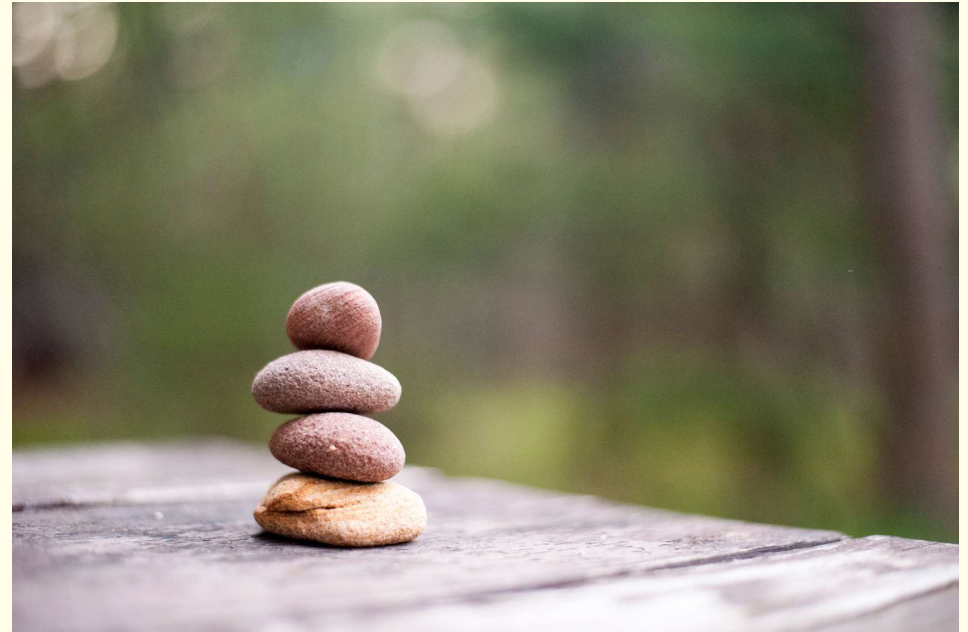


 Growing Presence Consulting

Mindfulness & Self-care for Helping Professionals



Dr. Lisa Enright &
Stephanie Kirylych

What we'll discuss this afternoon



- Overview of mindfulness and meditation
- Ways to practice mindfulness
- Resources to support stress management through mindfulness
- Time to practice several mindfulness techniques

Who we are

and our connection
to mindfulness and
meditation



Dr. Lisa Enright

Assistant Dean of Student
Success at UNH
Manchester & Co-founder
of Growing Presence
Consulting



Stephanie Kirylych

Director of Advising
at UNH Manchester
& Co-founder of
Growing Presence
Consulting

Personal Practice

Box Breathing

BREATHE IN 1 2 3 4
HOLD 1 2 3 4
BREATHE OUT 1 2 3 4
HOLD 1 2 3 4

@WHEELY_GOOD_TIME



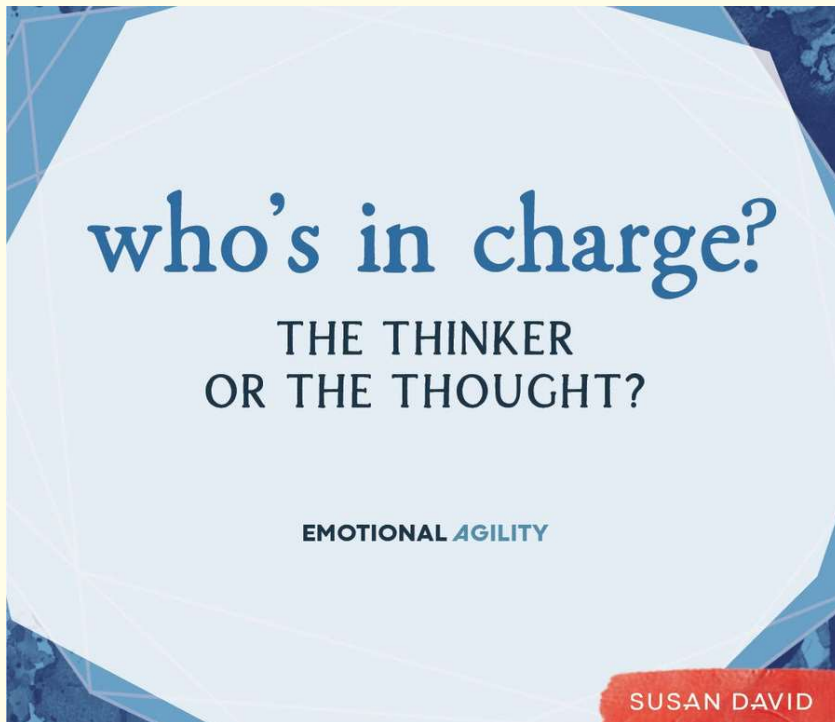
What is mindfulness?

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

-Jon Kabat-Zinn, Founder of Mindfulness-Based Stress Reduction (MBSR)



Benefits of mindfulness



- Improves well-being, emotional reactivity, and cognitive abilities, such as selective and sustained attention.¹
- Boosts working memory, reduces rumination, increases cognitive flexibility, supports immune functioning.²
- Promotes empathy, compassion, emotional regulation.²
- Gratitude supports better quality and longer sleep.³

1: Wheeler, M.S., Arnkoff, D.B. & Glass, C.R. (2017). The neuroscience of mindfulness: How mindfulness alters the brain and facilitates emotion regulation. *Mindfulness*, 8, 1471-1487. Retrieved from <https://doi.org/10.1007/s12671-017-0742-x>

2: Davis, D.M. & Hayes, J.A. (2012). What are the benefits of mindfulness. *Monitor on psychology*, 43(7), 64. Retrieved from <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

3: Emmons, R. (2017, October 18). Three surprising ways that gratitude works at work. *Mindful*. Retrieved from <https://www.mindful.org/three-surprising-ways-gratitude-works-work>

Benefits of mindfulness



- Increased workplace engagement and reduced burnout. Increased ability to deal with change.¹
- Employees who practice being mindful are more likely to show greater acceptance of colleagues without reactivity.²
- Enhances creative thinking and creative performance as well as improves³ the ability to solve insight problems.

1: Patrick K. Hyland, R. Andrew Lee and Maura J. Mills (2015). Mindfulness at Work: A New Approach to Improving Individual and Organizational Performance. *Industrial and Organizational Psychology*, 8, pp 576-602

2: Glomb, T., Duffy, M., Bono, J. and Yang, T. (2011), "Mindfulness at Work", Joshi, A., Liao, H. and Martocchio, J. (Ed.) *Research in Personnel and Human Resources Management* (Research in Personnel and Human Resources Management, Vol. 30), Emerald Group Publishing Limited, Bingley, pp. 115-157.

3: Lebeda, I., Zabelina, D., & Karwowski, M. (2016). Mind full of ideas: A meta-analysis of the mindfulness-creativity link. *Personality and Individual Differences*, 93, 22-26.

Personal Practice

Dynamic Breathing (from Koru Mindfulness)



BREATHING

Keeping your mouth closed, take deep, sharp breaths in and out through your nose.

You may want to have a tissue ready.



ARM MOVEMENT

Keeping your arms at your side, elbows bent, pump them up and down like flapping wings. Pump down on the exhale and up on the inhale.



LEG MOVEMENT

Bend your knees in time with your breath. Bend your knees on the out-breath and straighten your knees on the in-breath.

Your mind is a
rushing river of
thoughts.

When you meditate, you are not trying to stop the river. You are trying to climb out of the water and watch the river (and your thoughts) float away.

