

Mindfulness

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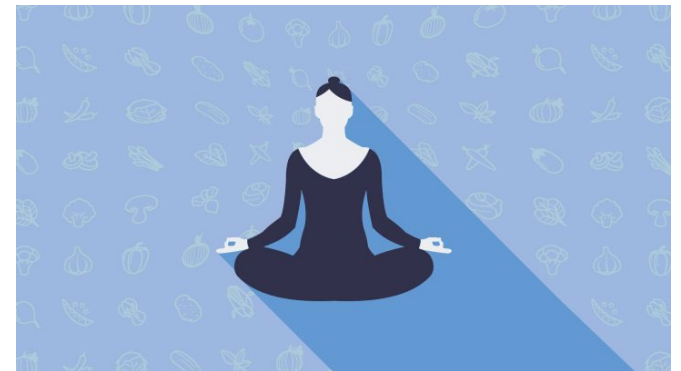
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Mindfulness

- The basic human ability to be fully present,
- aware of where we are and what we're doing,
- and not overly reactive or overwhelmed by what's going on around us.

Benefits

- Allows us to block automatic and compulsory thoughts that can cause worry or stress
- By focusing on task at hand or present state of mind, negative thoughts can be cleared
- Creates sense of control over conscious thoughts, behaviors and attitudes
- Become mindful of what we are feeling and how we are acting

Observing Your Thoughts

- Difficulty focusing on rapid stream of thoughts
- Idea of Meditation creates more stress
- Observe thoughts rather than becoming involved in them.
- Mind quieting will help thoughts become less stressful
- Journaling as way of processing thoughts

Mindfulness

- any activity that you perform where you stay fully present,
- completely and non-judgmentally rooted ‘in the now’ can count as a mindfulness meditation technique
- and, when practiced regularly, can bring the benefit of meditation to your life.
- The following are examples of mindfulness and can help you incorporate mindfulness into daily life

How to include Mindfulness into daily life

- Set aside some time.
- Observe the present moment as it is. The aim is not to quiet the mind attempting eternal calm.
- Aiming to pay attention to present moment without judgement.
- Let judgements roll by. When we notice judgement arise, make note and let roll by
- Return to observing present moment.
- Be kind to wandering mind. Recognize and bring mind back.

Breathing

- One of the most simple ways to experience mindfulness, which can be done as you go about your daily activities
- Convenient for those that feel don't have time to meditate
- Breathe from your belly rather than from your chest
- Try to breathe in through your nose and out through your mouth
- 4-7-8 Breathing exercise

Meditation

- Meditation brings many benefits in its own right, and has been one of the most popular and traditional ways to achieve mindfulness for centuries, so it tops the list of mindfulness exercises. Meditation becomes easier with practice, but it need not be difficult for beginners. Simply find a comfortable place, free of distractions, and quiet your mind.

Music

- Many Benefits – Used as music therapy
- Soothing new-age music, classical music, or another type of slow-tempo music to feel calming effects, and make it an exercise in mindfulness by really focusing on the sound and vibration of each note, the feelings that the music brings up within you, and other sensations that are happening "right now" as you listen.
- Focus on environment sounds

Cleaning House

- Literal meaning as well as Figurative Meaning
- Clutter can be a significant stressor
- Great Stress Reliever
- View it as a positive event rather than chore
- Focus on task
- Feel Freedom of letting go of unneeded objects
- Add music

Modern Day Life

- In urban life we suffer both from sensory deprivation and overload
- Deprivation comes from our limited physical environment
- Excessive input from urban life noises such as traffic, construction, bad air, crowds, technology etc.
- Always in a hurry
- We look for escape: Dream of vacations or drink on the weekends
- We don't always notice detail



Meditate with Five Senses

Sight

- Stand quietly with open eyes. Don't focus on any one thing.
- Notice what is in your visual field: Colors and shapes, movement, light or shadows
- Slowly turn from left to right and then right to left
- Top to bottom
- Take five minutes to notice what you discover

