feel their mental health has been impacted by the pandemic
- 85% of workers suffer from work related stress
- 20% of workers quit their jobs due to stress



Growing Our Window of Tolerance Builds Resilience





Mindfulness

Defined

mind·ful·ness

/mīn(d)f(ə)lnəs/

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

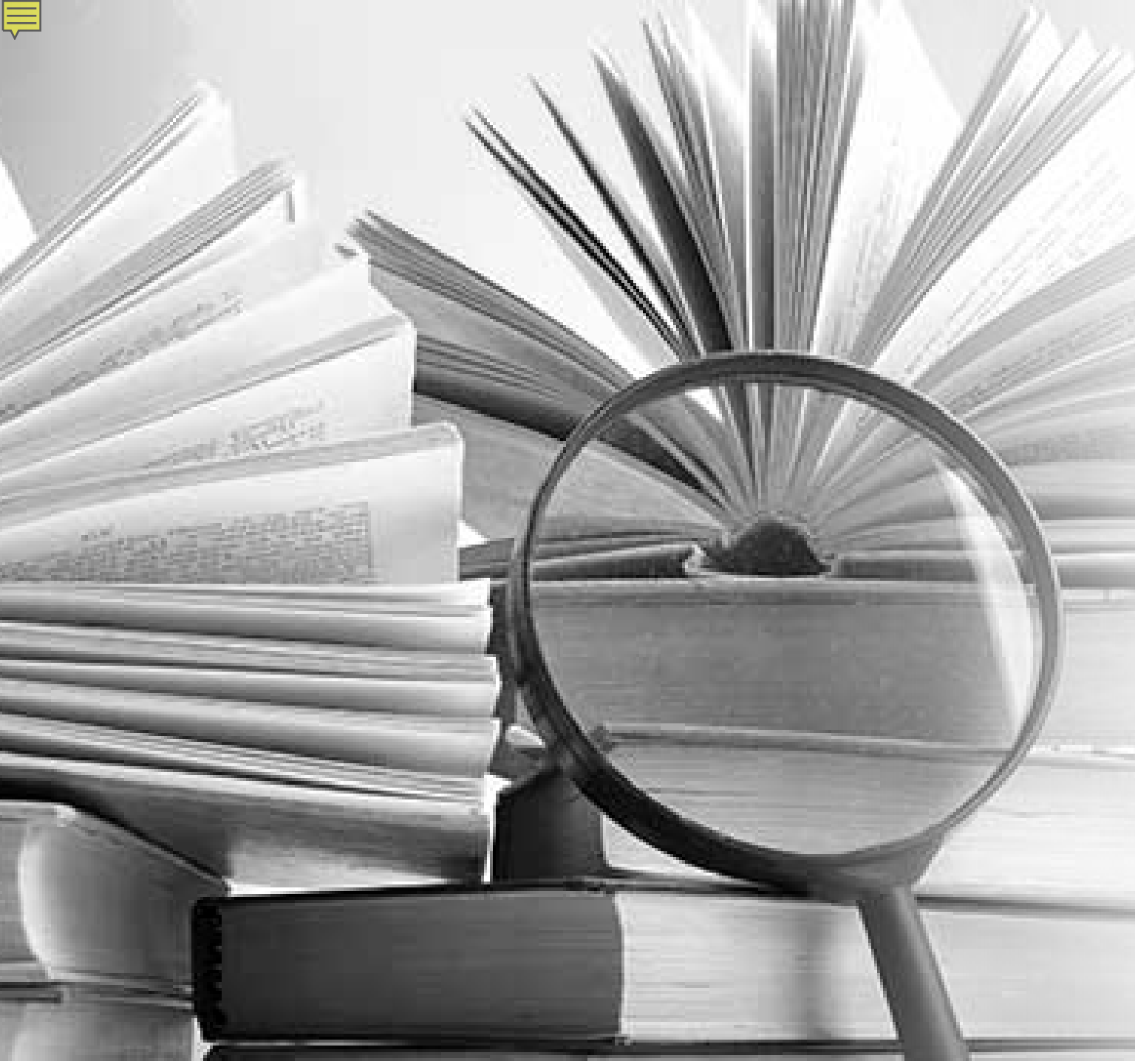
Jon Kabat-Zinn



Mindfulness Is Not.....

