

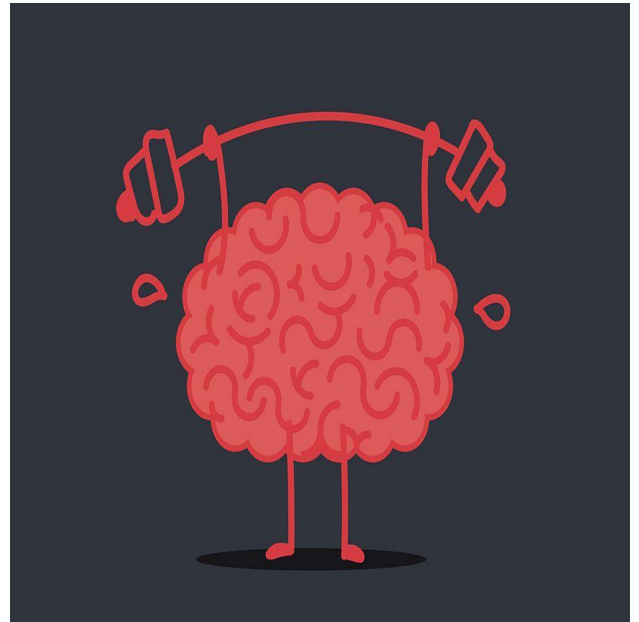
Resource #3: Mindfulness Moments

What is mindfulness?

The ability to be **fully present** in a moment, which is being aware of where you are, what you are feeling, what you are doing...

It is to **NOT** be overcome by one particular thought, feeling, sensation, action...but to hold them all loosely with awareness they are each present to varying degrees

It **IS** paying attention with non-judgement, to all of what you are experience in the present moment (not assigning a value – good/bad, just noticing)



Why is it useful to be mindful?

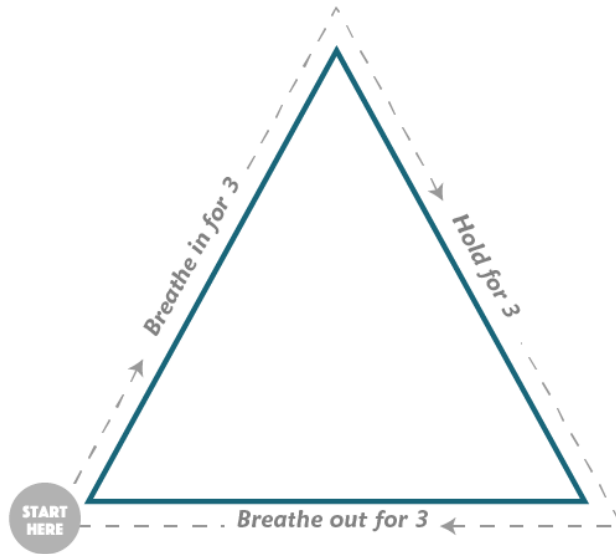
It teaches us:

- We need balance in all areas of our life (4 domains)
- We are interconnected (to one another and to our environment)
- We can slow down what is racing (thoughts, heart rate, emotion)
- We can let go of what doesn't serve us (negativity, bias, intense emotion)
- Breathing is important – breath is the physical bridge that connects the emotion/thought life to the physical body... we can use breathe to bring us to the present moment

How can being mindful in a workplace support health and wellness?

- It can lead to mental agility (quick and alert flow)
- It gives permission to incorporating 'reflection' into thinking
- It allows space for creativity and problem solving
- It increases self-awareness
- It lowers heart rate (when incorporated with mindful breathing)
- It provides muscle tension release (when incorporated with micro movements)
- It can reduce overall exhaustion and provide openness to new ideas
- It develops compassion and empathy
- It can improve focus which improves performance

TANGIBLE PRACTICES FOR THE 'MOMENT' TO TRY!



Try this today...

FIND A MOMENT TO CONSCIOUSLY CONNECT WITH THE NATURAL WORLD

WHETHER YOU TAKE A WALK AROUND THE BLOCK, OR SIMPLY LOOK OUT THE WINDOW, ACKNOWLEDGE THIS MOMENT OF BEING IN & WITH NATURE.

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How to create a micro mindfulness moment?



- 1 Attention:**
Focus on an object you value or love
- 2 Wait:**
Take a few seconds and appreciate the moment
- 3 Exhale:**
Take a deep breath and exhale

Breathing, Connecting, Reflecting