
Mindfulness for Calm and Relaxation



2020 FALL WORKSHOP
VIA ZOOM

**With
Dr. Kathryn Koo Ph.D.**

WELCOME



About me



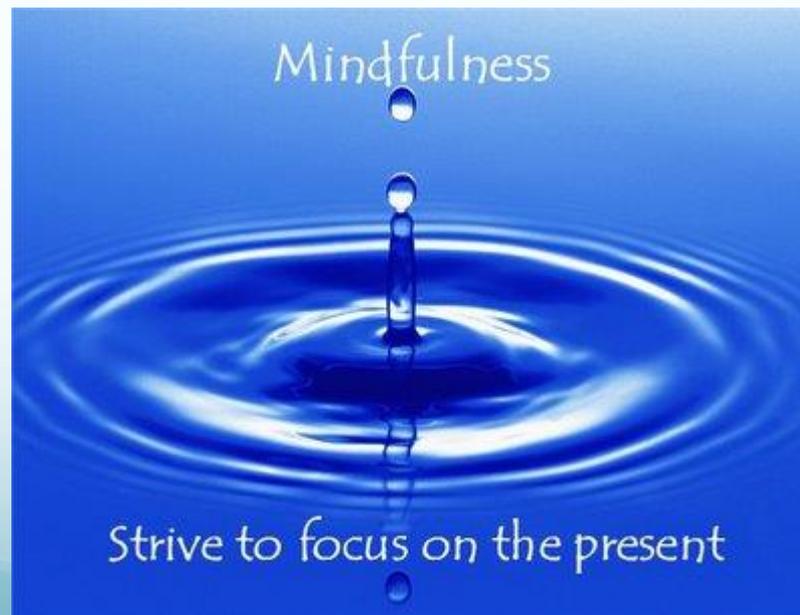
- Licensed Psychologist
- Health and Wellness Center at SAC
- Provide Psychological Counseling
- Workshops and Invited Lectures
- Clinical Supervisor at the Family Assessment Counseling Education Services.
- Private Practice

Learning Objective

- What is mindfulness
- Benefits of mindfulness
- Three components of mindfulness
- Mindfulness Practice

What is Mindfulness?

- Paying attention in particular way, on purpose, in present moment and nonjudgmentally. Jon Kabat-Zinn (1990) in *Full Catastrophe Living*



Benefits of Mindfulness

Improves numerous mental health problems and improves coping with many physical illnesses (Khoury et al., 2013)

- Greater mindfulness correlates with lower anxiety, depression, rumination, and self-consciousness.
- Young adults with Asthma had fewer panic symptoms the more they used attentional awareness.
- Teaches us to accept our uncomfortable experiences.
- Mindfulness can be learned by anyone.

3 Components of Mindfulness

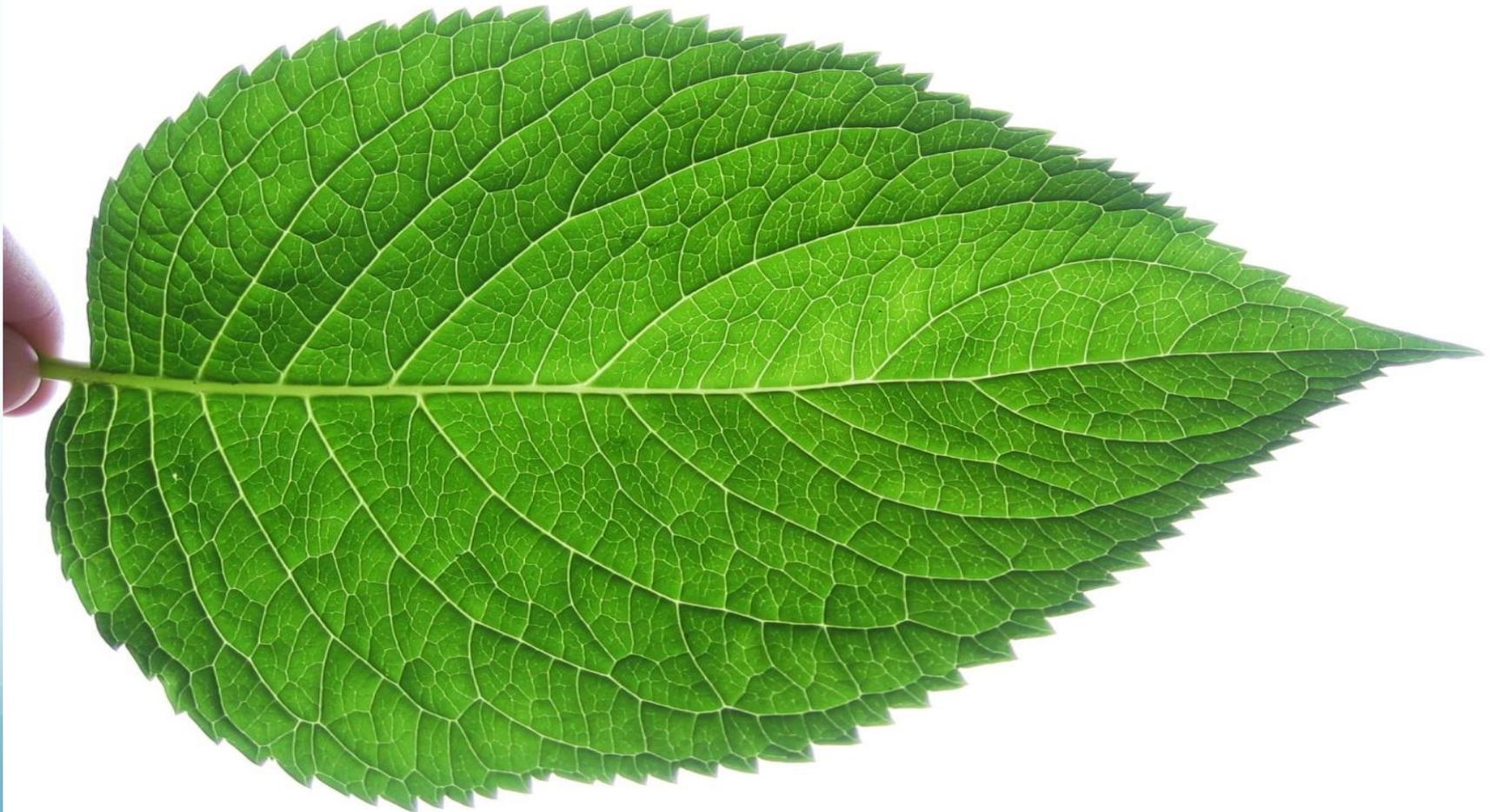
- Paying Attention
- Nonjudgment
- Nonstriving



