

# Mindful Practice:

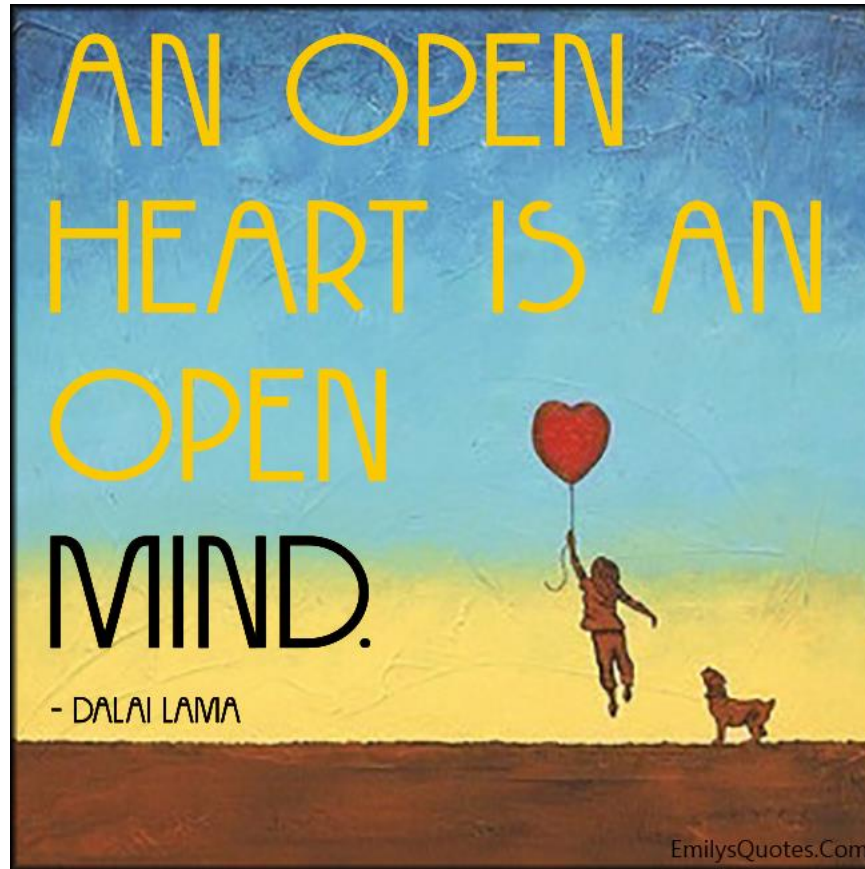
Learning practical tools to reduce stress, communicate more effectively, and take care of yourself to reduce burnout.

Stefanie Goldstein, PhD

Westside Regional Center – August 25 and September 1, 2016

*This training event is funded by the Mental Health Services Act (MHSA) in partnership with  
the Department of Developmental Services*

# An Invitation to you...



# Overview of the Day

## Combination of Retreat and Learning

- What Mindfulness is (and is not)
- Benefits of Mindfulness
- Increasing Awareness
- Emotion Regulation
- Mindful Communication
- Tuning Your Heart: Compassion and Joy

# What Stresses You at Work?



# Mindfulness is not...

- Only about a breathing practice
- A relaxation technique
- The same thing as hypnosis
- A panacea
- Always the best intervention
- Letting go of all of your thoughts
- A religion
- Something that works for everyone

# Mindfulness is...

“Mindfulness means  
paying attention  
in a particular way;  
On purpose, in  
the present moment,  
and non-judgmentally.”

Jon Kabat-Zinn

# Mindfulness is...

“ Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

*- Viktor E. Frankl*

EruditeSayings.com

# Mindfulness is...

## Simply put:

**Noun**- Awareness

**Verb** - Intentionally paying attention to the now without programmed biases or judgment.

Transitioning from “Doing” to “Being.”

Result: Lessens emotional suffering and opens us up to new possibilities.



