Mindfulness: Being Present in Your Work and Life
Presented by ComPsych GuidanceResources®

Stay Ahead of Performance, Productivity and Health Issues
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 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

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