

# Mindfulness for Stress, Wellbeing and Resilience



Talk with the person next to you...

- Why have you come to this session?
- What do you know about mindfulness?

Mindful awareness is the opposite of  
automatic pilot

A way of paying attention:  
**on purpose**

in the **present moment**

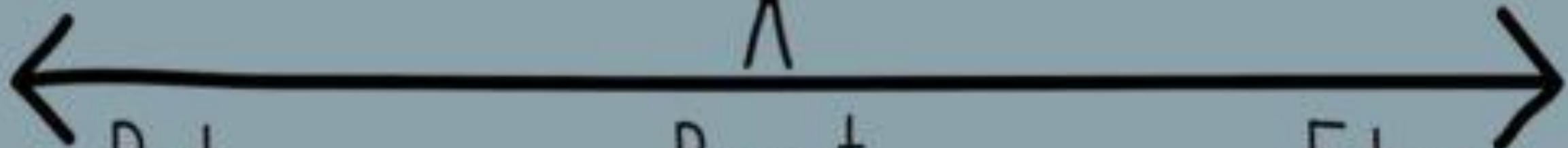
and **non-judgementally.**

– Jon Kabat-Zinn

Your body is present.



Is your mind?



Past

Present

Future

# 'Five ways to wellbeing'

- Connect...
- Be active...
- Give...
- Keep learning...
- Take notice... or...Be Mindful!

NEW  
**ECONOMICS**  
FOUNDATION

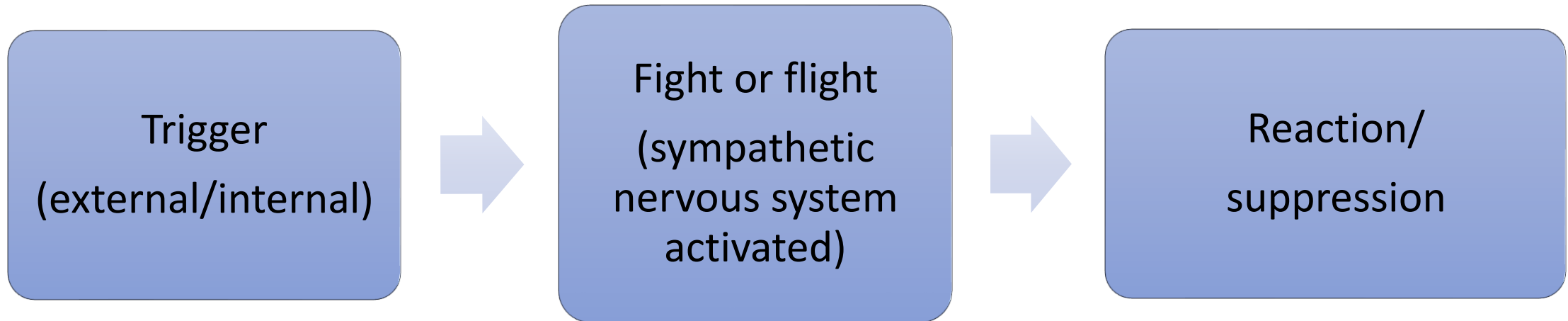
# Discuss...

- At the train station, the person in front of you is taking a long time to buy their ticket, meaning you might miss your train to work.
  - What sensations would you feel in your body?
  - What thoughts would you have?
  - What would you do?

Fight or Flight response activated!!!