*Known as a cognitive process that creates an openness to new information and awareness of more than one perspective.*

~ Ellen Langer, Harvard Professor of Psychology



# Foundational Attitudes of Mindfulness

- Curiosity
- Kindness
- Gratitude and Generosity
- Acceptance
- Nonjudging
- Nonstriving
- Letting Go or Letting Be
- Patience
- Humor
- Trust
- A Beginner's Mind

\*From *A Clinician's Guide to Teaching Mindfulness* by Christiane Wolf, MD, PhD and J. Greg Serpa, PhD

# A Secret Ingredient: Acceptance

**"It wasn't until I accepted myself just as I was in this moment, that I was free to change."**

~ Carl Rogers

PAIN x RESISTANCE = SUFFERING

~Shinzen Young



# Formal & Informal Practice

**Formal Practice**: setting aside special time to be aware –  
Inhabiting the “Being Mode.”

Breathing

Body Scan

Sky of Awareness

Compassion/Lovingkindness Practice

Sitting, standing or reclining

**Informal Practice**: Becoming aware of what is actually  
happening *right now*.

Coming to our senses - When we're listening we're listening,  
when walking we're walking, when eating, we're eating, when  
showering, we're showering.

# The **STOP** Practice



“Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and freedom.” – Viktor E. Frankl