How to Practice Mindfulness

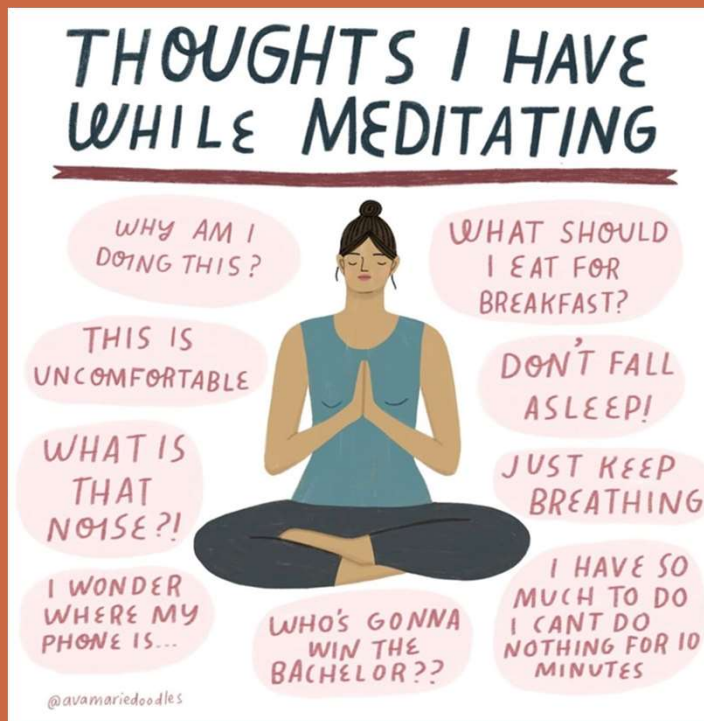
- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



mindful
mindful.org

By Mindful Staff

Mindfulness Roadblocks



- Not scheduling it into your day – it doesn't just happen
- Only practicing when things are hard or stressful
- Discomfort – physical and emotional
- Getting distracted by your distractions
- Negativity bias – we tend to register negative stimuli more but also dwell on negative events, memories, feelings
- Expecting it to be easy or “perfect”
- Forgetting what mindfulness is

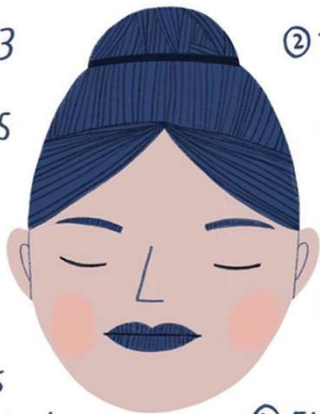
Mindful Self-Care

How to be more MINDFUL

① TAKE 3
DEEP
BREATHS

③ DO A
BODY
SCAN

⑤ WRITE
DOWN 5
THINGS YOU
ARE GRATEFUL
FOR



@avamariedoodles

② TAKE NOTE
OF YOUR
SURROUND-
INGS

④ IDENTIFY
WHAT YOU
ARE FEELING,
WITHOUT
JUDGEMENT

⑥ FIND A QUIET
SPOT TO
MEDITATE

- Wake up and complete Julia Cameron's Morning Pages or free write
- Technology free mornings
- Keep Zoom on speaker view
- Eat away from your desk and phone
- Pull an affirmation or mindfulness card
- Embrace monotasking
- Turn off notifications
- Keep a gratitude jar
- Start meetings with Brené Brown's "What are two words to describe how you are feeling right now?"
- STOP: **S**top, **T**ake a breath, **O**bserve thoughts & feelings, **P**roceed
- WAIT: **W**hy **A**m I **T**alking?

Meditation Practices

- Body Scan
- Yoga Nidra
- Loving-Kindness
- Guided Imagery
- Breath Awareness
- Walking Meditation
- Mantra Meditation
- Gatha Meditation
- Sound Bath



Personal Practice

Gratitude Writing Exercise

Write down
three things
that you are
grateful for
and why.

