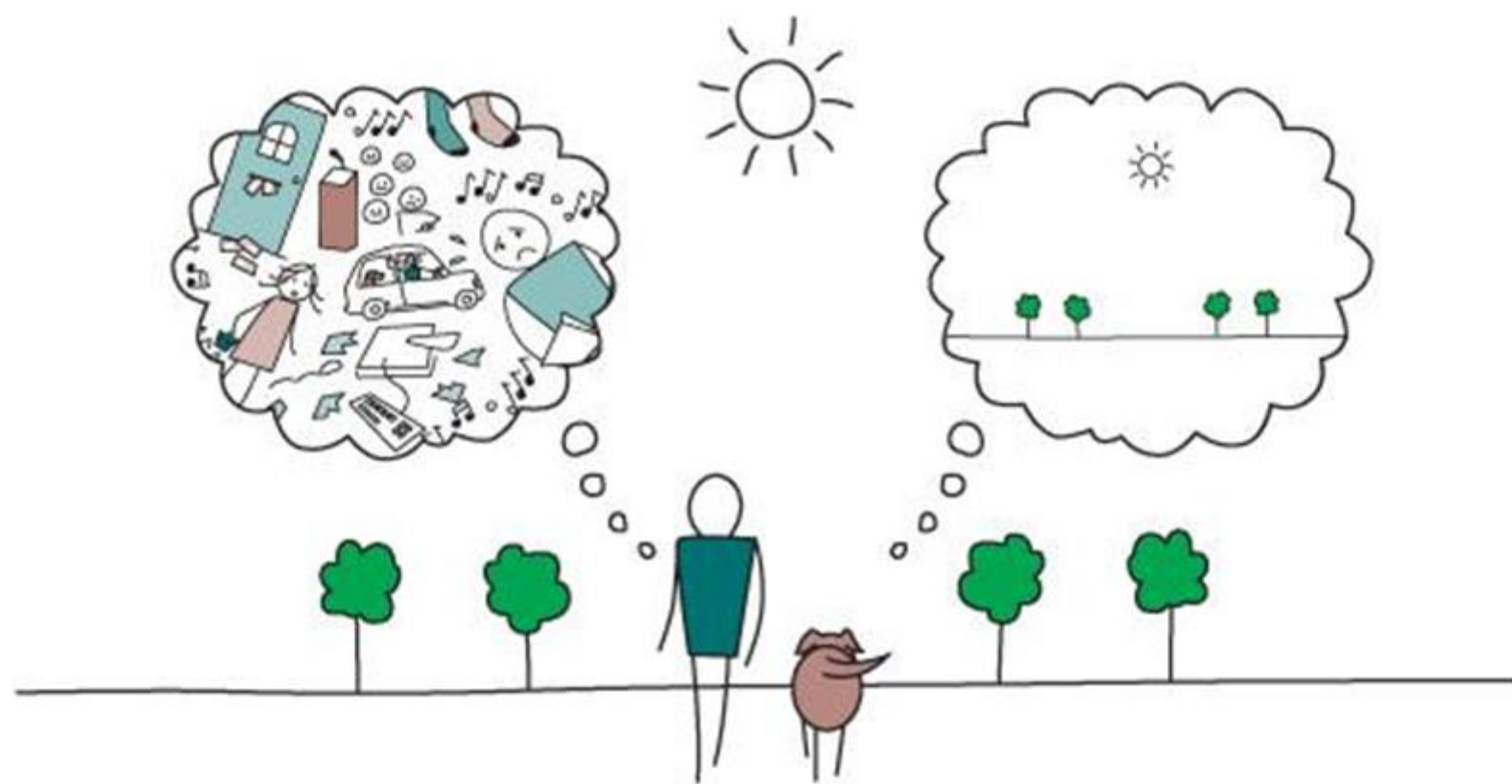


Mindfulness. What's the big deal



FIND THE ODD IMAGE





Mind Full, or Mindful?







