

Mindfulness: Being Present in Your Work and Life

Presented by ComPsych GuidanceResources®



Stay Ahead of Performance, Productivity and Health Issues

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Objectives

Living in the moment

Nonjudgmental observation

Mindful breathing

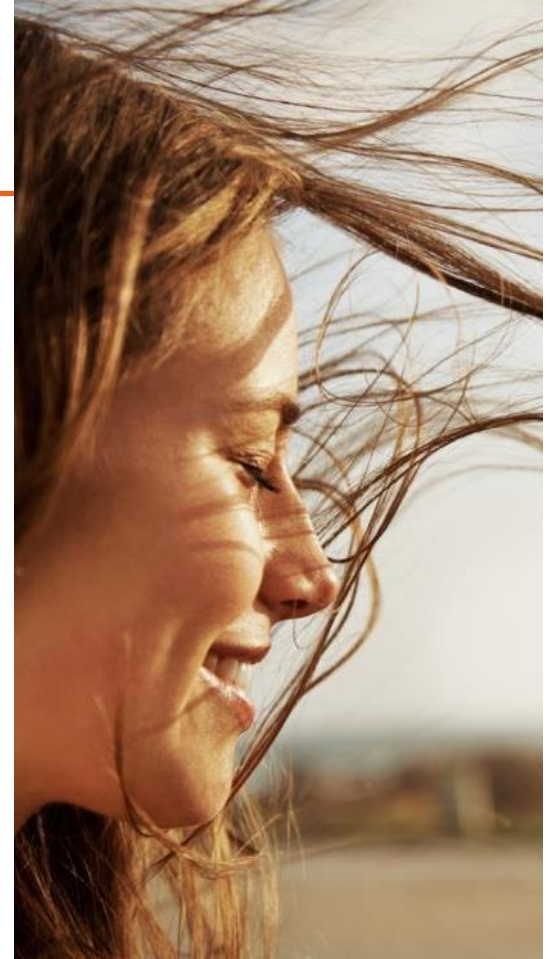
Other mindfulness practices



What is Mindfulness?

The idea of mindfulness or being mindful is engagement in the present moment

It is a state where you are not thinking, reflecting, judging, or deciding, but are instead simply experiencing your available experience



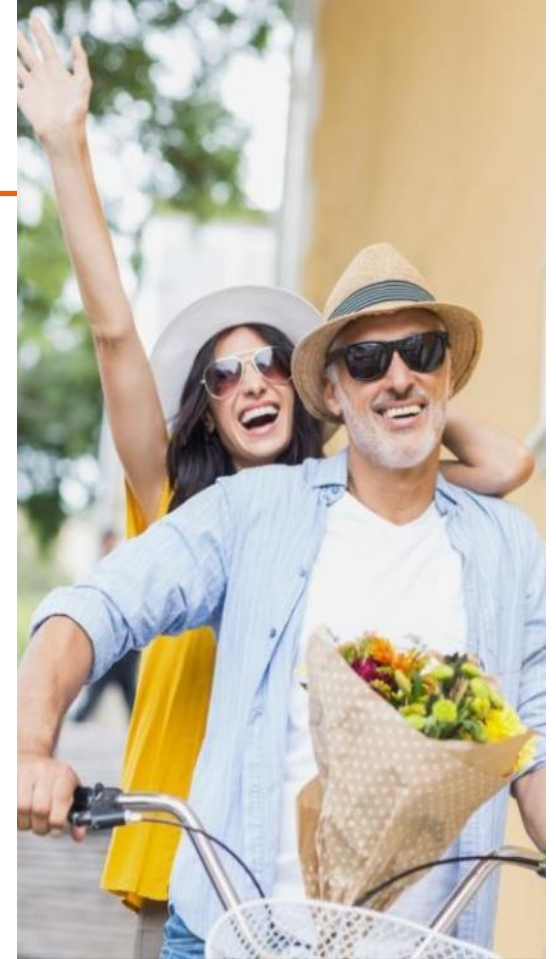
Two Modes Experience

Autopilot – *the default mode*

- Planning
- Daydreaming
- Worrying

Direct Experience

- Sensations
- Present moment
- Non-judging



Ask Yourself

- Do I constantly compare the present to the past?
- Do I often feel rushed or hurried even if the situation is not urgent?
- Am I often bored with routines and day-to-day living?
- Am I preoccupied with the future?
- Do I say to myself, “I’ll be happy when...” or “If only...”

