

# Being Mindful About Mindfulness

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Presented by Kalyn Griffin

# TODAY'S DISCUSSION

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- Defining Mindfulness
- Mindfulness Benefits
- Practicing Mindfulness
- Mindfulness Activities
- Mindfulness Resources at WSU
- Mindfulness Practice–Guided Meditation (3 minutes)

TOPICS TO  
COVER



# WHAT IS MINDFULNESS?

A MENTAL STATE ACHIEVED BY FOCUSING ONE'S AWARENESS ON THE PRESENT MOMENT, WHILE CALMLY ACKNOWLEDGING AND ACCEPTING ONE'S FEELINGS, THOUGHTS, AND BODILY SENSATIONS, USED AS A THERAPEUTIC TECHNIQUE.



# HOW OFTEN DO YOU PRACTICE MINDFULNESS?

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ENHANCED  
PRODUCTIVITY

IMPROVED  
ATTENTION SPAN

BETTER  
EMOTIONAL  
INTELLIGENCE

DECREASED  
STRESS

BETTER  
DECISION  
MAKING

DECREASED  
JOB BURNOUT

# What Mindfulness Can Do For You



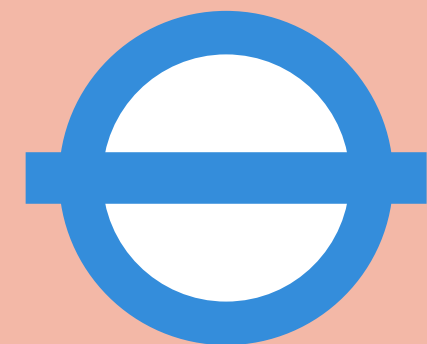
# BE PRESENT



Avoid  
Multitasking



Get in touch with  
your senses



Stay away from  
distractions

SET A DAILY  
INTENTION

MONITOR YOUR  
MOODS

INCREASE YOUR  
AWARENESS

TAKE A MUSIC  
BREAK

BREATH WITH  
FOCUS

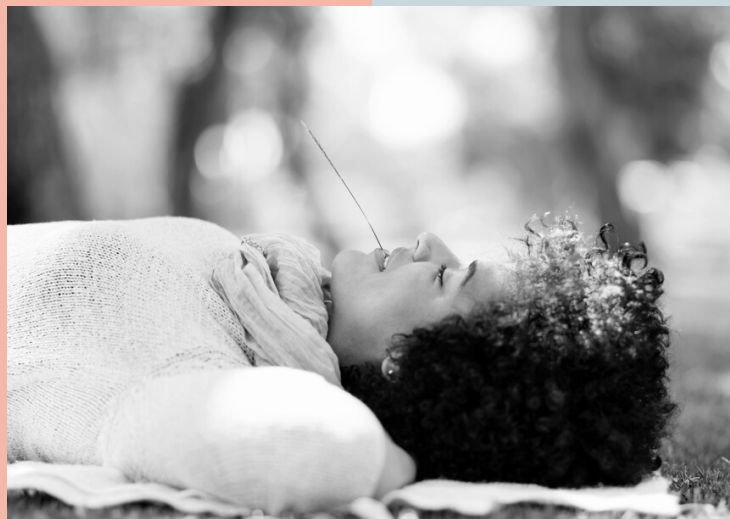
# How to Be More Mindful



MEDITATE DAILY



WORK ON YOUR BREATHING



CONTROL YOUR THOUGHTS



# Mindfulness Activities

## CANDLE STUDY EXERCISE

Light your favorite candle, sit comfortably, and watch the flame sway and flicker. Gaze at the candle for 5 to 10 minutes and let your mind wander. Observe your thoughts. Let them pass without judgement.

## GRATITUDE LIST EXERCISE

After you wake up in the morning or before you go to bed at night, write 5 to 10 things that you are grateful for. Gratitude lists are the quickest way to ground yourself in difficult times because they help you focus on what is working. Be specific. So instead of just writing down 'I am grateful for family,' try: 'I am grateful for the zoom call I had with my parents and sister last night.'"

## TEA DRINKING EXERCISE

If you love drinking tea every day, why not try drinking it a little bit slower? Better yet, try drawing your attention to the sensations, smells, or sounds you observe from the moment you start brewing to the moment you finish your cup.

## THE BODY SCAN TECHNIQUE

Get into a comfortable position. Close eyes. Pay attention to sensations in each part of the body. Start at the top of the head and work to the toes.

# Gratitude Activity

Take a few minutes to create a gratitude list.  
What are 3 things that you are grateful for.  
Remember to be specific.



**When it rains you have  
some people who get wet  
and then you have those  
who feel the rain.**

**SOMETHING TO  
PONDER ON**







# THANK YOU FOR ATTENDING

POWERPOINT SLIDES IS BROUGHT TO  
YOU BY CANVAS



# Time to Practice

## Resources

- <https://health.wayne.edu/mindful-about-mindfulness/>
- <https://getinvolved.wayne.edu/organization/mmc>
- <https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>
- <https://www.goodhousekeeping.com/health/wellness/g.32267191/mindfulness-activities/>
- <https://chillchief.com/mindfulness-activities-for-adults/#body-scan>

## Mindfulness Activity

<https://www.montereybayaquarium.org/stories/guided-mindfulness-meditations>