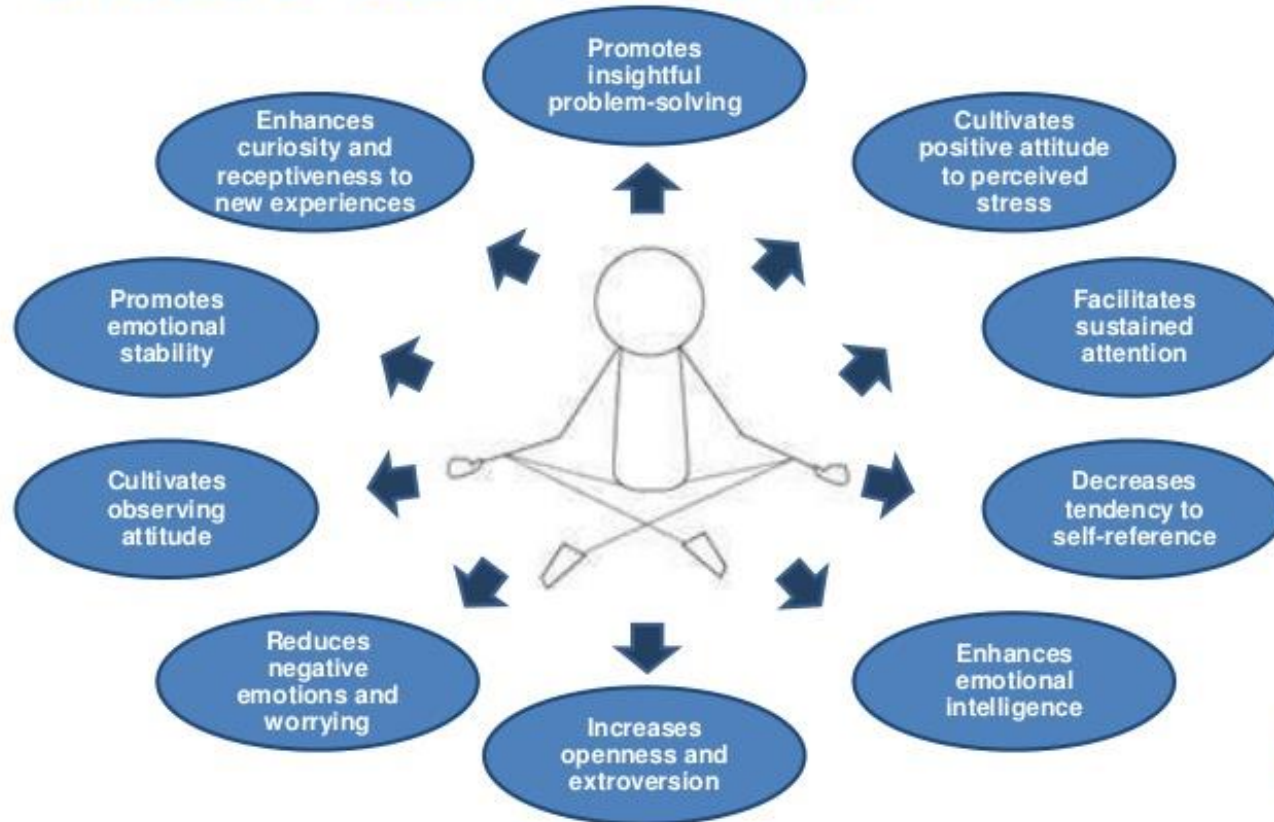


Diagram courtesy of Mindful Schools ([www.mindfulschools.org](http://www.mindfulschools.org)).

- Helps to slow everything down (heart rate, breath, thoughts) and you get connected and grounded in your body.
- Helps to create a “pause” between stimulus and response, so one can turn a Reaction → Response.

# Benefits of Mindfulness

## MINDFULNESS PRACTICE HAS MULTITUDE OF EFFECTS OF COGNITIVE FUNCTION

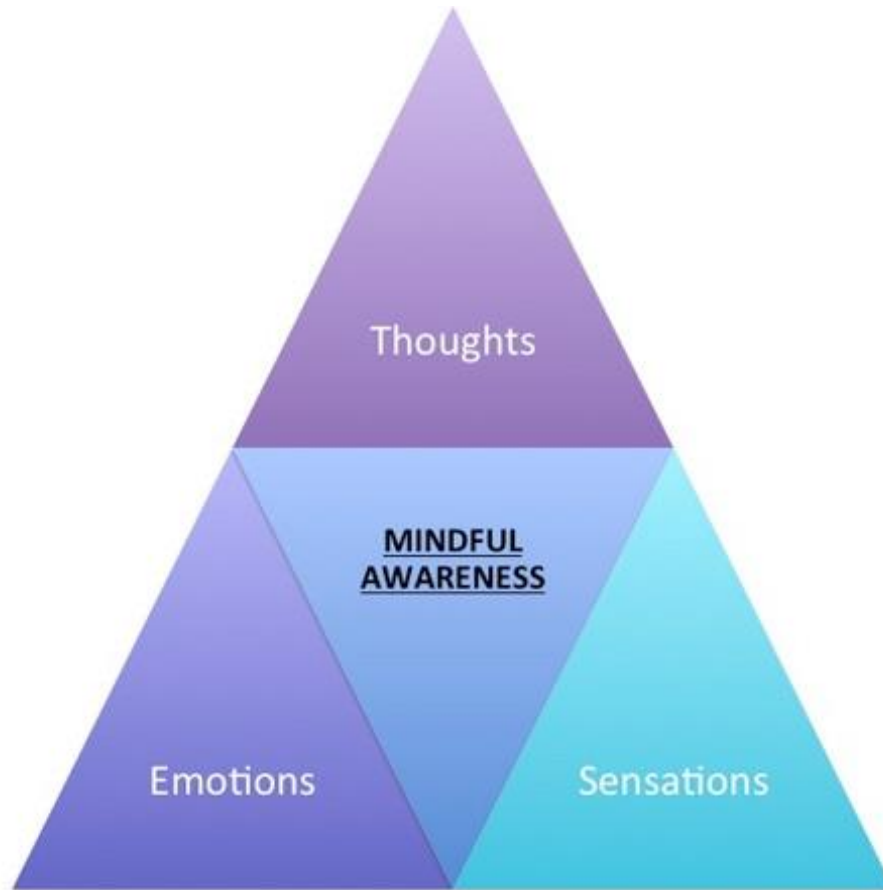


# Focus of the day:

## These Benefits of Mindfulness

- Increases awareness of one's thoughts, sensations and emotions
- Increases ability for emotion regulation
- Decreases stress
- Helps communicate more effectively
- Increases compassion and self-compassion

