

Introduction to

Mindfulness



Setting up the session

- If you haven't already, please put yourselves on mute!
- There will be moments where we can invite comments or questions verbally
- Please use the meeting notes section to ask questions during the presentation and we will endeavour to answer as we go along
- Please keep your cameras switched on, unless you have to excuse yourself at any point
- Try to limit distractions – hard in an online meeting!
- Confidentiality – any personal information shared should be held within the group and not discussed outside of the session

Housekeeping

- **Confidentiality:**

Ensure you are in a confidential, quiet space to attend this session

Duty of Care

- **Be supportive:** Listening, Not interrupting, Non-judgemental
- **Personal info:** Please share what you are comfortable with only – you do not have to share anything you do not want to
- **Practice skills:** Evidence shows that the people who practice the skills outside of sessions benefit the most from treatment
- **If you need a break :** During the workshop, please feel free to take a minute if you need to

What we will cover today?

What is mindfulness?

Basic concepts



Can mindfulness benefit me at a time of uncertainty?

Benefits to mindfulness practice

How does it work?

Practice mindfulness techniques and how you can implement this into your day to day routine

Where can I find out more?

Information on where to find more information and guided mindfulness apps and recordings

Before we start...

Why do we complete these questionnaires?

- **PHQ-9:** Measures symptoms of depression
- **GAD-7 :** Measures symptoms of anxiety
- **IAPT Phobias, Employment and WSAS:** Measures impact on functioning in day to day life

Important points to remember when completing these:

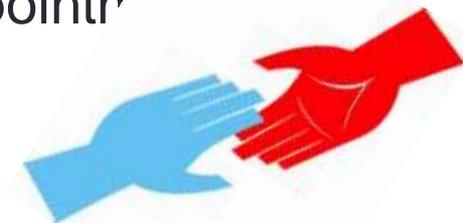
- Think of the week/s as a **WHOLE** rather than just one event
- Reflect on your week before you score
- Complete **ALL** questions
- Ensure your name is on it
- Any difficulties? Please ask



Immediate support...if needed

Brent Talking Therapies Service is not a crisis service. In crisis:

- GP - During office hours (usually 9am to 5pm, Monday to Friday – may vary according to GP practice)
- Out of hours Urgent Advice Line **08000 234 650** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Samaritans **116 123** (Open 24 hours, 7 days a week, incl. Bank holidays)
- Brent Samaritans **0208 961 6181** or visit them at Leopold Road, London, NW10 9LN - Visits preferably by appointment
- Saneline 0845 767 8000 (6pm-11pm)
- NHS Direct 0845 4647 (24 hours)



What is Mindfulness?

“Mindfulness means paying attention in a particular way;

On *purpose*,

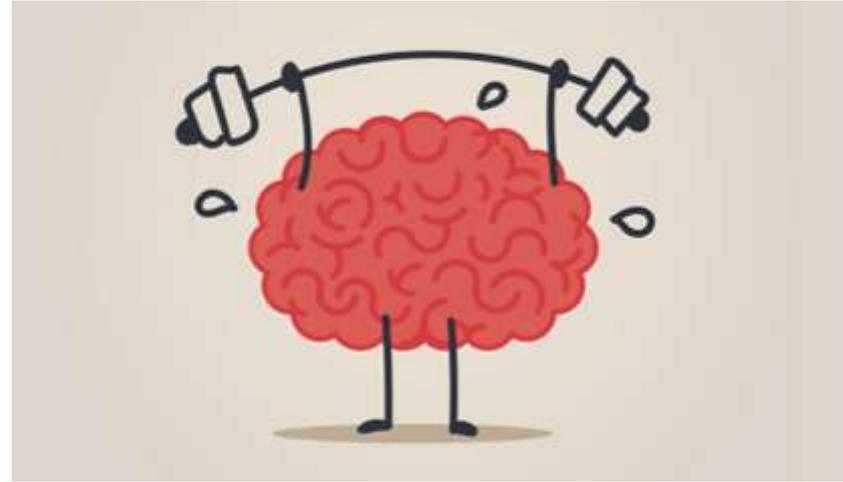
in the *present moment*,

& *non judgmentally.*”

Jon Kabat-Zinn- founder of modern mindfulness

We are actively directing our attention, the opposite to being on “autopilot”, focusing on the present rather than worrying about the future or thinking about the past.