Paying Attention: Defined

- “Mindfulness (Sati) is present-time awareness. It takes place in the here and now. It is the observance of what is happening right now, in the present moment. . . . If you are remembering your second-grade teacher, that is memory. When you then become aware that you are remembering your second-grade teacher, that is Mindfulness. . . .”
- Henepola Gunaratana (1992) in *Mindfulness in Plain English*

Present-Moment Awareness



Nonjudgment

- “Mindfulness (Sati) is non-judgmental observation. It is that ability of the mind to observe without criticism. With this ability, one sees things without condemnation or judgment. One is surprised by nothing. One simply takes a balanced interest in things exactly as they are in their natural states. One does not decide and does not judge. One just observes.”

Henepola Gunaratana (1992) in *Mindfulness in Plain English*

Nonjudgment

- Observe your emotion such as fear, depression.
- Accept fully the fact that we are afraid, depressed.
- You can't examine something fully if you are busy rejecting the existence of it.
- Notice rumination and distraction during mindfulness
 - Treat them as thoughts and not reality.

Nonstriving

- Defined

To be present and engaged in an experience without demanding, pressuring, or forcing the experience to be something it is not.

- Sleep is example of nonstriving.

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- Use your mindfulness skills when these thoughts occur
 - Present moment awareness – getting involved in what you’re doing, e.g., shopping, giving a presentation, interacting with people, leaving the house
 - Nonjudgment – try to see things as they are and without catastrophic, e.g., “I shook a little but no one noticed” vs “Everyone was staring at me.”
 - Nonstriving – don’t make your panic go away. If possible, try to let it be there.

5 helpful hints

- 1. Expect your mind to wander.
- 2. Notice any tendency to "be hard on yourself" or to feel frustrated. Gently return awareness to the breath.
- 3. Expect to feel some relaxation. It helps us to be more present, more mindful.
- 4. Expect to become more mindful with practice. Expect to notice more things, including painful things.
- 5. Be careful not to try too hard.

Mindfulness Practice 1

5 senses exercise

- Notice things that you can see.. Look around you and bring your attention to five things that you can see.
- Notice things that you can *feel*. Bring awareness to four things that you are currently feeling, like the texture of your pants etc.
- Notice things you can *hear*. Take a moment to listen, and note three things that you hear in the background.
- Notice things you can *smell*. Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant.

Process



Mindful Practice 2: Breath Meditation

Choose a quiet place and a comfortable place to sit. Keep your posture straight but relaxed, feet flat on the floor, hands in your lap, making sure you are not rigid or stiff. If you wish, sit cross-legged on a cushion on the floor. Close your eyes.

- Paying attention: Notice the breath as the air comes in to the nose or the rising and falling of the stomach
- Non-judging: When your mind wanders bring it back to the breath in a nonjudgmental way
- Non-striving: Awareness of the breath without the need to change it

Continue

- Focus on your breathing.
- Concentrate your attention completely on your breathing. Become aware of the sensations inside your air passages as the air enters the nose. Just become aware of that feeling as your breath goes in and out.
- Do not attempt to influence or check your breathing; just let it happen naturally.

Continue

- It's okay if thoughts come into your mind; the mind will not clear completely. Just examine the thoughts for what they are. Just notice that it is there and return your focus to your breathing.
- Treat each thought as a guest. When a thought or feeling arises, simply observe and acknowledge it. Use your breathing as the anchor for your mindfulness.
- Stay in the moment as long as you can. Continue to focus on your breathing. Aim to clear your mind completely for five minutes.

After the meditation

- How was that for you?
- Were you able to keep your attention focused on your anchor?
- Could you experience your breath?
- Where did you feel it?
- What sensations did you feel?
- Did you experience a wandering mind?
- Did you notice your patterns of thought?
- Were you able to bring your attention back to your anchor each time it had wandered away?

Compassion Body Scan

- To begin, Lie flat on your back and gently rest your arms about six inches away from your sides and hold your leg as around shoulder-width apart. Place a hand on your heart as a reminder to be kind to yourself. Feel the warmth of your hand and take 3 deep, relaxing breaths. Then place your arm by your side.

Mindfulness: Everyday Life

- Approach simple everyday tasks in a mindful manner
- Eating a snack mindfully, often done with a raisin
- Find five activities that you can perform mindfully at least a few times during the week
 - Showering
 - Getting dressed
 - Making breakfast/coffee
 - Commuting to work
 - Listening to music
 - Playing with children
 - Exercising
 - Gardening
 - Walking the dog
 - Eating dinner

Loving-kindness Meditation



Within you, there is a stillness and
a sanctuary to which you can
retreat at anytime and be yourself.

Hermann Hesse, Nobel Prize Winner in Literature