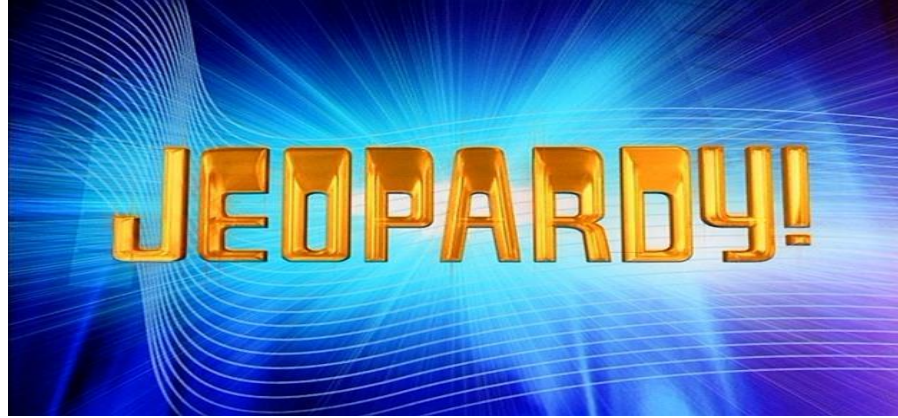
# Increasing Awareness





# Reactions?





**What is the #1 Way  
Humans Avoid Discomfort?**

***Thinking***

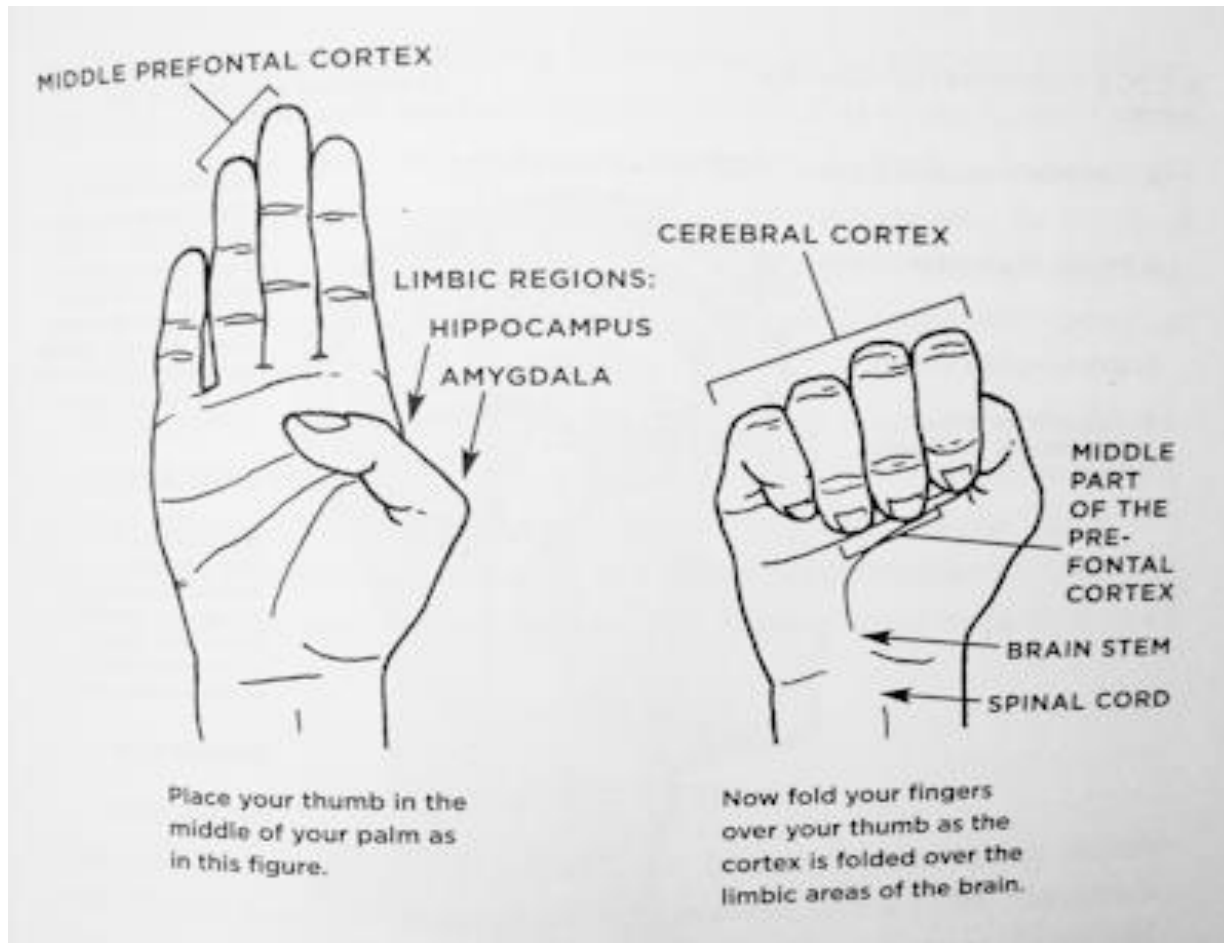
# Body Scan Practice



# Emotion Regulation



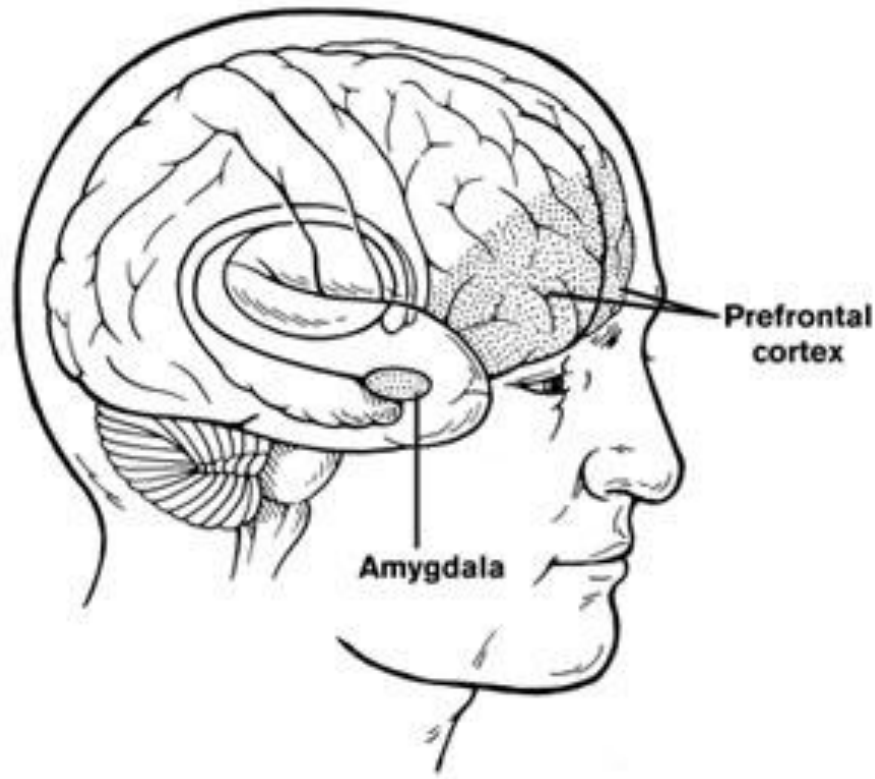
# Flipping Your Lid



# “The Claw”



# “Putting Feelings into Words” Research Study Results



- Putting Feelings Into Words: Affect Labeling Disrupts Amygdala Activity in Response to Affective Stimuli” *Psychological Science*, pp. 421-428.



# The Power of Touch





# The Soothing Touch



# The Guest-House

Rumi

This being human is a guest-house  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture.


Still, treat each guest honorably.  
He may be clearing you  
out for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

~*Say I Am You*, Poems of Rumi

Translated by John Moyne and Coleman Barks, Mayhop 1994

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# Different Communication Styles

## Talking “Nice”

Is temporary peace and comfort worth the price paid in discouraging truth?

Temporary peace  
Temporary comfort

Potential positives

I am responsible for your feelings

Potential negatives

Guilt  
Trust loss  
Energy & time cost from the sacrifice  
Harder because we don't read minds  
Decreased respect  
Resentment

Lowest potential:  
Censorship

## Compassionate Communication (NVC) <<<

More freedom  
Increased connection  
Practicing authenticity  
Easier: I know me  
Increased trust  
Increased respect

Potential positives

I am responsible for my own feelings and how I express them

Potential negatives

Immediate conflict  
Hurt feelings

Lowest potential:  
Hurt feelings

Highest potential:  
Empowerment

We still **consider** the feelings of others and:  
No moral judgment, diagnoses, blaming, guilt, shaming, or demanding.

## Authoritarian or Brutal Honesty

Is compliance and winning worth the price in connection, resentment, and reputation?

Practicing authenticity  
Temporary compliance  
Temporary “win”

Potential positives

I am not responsible for my feelings or how I express them

Potential negatives

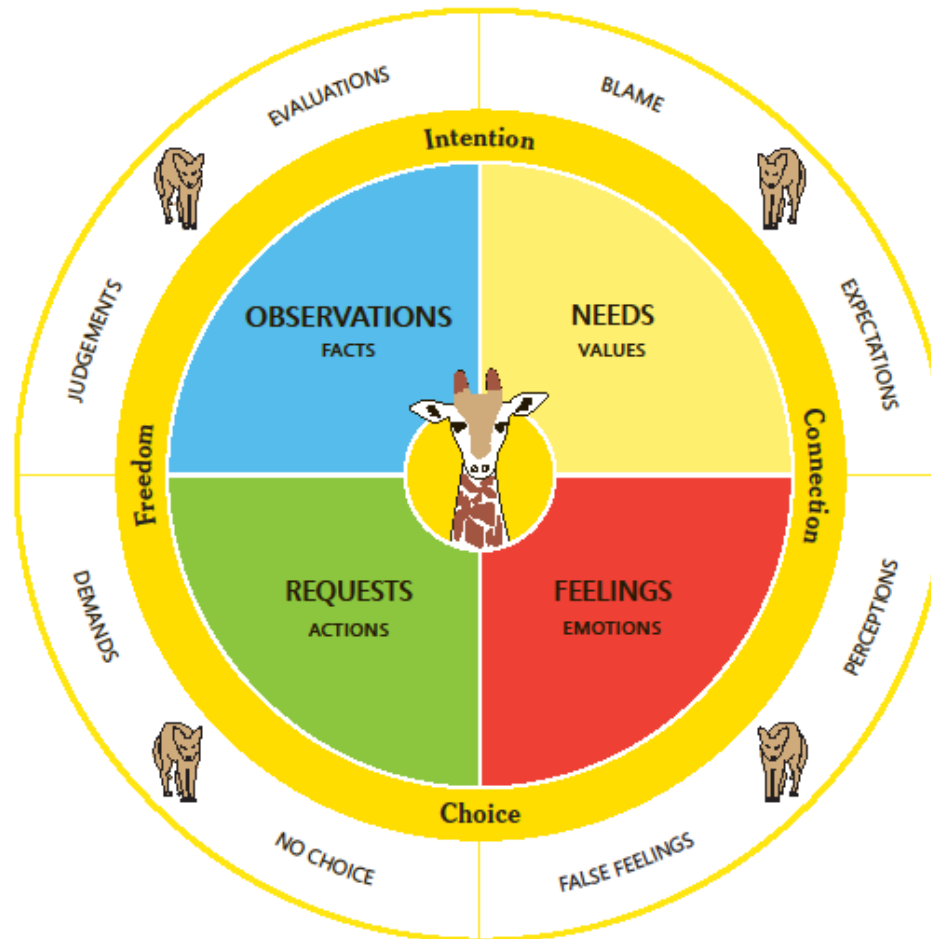
Reduced connection  
Impact on reputation  
Energy & time cost from the battle  
Creates bullies or victims  
Anger or fear  
Resentment