So why practice Mindfulness?

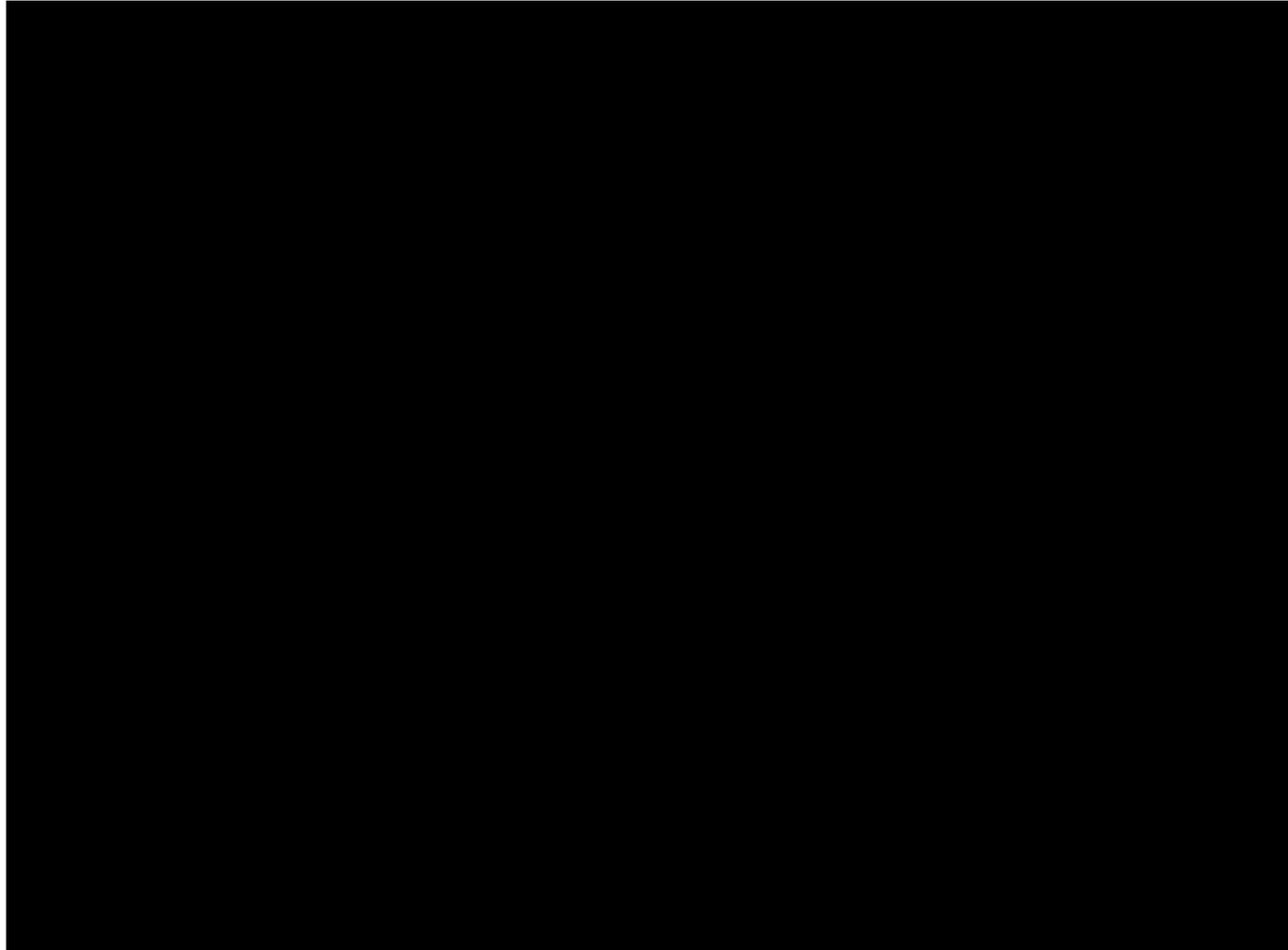


- Rather than passively allowing our attention to be dominated by that which distresses us and takes us away from the present moment, we can use mindfulness to take more control over our focus of attention.