Exercise: Where is Your Mind?

- **Time Line**

Distant Past

Recent Past

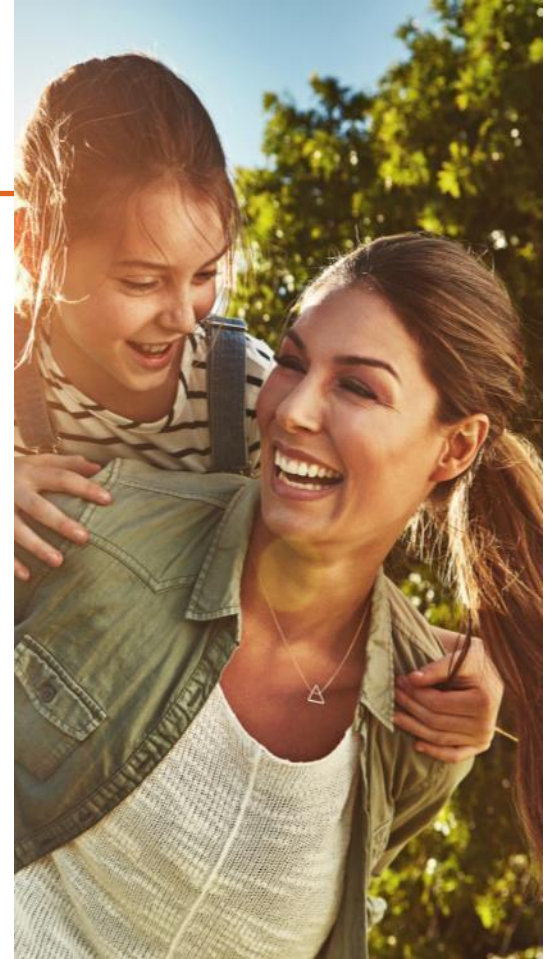
Present Moment

Near Future

Distant Future

Skills of Mindfulness

- Awareness
- Nonjudgmental Observation
- Being in the Present Moment
- Adopting a “Beginner’s Mind”



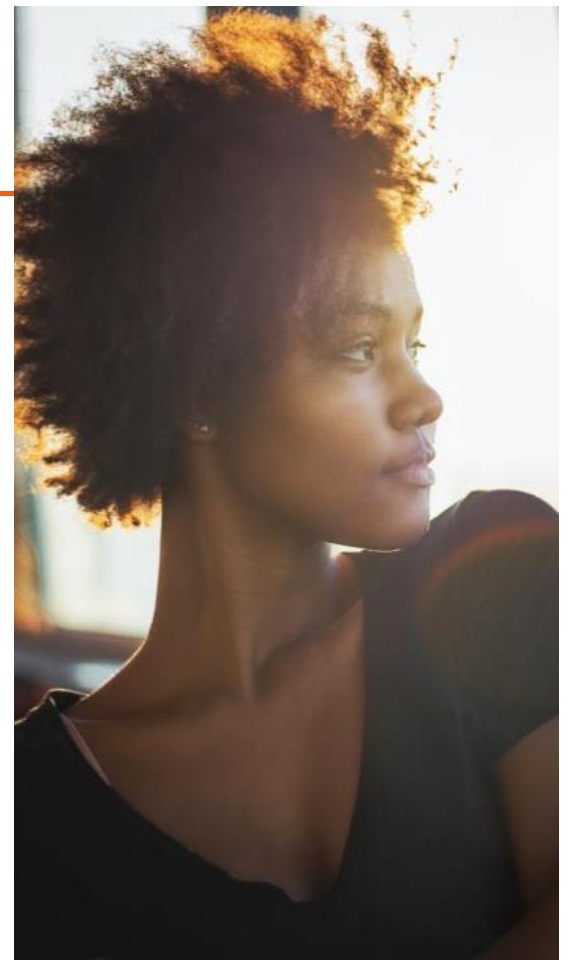
Exercise: Direct Observation

- Observe an object in silence for 2-3 minutes
- Attempt to just see and feel the object without taking it apart, formulating ideas about it, or critically examining the object
- Be aware of where your mind travels in the attempt to remain focused on the object

