

A person is sitting on a wooden dock that extends into a calm lake. The lake's surface is still, reflecting the surrounding landscape. In the background, there are large, rugged mountains with patches of green forest and rocky outcrops. The sky is a clear, pale blue. The overall scene is peaceful and serene, suggesting a quiet moment of reflection in nature.

Mindfulness to Promote Mental Health

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Resources

Presentation Slides
Resourceful Links
Additional Information

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Objectives

- Understand the meaning of mindfulness
- Identify benefits of practicing mindfulness
- Recognize the obstacles to mindfulness
- Implement strategies for increasing mindfulness in self and clients



Overview of Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Pay attention to our thoughts and feelings without judging them
- Sense in the present moment
- Can be practice anywhere, anytime

Source: <http://greatergood.berkeley.edu/topic/mindfulness/definition>





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Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128–133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain



Benefits of Mindfulness, cont.

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being



Source: <http://www.mindwork.co/what-is-workplace-mindfulness/the-research-on-mindfulness>, <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>,
http://www.mindfulnessnet.org/Building-the-Case-for-mindfulness-in-the-workplace_v1.1_Oct16_Full_doc.pdf

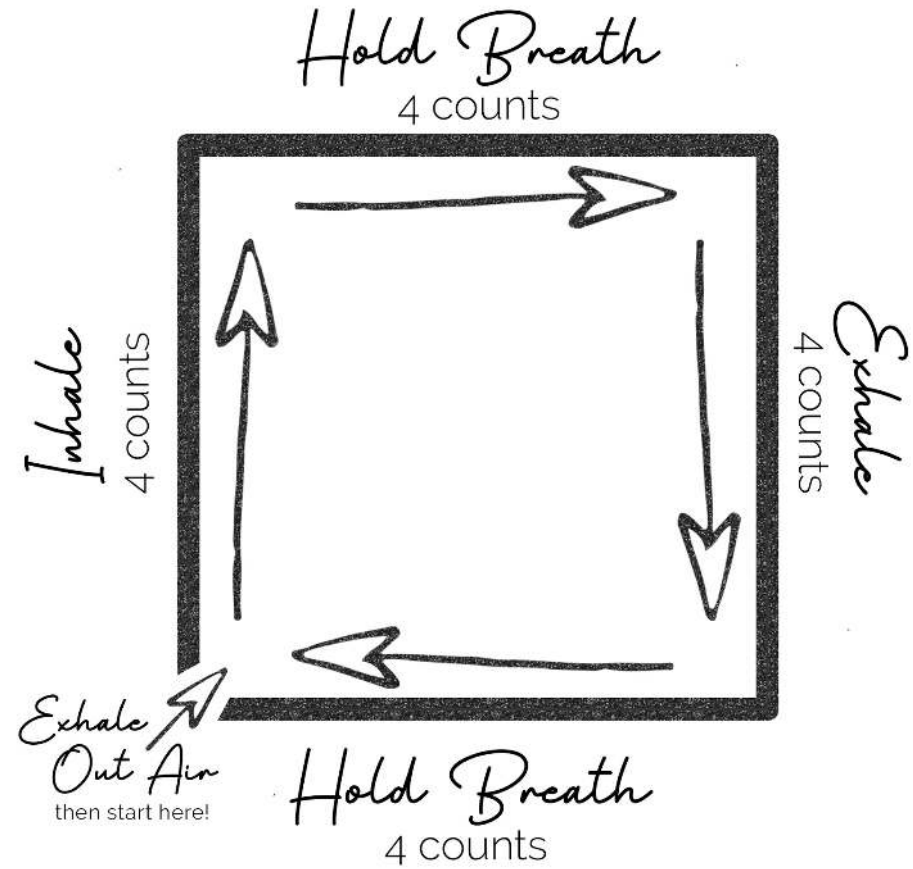
Presence

“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- Eckhart Tolle, The Power of Now



Square Breathing



Obstacles to Mindfulness

- Physical pain
- Distractions
- Boredom or restlessness
- Sleepiness
- Emotional obstacles
- Doubt (e.g., “This won’t work for me.”)



Acceptance

“If you don’t like something, change it.
If you can’t change it, change your attitude.”

- Maya Angelou



Strategies for Increasing Mindfulness

- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Attitude of gratitude



Positivity

“A man is but the product of his thoughts...what he thinks, he becomes.”

- *Mohandas Gandhi*



Practice Gratitude

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus



Detachment

“Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.”

- Arlene Englander

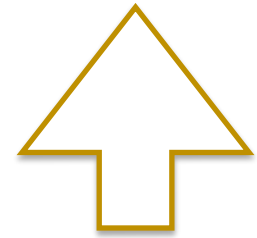


Mindfulness in the Workplace

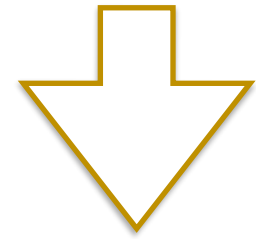
- GOOGLE
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Mindfulness & Work Research



Job Performance
Problem Solving
Work/Life Balance
Focus & Concentration
Ethical Decision Making
Creating & Innovation
Employer-Employee Relations



Emotional Exhaustion
Cognitive Rigidity
Intention to leave
Multi-tasking
Sick Days
Stress



The disease of being busy & multi-tasking

- Hampers Creativity
- Drains Energy
- Reduces Wellbeing
- Reduces Efficiency
- Kills Prioritization
- Decreases Quality
- Shrinks Brain

Taken from Stafdord University “Cognitive Control in Media Multi-Taskers” Study



What can we do to be more mindful?