Mindfulness about our thoughts and feelings

- As we become more practised at using Mindfulness, we can learn to observe and acknowledge our thoughts and feelings. However, we recognising them as merely thoughts we are having rather than engaging with them.
- During a time of uncertainty we may notice ourselves feeling more anxious and overwhelmed. Mindfulness can help with disrupting vicious cycles of worry by refocusing the attention using our senses to ground us in our internal or external environment.
- We may also notice a hypersensitivity to bodily changes. In these circumstances mindfulness can help with refocusing the attention on the external environment or to a pleasurable activity.

Lets try it



How did you find it?

Relaxing?

Calming?

Hard?

Boring?

Silly?

Interesting?

- Mindfulness requires practice and persistence. Sometimes you may feel relaxed and at other times you may find this to not be the case, it's important to remind yourself of the non-judgemental principle.
- As mentioned, your attention is like a muscle. If not exercised regularly it will become weak, practice is key.



What does it mean to be non-judgmental?

Our thoughts can be negative, positive and neutral.

On the next page there are 4 photos. For each photo can you think of an example of a...

...Negative observation?

...Positive observation?

...Neutral observation?



Mindfulness in our daily life

- Mindfulness can be practiced while you are doing any activity.
- The key to mindfulness is to focus on your 5 senses
 - Sight
 - Touch
 - Hear
 - Taste
 - Smell



Mindfulness of an object

- Select a small object/item in your current environment that will be the focus of your attention for the next 5-10 minutes.
- It should be something that you do not have strong feelings about, perhaps a pen, watch, or an acorn.
- **NB! A photo of your “ex” or a beloved pet or anything else that stirs up emotions (whether “positive” or “negative”) won’t do!**



**Ready?
Lets try it!**



Can you think of any other activities you can do mindfully?