Gaining Control by Letting Go

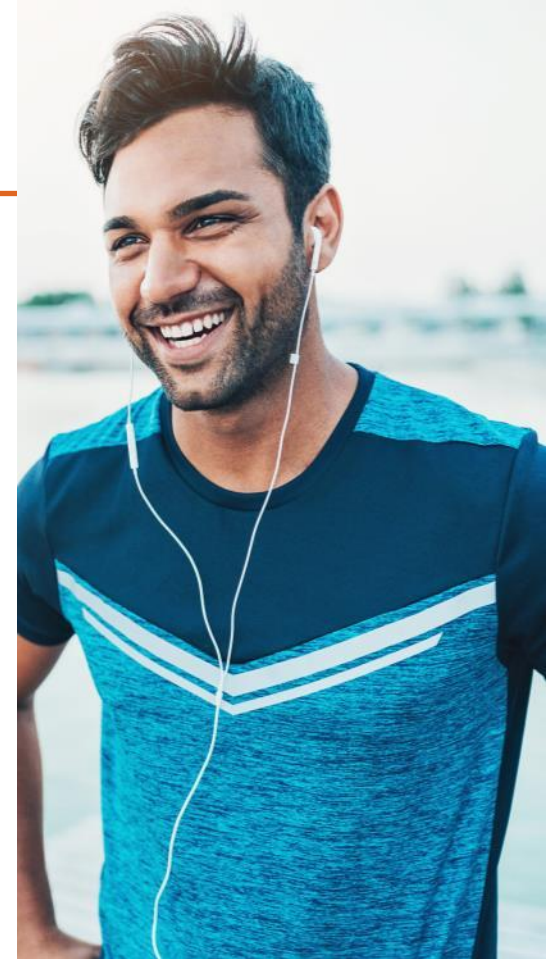
Many problems appear as mindless and automatic:

- Impulse Control Problems
- Addictive Behaviors
- Anxiety
- Anger Management
- Emotional Eating



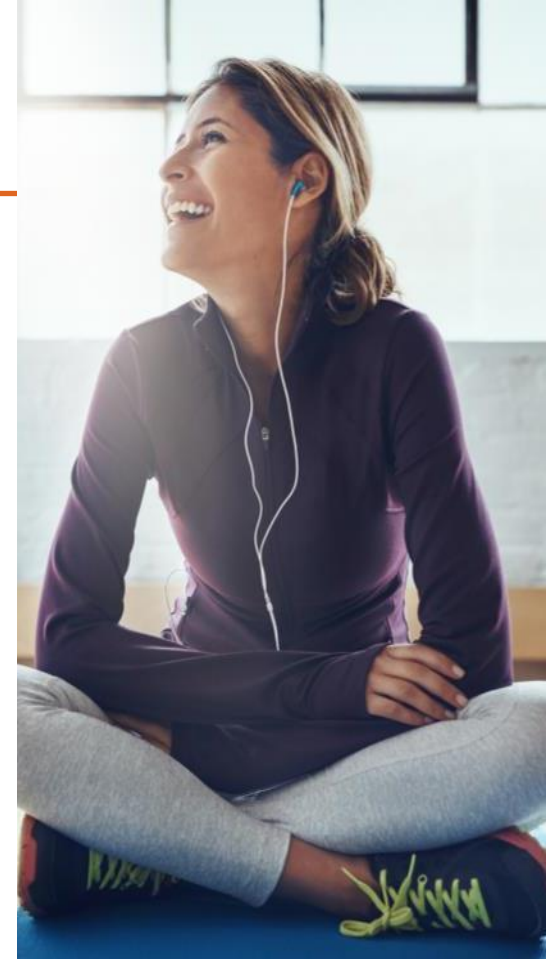
Practice Mindfulness

- Mindful Eating
- Mindful Cleaning
- Mindful Walking
- Mindful Music Listening
- Mindful Conversations



Mindful Breathing/Meditation

- Posture
- Don't move!
- Focus on breathing
- Count exhalations to 10 and repeat
- Watch your thoughts; don't follow them, plan, or fantasize
- Start with 5 minutes and build up from there



Mindfulness in Everyday Life

- Not difficult to do, but difficult to remember to do
- With practice your ability to concentrate will permit you to maintain mindfulness over longer periods of time
- Goal is not calmness or relaxation – but often it is a byproduct of mindfulness
- Focus on and appreciate your experience
- Let go of preconceptions, expectations and judgments

Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

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