- Take a 21 Day Mindfulness Challenge
- Avoid multitasking
- Turn off all email notifications
- Don't do emails in the AM
- Be mindful in meetings



Mindful Workplace Exercises

- Start your day with a mindful moment and plan for mindful breaks
- Slow down to increase your productivity
- Switch off distractions
- Be a single-tasker
- Pay attention to your coworkers

Source: <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day>, <http://www.mindful.org/10-ways-mindful-work/>



Essence

“Whenever you feel superior or inferior to anyone, that is the ego in you.”

-Eckhart Tolle



Conscious Leadership: Mindfulness & Emotional Intelligence

- Know your emotions
- Manage your emotions
- Motivate yourself
- Recognize & understand the other people's emotions
- Manage relationships (manage the emotions of others)



Adapted from Daniel Goleman's book "Emotional Intelligence"

High IQ

- Low insecurity
- High openness
- Assertive
- Self-aware
- Inclusive
- Respectful
- Takes responsibility for actions



Improve the Communication Process

- **First seek to understand** the other party
- **Recognize** that you may not be understood
- **Notice when your emotional brain** has been activated
- **Observe your process**
- **Watch** the other's reaction to you as a way toward self-awareness
- **Take a break** and regroup
- **Seek help** when needed
- **Re-engage** when you are not triggered



Practical Solutions

- Avoid a fight, flight, or freeze response
- Avoid engaging in tug-of-war
- Don't lock horns
- Unhook from the minutia
- "Zoom out" to gain perspective



Practice Solutions

- Become rooted in the present
- Let go of defensiveness
- Take responsibility
- Appreciate the power of empathy
- Practice flexibility, adaptability, & compromise



Mindfulness Tips

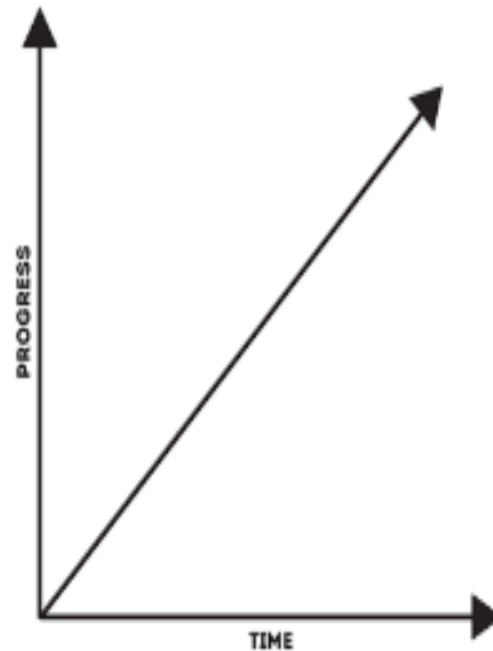
- Choose a growth mindset
- Accept what you can't change
- Connect with the breath, the senses and the body
- Start & end your day with self-reflection
- Commit to practice



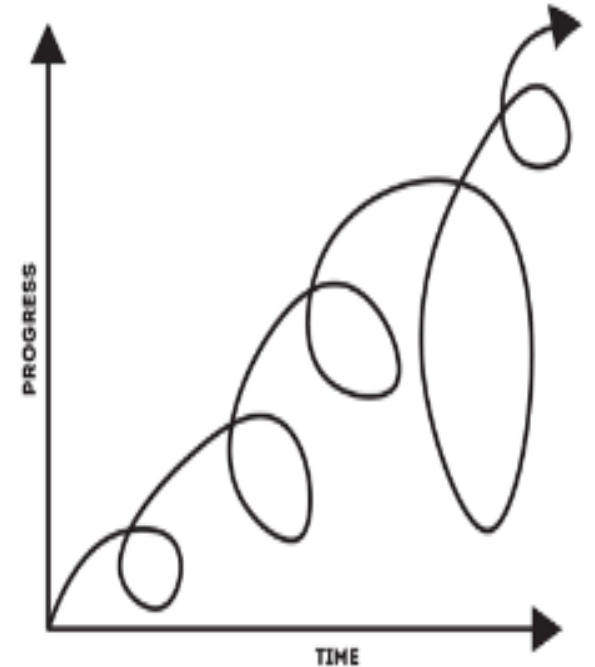
Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- Eckhart Tolle



WHAT WE EXPECT



REALITY

Mindfulness as Resilience Training





Meditation Resources

- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)
- [Eckhart Tolle](#)
- [Jon Kabat-Zinn](#)
- [Tara Brach](#)



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Q&A

- Evaluations
- CE certificates



Thank You!



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