- About being calm or acting any particular way
- About stress reduction
- The absence of thought
- About being complacent or giving up
- Religious it is secular
- A silver bullet





Research is Clear

***Mindfulness practices can.....**

- ✓ Increase focus
- ✓ Improve sleep quality and duration
- ✓ Reduce feelings of stress
- ✓ Boost engagement

***NIH Report on Mindfulness and Productivity
(see resources)**

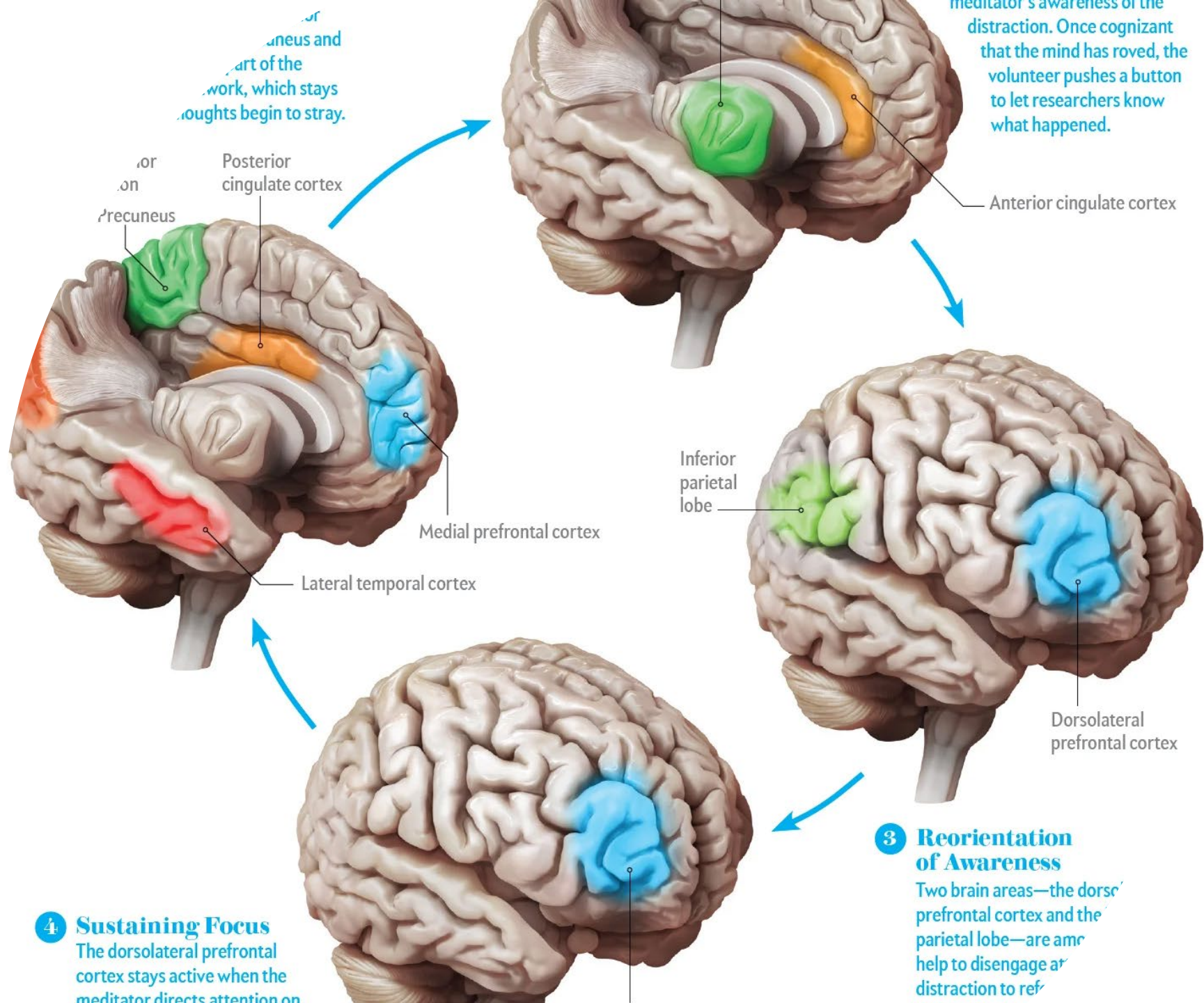
A lush green forest with sunlight filtering through the trees. The text "Just Breathe" is written in a white, elegant cursive font across the center of the image. The background is a dense forest of tall trees with vibrant green foliage. Sunlight creates a dappled effect on the forest floor, which is covered in fallen leaves and moss. There are decorative white curved lines in the top-left and bottom-right corners of the image.

Just
Breathe

Neuroscience Reveals the Impact of Mindfulness

*Retrieved from scientificamerican.com , Aug. 13, 2022

<https://www.scientificamerican.com/article/neuroscience-reveals-the-secrets-of-meditation-s-benefits/>





Welcome to Your Mind!

1. We do not control our mind
2. We are not rational
3. Our mind creates our reality
4. We are not our thoughts



A hand holding a camera lens against a blurred blue sky background. The lens is the central focus, with its circular opening clearly visible. The background is a soft-focus blue sky with some light clouds.

1. We Do Not Control Our Mind

Your body is present.



Is your mind?