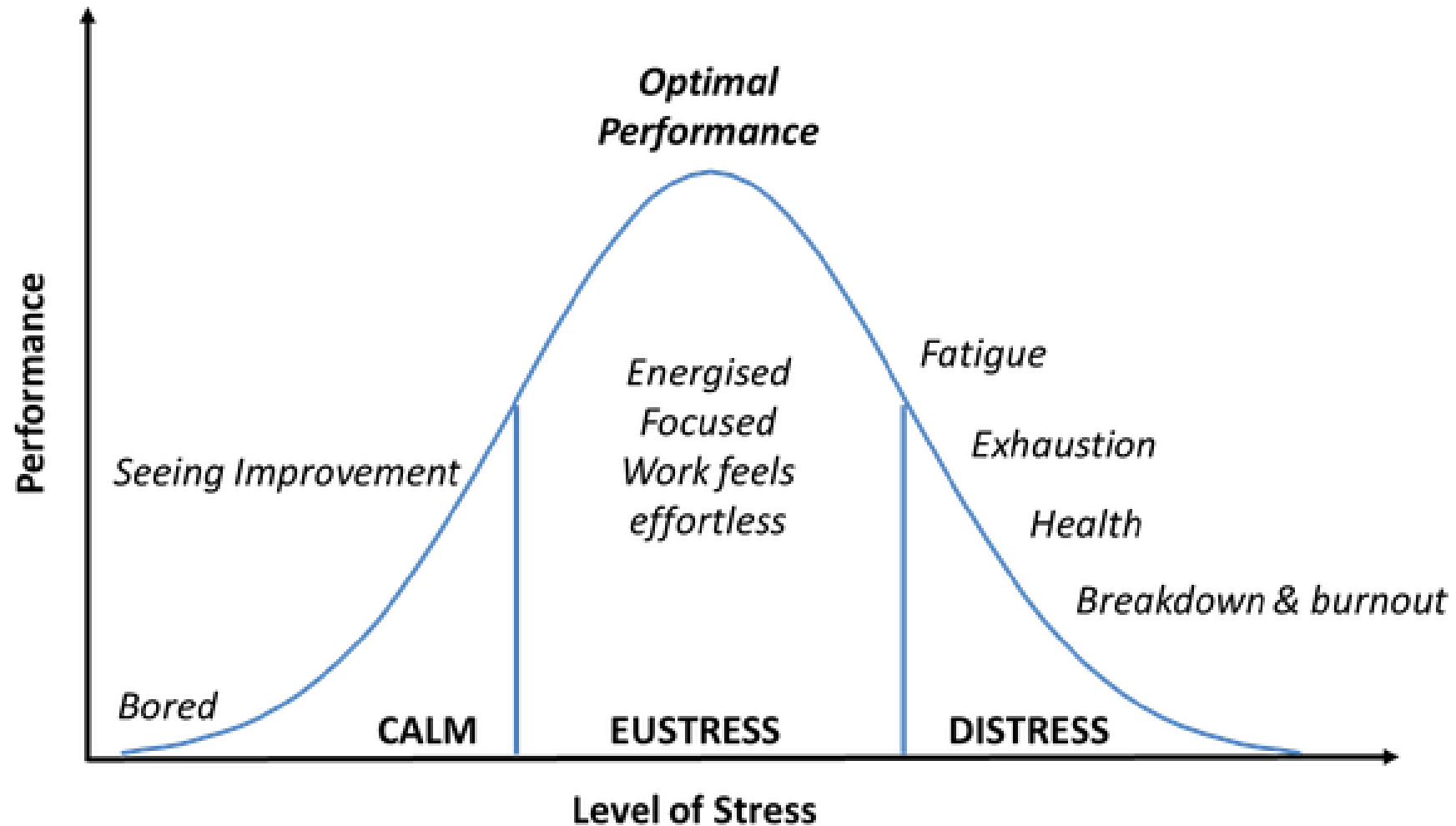


# The stress response...



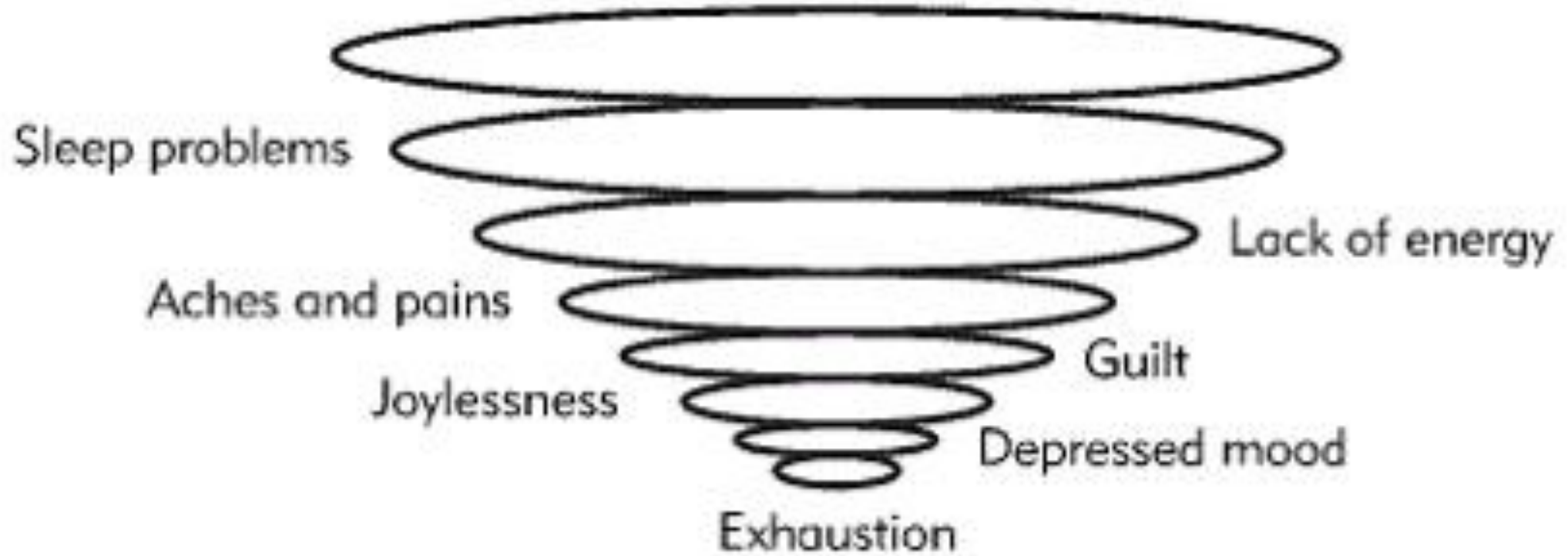


# The Yerkes Dodson Curve



The Yerkes-Dodson Curve

# The Exhaustion Funnel



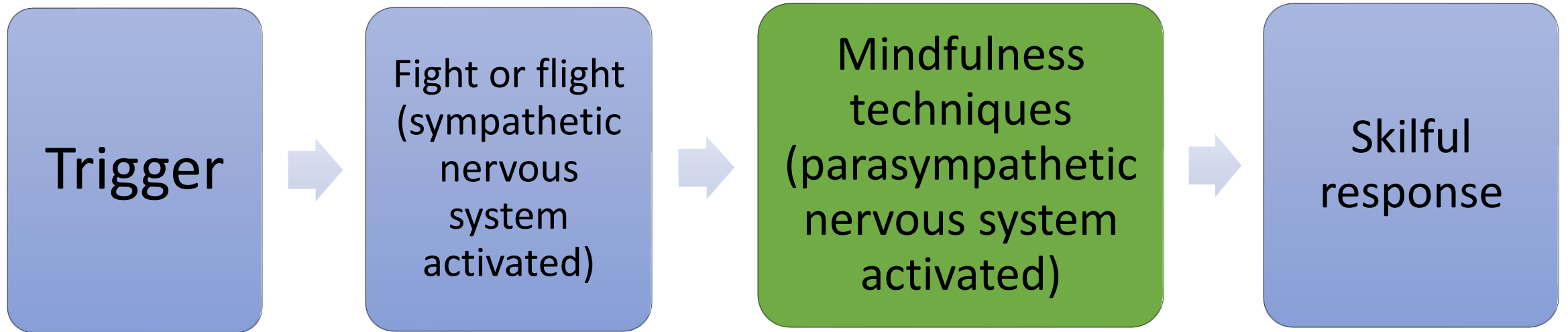
Discuss...


- What did you notice?

## 3-Step Breathing Space

1. What's going on?
2. Gather attention
3. Get ready to 'move on'

# The mindfulness-mediated stress response...





DON'T SHOOT

**THE SECOND ARROW**

# Discuss.....

You receive the following email from your boss:

*Can I speak to you about something in my office at 2pm?*

*Thanks*

What sensations would you feel in your body?

What would you think?

How would you react?

# Discuss.....

You receive an email on Sunday evening from a colleague in response to a recent decision you have made. The email is quite defensive/passive aggressive in tone, and they say they strongly disagree with you.

What sensations would you feel in your body?

What would you think?

How would you react?





## Common mental habits:

- **Mind reading:** 'He/she thinks I'm stupid/boring/unattractive'.
- **Crystal-ball gazing:** 'I'm not going to enjoy this'.
- **Over-estimating the negative:** 'This is going to be a total disaster'.
- **Eternalising:** 'I'll never manage this/I'll always feel like this'.
- **Expecting perfection;** 'I/people shouldn't ever make mistakes'.
- **Judging:** 'I wasn't able to do that – I'm just not good enough'.
- **Taking the blame:** 'When things go wrong, it's my fault'.
- **Blaming:** 'When things go wrong, it's other people's fault'.

# Recognise thoughts as '*mental events*'

what the hell is that?



oh,  
just my mind



Keeping your feet on the ground...

- What times of the day do you think would be good times for you to do mindfulness practices?

## Some practical tips to get started...

- Create a space for 10 minutes mindfulness meditation daily
- Use your body and breath as an anchor in difficult situations – take a mindful minute or 3 step breathing space to ground yourself.
- Be aware of ‘thought trains’ – thoughts are not facts!
- Enrol on an eight-week Mindfulness stress reduction course (approx. £250)

Mindfulness is *not*...

- Not time consuming
- Not getting rid of stress or 'emptying the mind'
- Not a panacea!



# References and resources (strongly recommended resources in bold)

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- Sapolsky, R. M. (2017). *Behave: The biology of humans at our best and worst.* Penguin.
- **Williams, M., & Penman, D. (2011). *Mindfulness: a practical guide to finding peace in a frantic world.* Hachette UK. - [this is a great book to start with if you are new to mindfulness.](#)**
- <https://www.bangor.ac.uk/mindfulness/audio/index.php.en> Free guided mindfulness audio downloads here



Thank you!

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