Mindfulness for you



Books

- *The Practice* (Barb Schmidt)
- *Peace in Every Step* (Thich Nhat Hanh)
- *Self-Compassion* (Kristin Neff)
- *Aware: The Science and Practice of Presence* (Daniel J. Siegel)
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (Jon Kabat-Zinn)
- *The Mindful Twenty-Something* (Holly Rogers)

Card Decks

- Mindfulness of the Go
- Mindfulness Cards
- Stress Relief and Self-care Cards



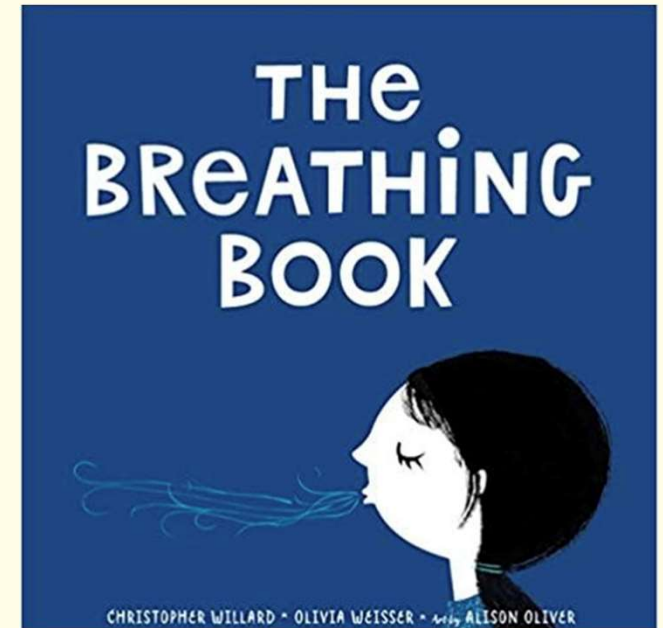
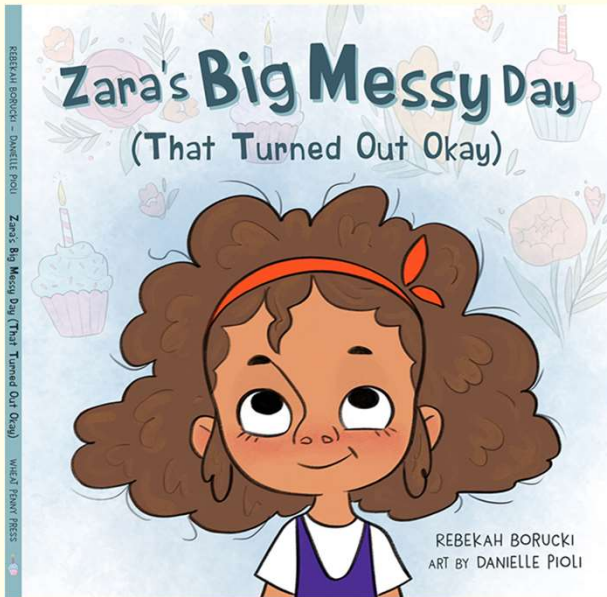
Apps

- Insight Timer
- Headspace
- Calm
- 3 Good Things
- Tapping Solution (EFT)
- Balance

Other Resources

- Mandala Coloring Books
- Positive Affirmation Calendars
- The Five-Minute Journal
- *Mindful Magazine*
- Today I Affirm Journal by Alex Elle
- Music - Weightless by Marconi Union
- Smart Watch Mindful Moment Reminder

Mindfulness for kids



“For children, mindfulness can offer relief from whatever difficulties they might be encountering in life.” Annaka Harris

Personal Practice

Body Scan Meditation

Questions

Dr. Lisa Enright & Stephanie Kirylych

Growing Presence Consulting

www.growingpresenceconsulting.com

growingpresenceconsulting@gmail.com



BE KIND
TO YOUR
MIND.

© BLESSTHEMESSY