The science of mindfulness



Fight or flight: reallocation of resources

Appropriate vs inappropriate activation of the stress response

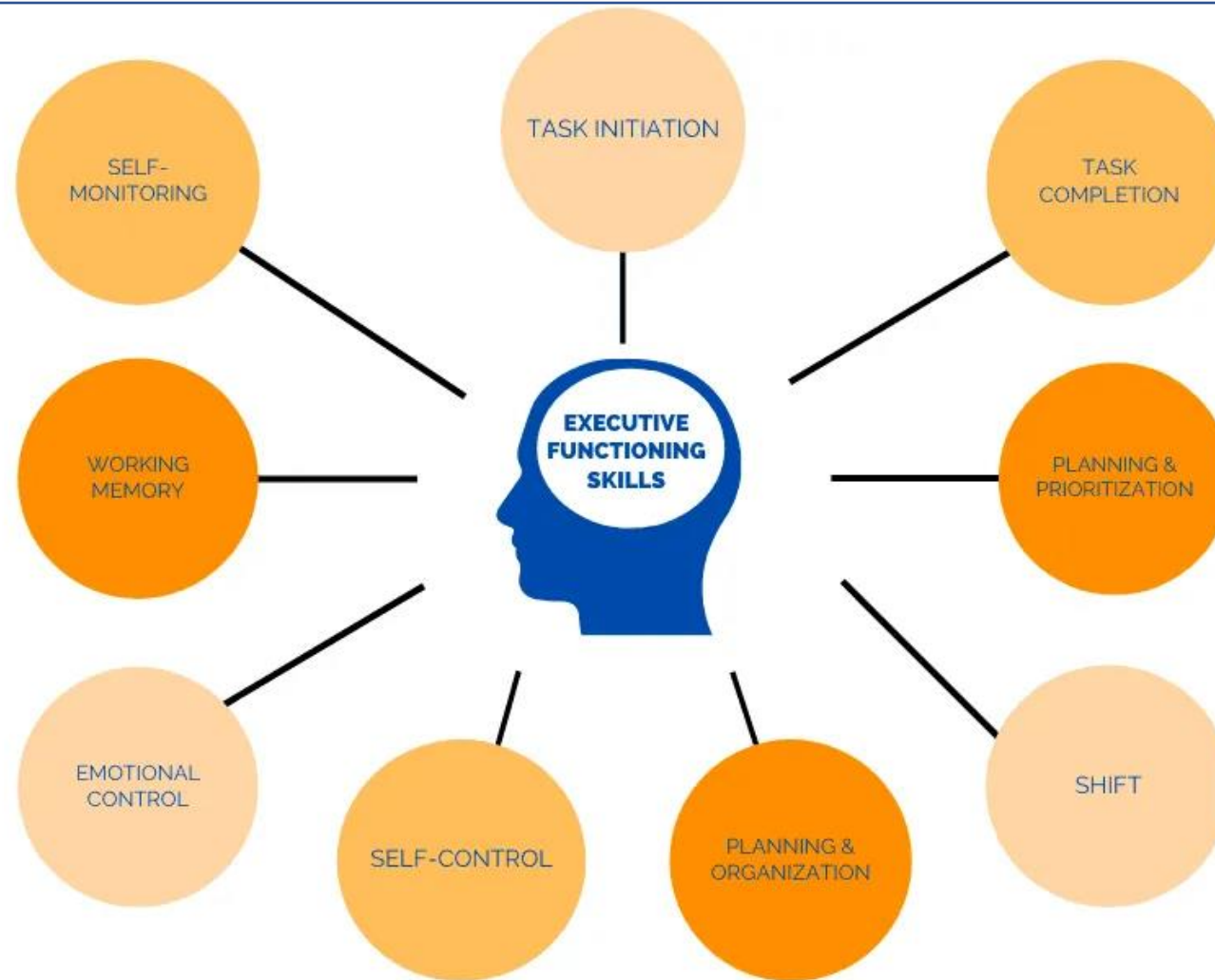
Allostatic load

Affects on physical and mental health



The default brain and
getting on that train

Attention and executive function



Get attention
right/ gets
everything else
online

Emotional
regulation

Executive
function



FAQ

- Isn't mindfulness just meditation renamed?

No. Mindfulness may incorporate meditative techniques, but can be a number of things and incorporated into daily routine. It is a skill developed that enhances awareness, remembrance, alertness. Like meditation it requires practice. Meditation is a more stand alone practice

- I don't feel relaxed, am I supposed to be relaxed?

No, mindfulness is about developing alertness, concentration, reducing stress, aiding executive functioning. Being relaxing is a nice side effect

- I can't do mindfulness, things keep popping into my head

This is normal. Being mindful is about acknowledging the thought and allowing your mind to return to the present moment

- I don't have time to practice mindfulness; I'm too busy

Only needs a moment – punctuation marks, a moment in your day or incorporated in an activity such as walking or watering the garden etc. If you can set time aside each day great but can fit it in when walking the dog



Thank you and questions

Resources and references referred to in this presentation:

Denstmann G.; Practical Meditation. A simple step by step guide

Hari J.; (2021) Stolen Focus: Why You Can't Pay Attention.

Kabat Zinn J.; (2009) Where ever you go, there you are: mindfulness meditation in everyday life.

McKenzie S., Hassed C.; (2012) Mindfulness for Life. How to use mindfulness meditation to improve your life.