Highest potential:  
Authenticity

Lowest potential:  
Conflict & Resentment

NONVIOLENT COMMUNICATION

# Circle of Life



# Needs Inventory

CONNECTION	AUTONOMY	HONESTY
acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support to know and be known to see and be seen to understand and be understood trust warmth	choice freedom independence space spontaneity	authenticity integrity presence
	MEANING	PHYSICAL WELL-BEING
	awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding	air food movement/exercise rest/sleep sexual expression safety shelter touch water
		PLAY
		joy <u>humour</u>
		PEACE
		beauty communion ease equality harmony inspiration order



# Feelings When Needs are (not) Met

## Feelings when my needs are met

### CALM

relaxed	trusting
serene	relieved
tranquil	centered
peaceful	content
quiet	fulfilled
clear headed	satisfied
comfortable	mellow

### COMPASSION

tender	affection
warm	friendly
open hearted	sympathetic
loving	

### HAPPY

amused	glad
animated	joyful
delighted	pleased

### REFRESHED

enlivened  
rested  
restored  
re-activated

### LIVELY

excited	blissful
enthusiastic	ecstatic
eager	radiant
energetic	thrilled
passionate	astonished
vibrant	amazed

### CURIOUS

fascinated  
interested  
involved  
engaged  
inspired

### GRATEFUL

appreciative  
thankful  
moved  
touched  
optimistic  
encouraged

### CONFIDENT

empowered  
open  
proud  
safe

## Feelings when my needs are NOT met

### CONFUSED

torn  
lost  
hesitant  
baffled  
perplexed  
puzzled

### FEAR

afraid  
scared  
suspicious  
panicked  
paralyzed  
terrified  
apprehensive

### VULNERABLE

fragile  
insecure  
reserved  
sensitive

### JEALOUS

envious

### FATIGUE

overwhelmed  
burnt out  
exhausted  
sleepy  
tired

### BODY SENSATIONS

tense	shrink
squeezed	shaky
empty	pain
breathless	sick
choked	weak

### UNCOMFORTABLE

troubled	disturbed
unsettled	cranky
restless	shocked
uncertain	surprised
disquiet	alert
agitated	uneasy

### SAD

heavy hearted	pity
disappointed	longing
discouraged	despair
melancholy	helpless
depressed	hopeless
gloomy	nostalgic

### PAIN

hurt	agony
heartbroken	devastated
lonely	regretful
miserable	remorseful
suffer	guilt
grief	turmoil

### ANNOYED

irritated	displeased
frustrated	exasperated
impatient	

### WORRIED

concerned  
stressed  
nervous  
anxious  
edgy  
unquiet

### EMBARRASSED

ashamed  
shy

### BORED

disconnected  
alienated  
apathetic  
cold  
numb  
withdrawn  
impatient

### ANGRY

upset  
furious  
rage  
resentful

### HATE

dislike  
hostile  
aversion  
bitter  
disgusted  
scorn

# Mindful Communication Practice

- Break into Pairs
- Each share a recent experience where your needs were not met and you got (mildly) upset
- Describe what happened (Observation)  
identify the needs that were not met (Needs)  
and corresponding feelings (Feelings) and  
what might you request from the other person  
in the experience (Action)

Before you speak....

T H I N K !

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?





# Forgiving Mistakes



# Self-Compassion Practice





- 1) Name 1-3 things you learned today.
- 2) What surprised you about your experience today?
- 3) What practice or teaching resonated with you the most?
- 4) Set an intention for yourself that is attainable for you to bring more mindfulness or awareness into your work/life.

# What is the Secret?

How  
Did the rose  
Ever open its heart  
And give to this world  
All its  
Beauty?  
It felt the encouragement of light  
Against its  
Being,  
Otherwise,  
We all remain  
Too  
Frightened.

from "The Gift"  
(poems by Hafiz)



# Go Forth and Be Mindful...

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