Brushing your teeth

Walking

Colouring

Cooking

Standing in a que

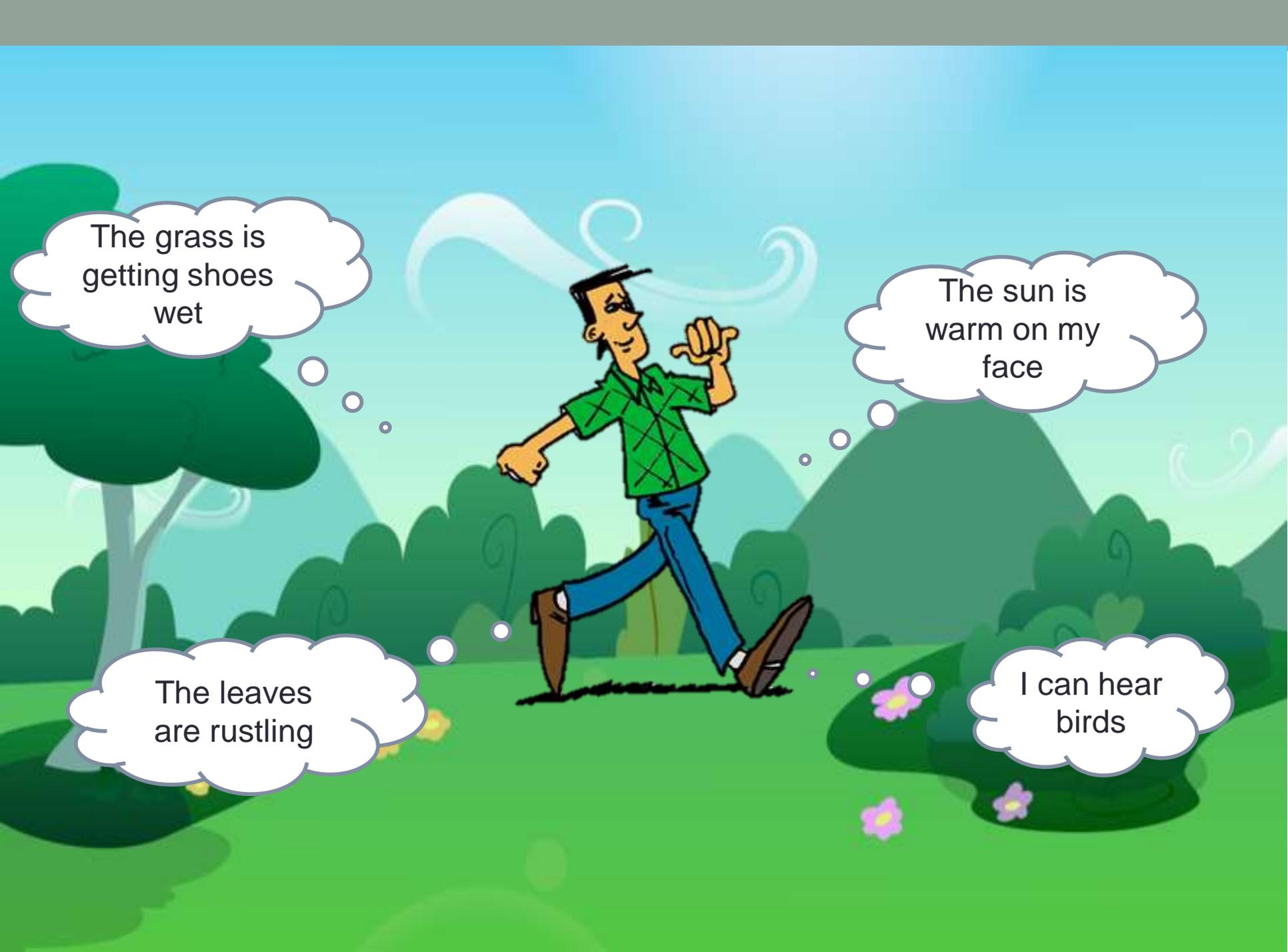
Driving



Playing an instrument

Washing up

Exercising



The grass is
getting shoes
wet

The sun is
warm on my
face

The leaves
are rustling

I can hear
birds

A cartoon illustration of a man in a green plaid shirt and blue pants walking through a park. He is surrounded by several thought bubbles of various sizes, connected to him by thin lines. The background features green trees, rolling hills, and a bright sky with a sun. The man has a thoughtful expression, with his hand near his chin.