Past

Present

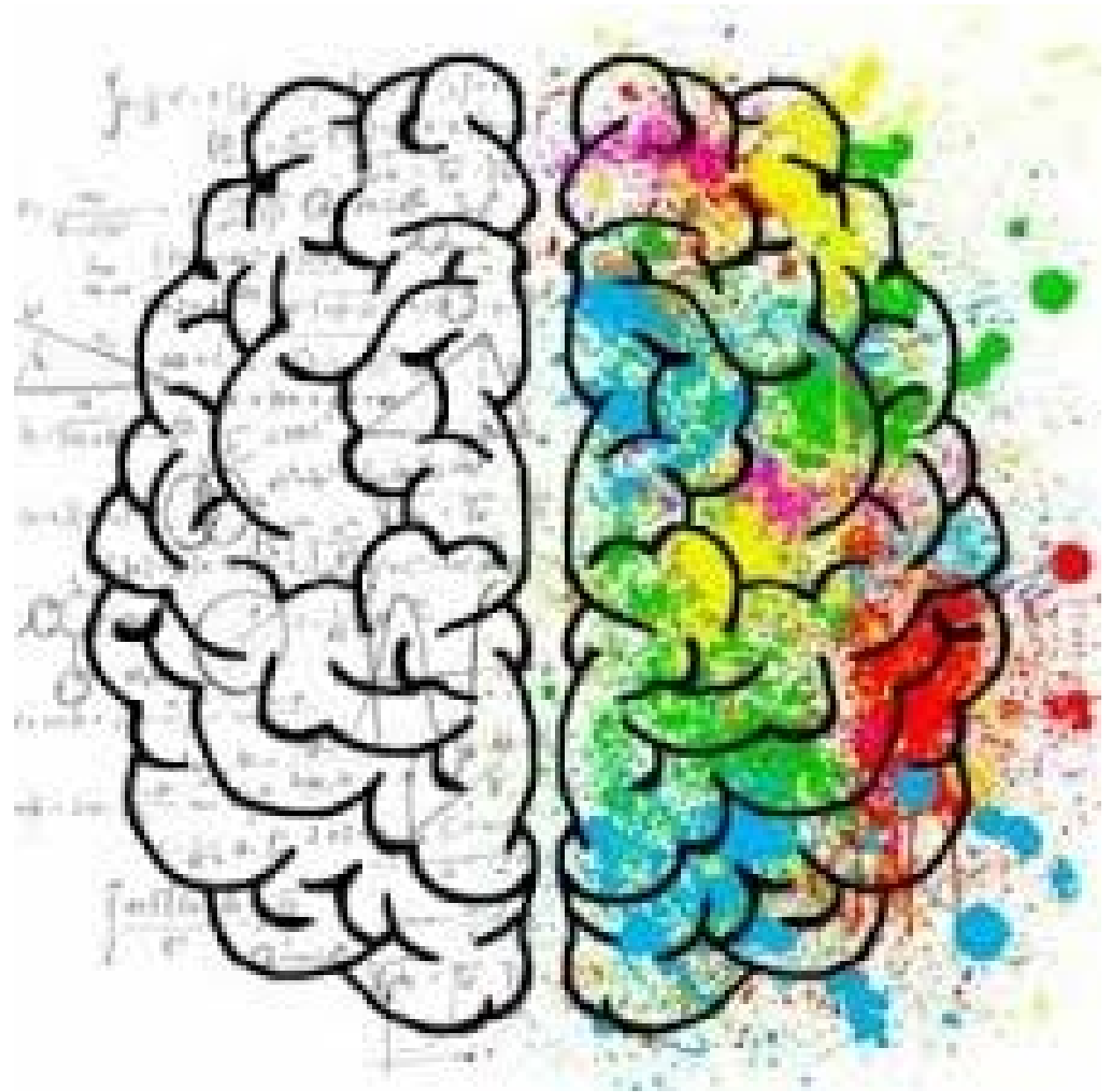
Future



Body Scan

- Let's practice awareness of body

2. We Are Not Rational





3. Our Mind Creates Our Reality

*C.Y. Olivola & A. Todorov, Fooled by first impressions? Reexamining the diagnostic value of appearance-based inferences, *Journal of Experimental Psychology*, 46 (2010)



Mindful Eating





4. We Are Not Our Thoughts



Formal and Informal Practices



Closing Practice



Mindfulness Resources

- ◆ www.Mindful.org
- ◆ Mindful Magazine
- ◆ Mindfulness Apps
 - ◆ Calm
 - ◆ Healthy Minds
 - ◆ Insight Timer
 - ◆ Smiling Mind
 - ◆ MyLife Meditation
 - ◆ UCLA Mindful
- ◆ [Coalition of Schools: Educating Mindfully](#)
- ◆ [Mindful Schools](#)
- ◆ [The Free Mindfulness Project](#)
- ◆ [Mindfulness Book List](#)
- ◆ [Article: Best Practices for Bringing Mindfulness into Schools](#)
- ◆ [Edutopia Article: Mindfulness in High School](#)
- ◆ [Wisdom Labs Toolkit: Bringing Mindfulness to the Workspace](#)
- ◆ [Zero To Three Mindfulness Toolkit](#)
- ◆ [National Institute on Health – Mindfulness and Productivity](#)

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