Sound

- Take a sound walk
- Focus on what you are hearing
- Stop and close your eyes.
- Listen to the sounds
- At work, find a quiet moment to close your eyes and listen to sounds around you
- When we are listening to someone, try to listen to how a person is speaking

Taste

- Direct Sense.
- Tongue identifies five basic taste groups: sweet, salty, bitter, sour, and savory
- Other tastes: metallic, watery, and fatty
- Intimate connection between smell and taste
- Slowly eat four very different foods such as a nut, a noodle, a piece of lettuce and spoonful of ice cream.
- See if you can separate smell from taste

Smell

- Smell operates across space. Coffee across the room
- Smell warns us or delights us
- Smell can also reach across time
- Make a list of 10 events, places and times in you past
- Contemplate how they smelled
- Can you remember how they smelled and made you feel
- Other memories they bring up

6 Ways to Practice Mindful Eating

Mindless Eating

- 1** Eating past full and ignoring your body's signals
- 2** Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3** Eating alone, at random times and places
- 4** Eating foods that are emotionally comforting
- 5** Eating and multitasking
- 6** Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

Touch

- Direct
- Receptors in our skin transmit information via the nervous system
- Fingers, hands, toes and feet are particularly sensitive to touch
- Bodies depend on touch to orient us in space and guide movement
- Mindfully explore with touch. Touch familiar objects with eyes closed: how they do they feel
- Feet: feel texture and temperature
- Body: how does water feel during your shower or rain or snow. How does the wind feel on your face

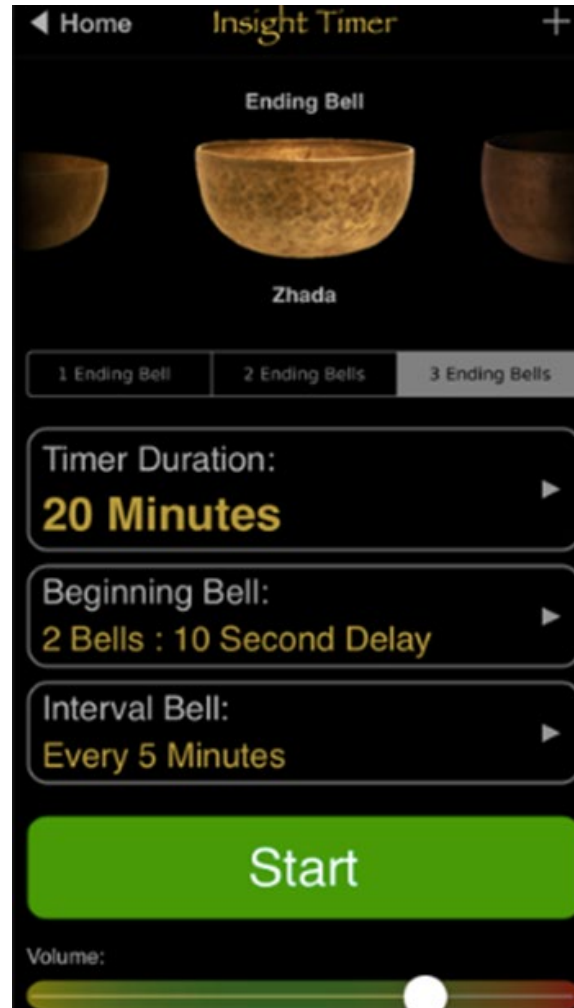
How do I practice mindfulness

- Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking a time to pause and breathe when the phone rings instead of rushing to answer it.
- See handout for other ways to include mindfulness in your workplace.

Mindfulness in Daily Life

- **Formal Practice** – meditations: body scan, mindful movement, walking practice, sitting practice
- **Informal Practice** – awareness of body sensations, thoughts, emotions and sensory input during daily life
- Practiced in ordinary, routine, daily activities: driving, eating, brushing teeth, washing the dishes!

Mindfulness Apps



Lets Practice !