I'm having the thought that I sounded so stupid at lunch

The grass is getting shoes wet

"How am I going to pay that bill" is a thought I'm having

The sun is warm on my face

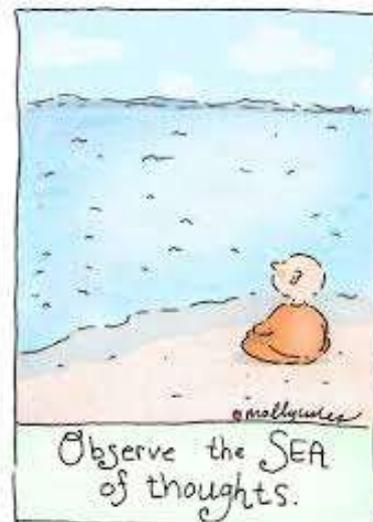
I'm worrying about the virus

I am worried that I may not be able to sleep tonight

The leaves are rustling

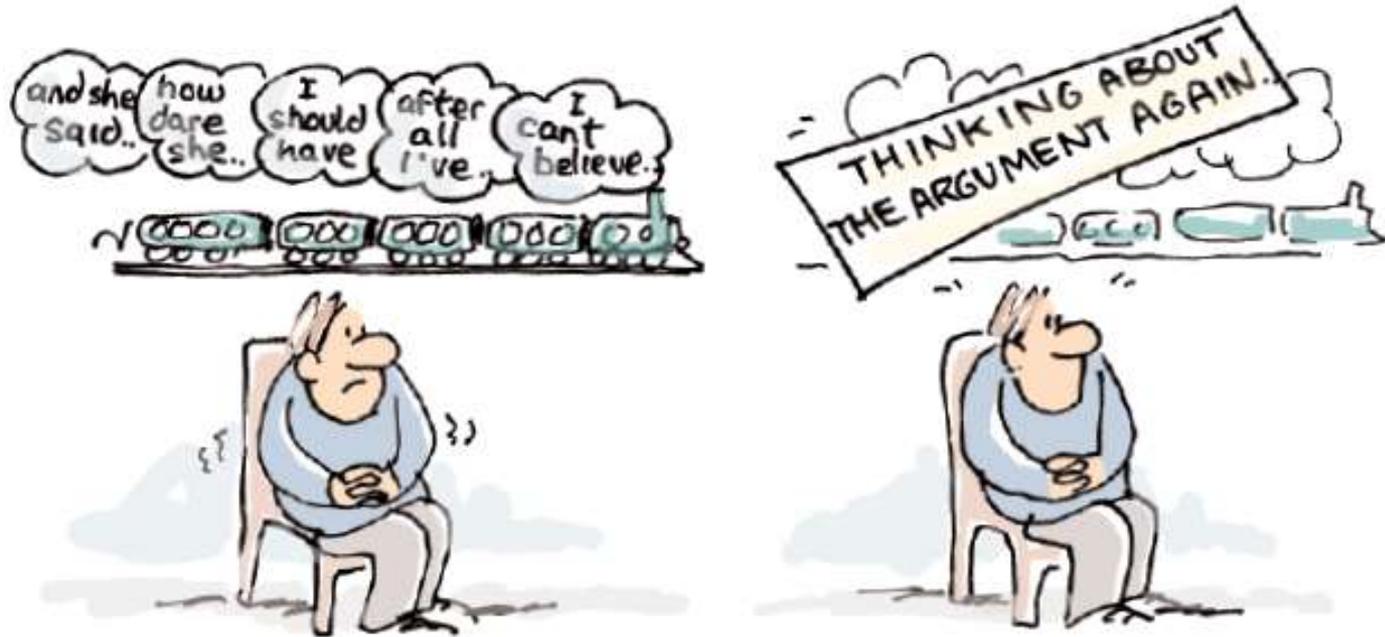
I can hear birds

Mindfulness of our thoughts and feelings



- As we become more practised at using Mindfulness, we can then learn to be mindful of our thoughts and feelings.
- We can observe and acknowledge our thoughts and feelings as they are part of our present experience. However, we recognising them as merely thoughts we are having rather than engaging with them.

Thought Labelling



- What is mindfulness of thoughts (thought train):
<https://www.youtube.com/watch?v=F0SWMICwtm0>
- Thought Labelling Mindfulness Exercise:
<https://www.youtube.com/watch?v=0h0J7XWFce0>

What might stop us from practicing?

No time

You don't need to do anything extra, just try to be present in a task you do anyway

Forgetting to do it

Make it part of your routine. Set reminders

It's boring

Try different approach. Try for a shorter time

Too difficult

It does take practice so try to do it regularly. And don't judge your performance, just observe your experience

I'm not in the mood

Being mindfully, is noticing how you feel whether that be positive or negative.

To summarise...

Take notice and live in the present

Be curious.

Notice the world around you-the views - the sounds, the smells.

Notice the changing seasons.

Savour the moment whether you are on the bus, eating a meal or talking to friends.

Be aware of the world around you and what you are feeling.

Reflect on your experiences.

Resources

Mobile Apps:

- **Headspace** - “meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day”
www.headspace.com
- **Companion** -
<https://www.companionapproach.com/>
- **WildFlowers Mindfulness**
- **Insight Timer**
- **Calm** - <https://www.calm.com/gp/jw2tus>



Websites with info, courses and exercises:

- Be Mindful - <http://bemindful.co.uk>
- Free audios -
<http://www.freemindfulness.org/download>
- NHS information on Mindfulness -
<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- Relaxation and Breathing exercises -
<https://www.nhsinmind.co.uk/>



INSIGHT
Peace in our Timer



Any questions?

