Mindfulness in Mediation

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Out beyond ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.

When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase ‘each other’ doesn’t make any sense.

~Rumi
Mindfulness Defined

- An intentional state of nonjudgmental mind/body awareness
- “(Mindfulness) is simple observing, watching, examining. You are not a judge but a scientist.” - Walpola Rahula
- “Awareness that arises by paying attention, on purpose in the present moment, nonjudgmentally.” - Jon Kabat-Zinn
- “Mindfulness is an insight meditation that brings full attention to the body and mind in the present moment without trying to alter or manipulate the experience.” - Stahl & Goldstein
Benefits of Mindfulness

- Lowered cortisol
- Positive effects on the structure and neural patterns of the brain
- Increased attention and cognitive flexibility
- Decreased symptoms of depression, anxiety, PTSD, chronic pain, and other stress related disorders
- Improved self-regulation, social relationships, and academic performance
Peace is not found in the absence of chaos, rather in one’s ability to create a calm space in the midst of it.
Incorporating Mindfulness into Mediation

- Begin each mediation centered
- Create an environment that enhances a sense of calm and safety.
  - Sensory triggers for calm
  - Set clear boundaries that support respect and normalize challenges
  - Focus on what is possible and beneficial today
- Encourage working with emotions, rather than allowing emotions to work against you.
- Initiate breaks by recognizing dysregulation
Resources

- Guided audio mindful meditations
  - [http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx](http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx)

- Comprehensive list of resources
  - [http://www.mindfulnessresource.org/resources/](http://www.mindfulnessresource.org/resources/)

- A Mindfulness-Based Stress Reduction Workbook, Bob Stahl & Elisha Goldstein

- Brief summary of mindfulness research:
  - [http://marc.ucla.edu/workfiles/pdfs/MARC-mindfulness-research-summary.pdf](http://marc.ucla.edu/workfiles/pdfs/MARC-mindfulness-research-summary.pdf)

- Definitions, examples, and research behind mind-body skills: