

MINDFULNESS:  
BALANCING WORK, HOME  
& VOLUNTEER LIFE

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# WHAT IS MINDFULNESS?

- ❖ It is a skill that can be learned like any other.
- ❖ Mindfulness is largely being present, releasing ourselves from thoughts of the past, thoughts of the future and bringing our attention to the present moment.
- ❖ Being mindful is about being fully present, aware and awake moment by moment without judgment, without analyzing and without reacting.

- ❖ Mindfulness has been found in many of the world's religions over thousands of years.
- ❖ “An operational working definition of mindfulness is: the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment.” - Jon Kabat-Zinn (2003)
- ❖ Jon Kabat-Zinn
- ❖ Practice Exercise

A vibrant watercolor splash in shades of red, pink, purple, and blue serves as the background for the text. The splash is irregular and textured, with some colors bleeding into each other.

DO NOT  
LEARN HOW  
TO REACT.  
LEARN HOW  
TO RESPOND.

WACHABUY.COM

# GOALS OF MINDFULNESS

## HOW IT WILL HELP YOU...

- ❖ 1. Decrease Suffering
  - ❖ Stable the Mind
- ❖ 2. Increase Focus & Attention
  - ❖ Flexible Awareness
  - ❖ Self Awareness
- ❖ 3. Experience Reality as it is
  - ❖ Non Reactivity

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

**Buddha**

Practice Exercise

# THE RESEARCH

- ❖ 2011 University of Wisconsin- positive, approach-oriented emotional states
- ❖ Improves connectivity inside our brain's attentional networks
- ❖ **You CAN teach an old dog new tricks!** 2006 study found neural activation patterns of older adults began to resemble those of much younger adults
- ❖ 2012 Ohio State University- Increased connectivity in the areas also known to be pathophysiological sites of Alzheimer's Disease

# MORE BENEFITS



Cortisol (Stress Hormone)



Blood Pressure



Immune Response



# WHAT & HOW SKILLS

## ~ DBT - MARSHA LINEHAN

What to do to be mindful:

1. Observe
2. Notice
3. Describe

How to be mindful:

1. Non-judgementally
2. One thing mindfully
3. Participate~Jump all in!

Let's do more practice!

Stopbreathethink.org

The Honest Guys~  
Youtube

Calm.com