

Mindfulness

An Introduction



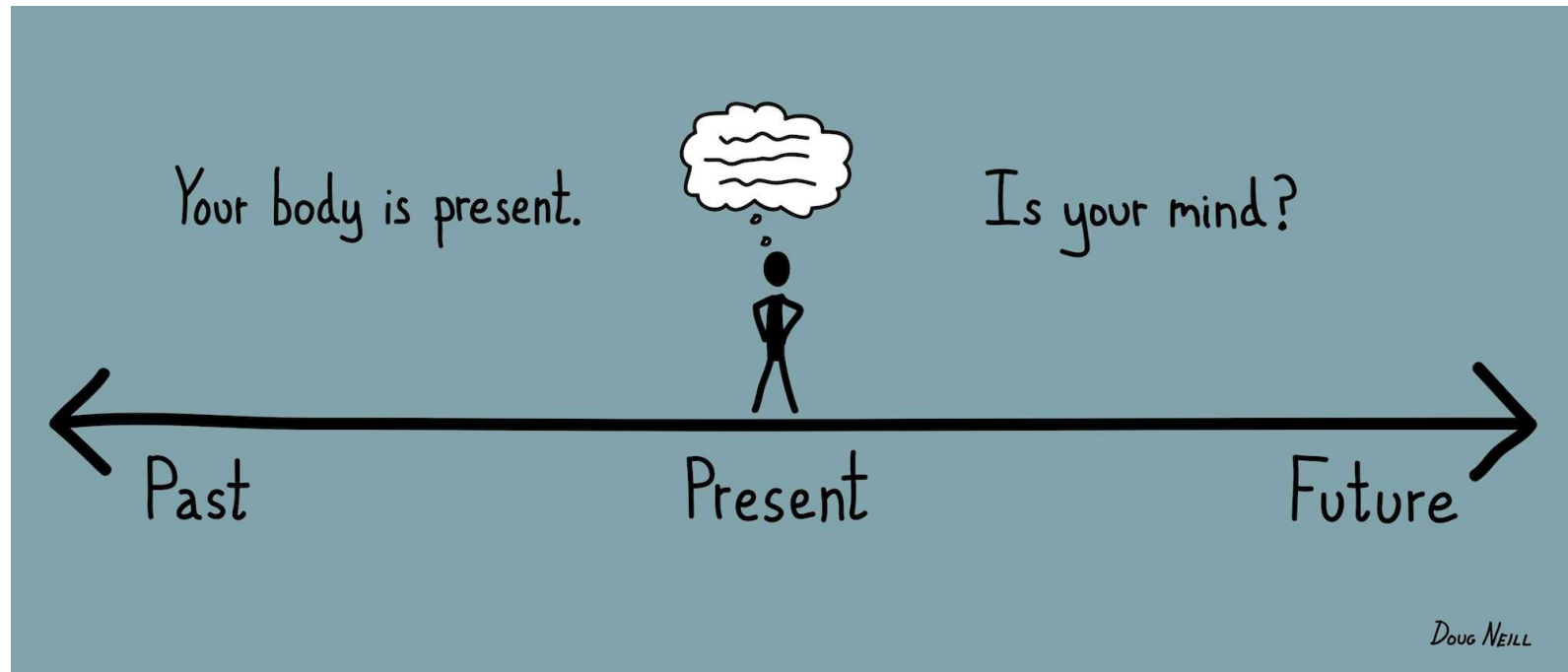


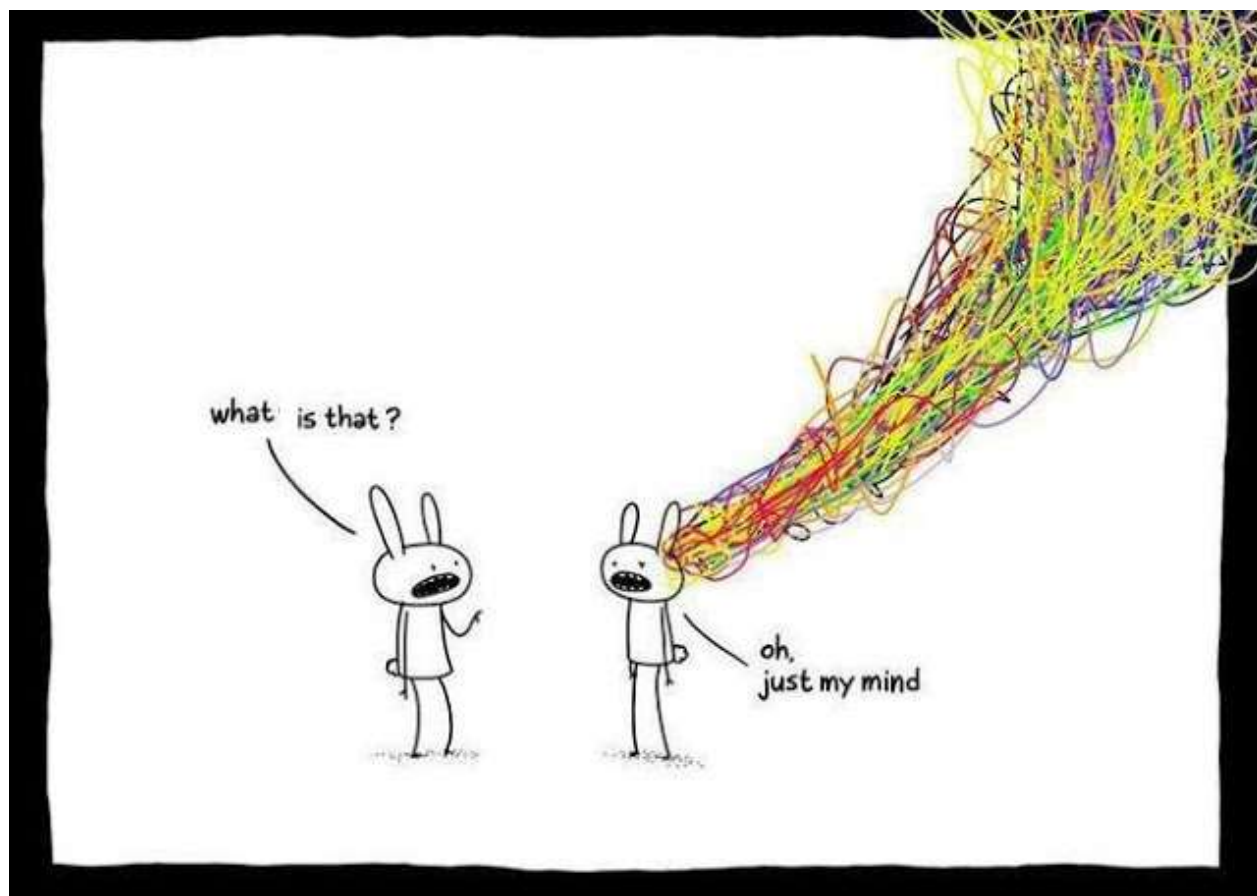
What is it?

Mindfulness is...

- Paying attention on purpose
- In the present moment
- Without judgment

“Mindfulness can be cultivated by paying attention in a specific way, that is, in the present moment, and as non-reactively, non-judgementally and openheartedly as possible.” – Dr. Jon Kabat-Zinn





Qualities of Mindfulness

- Paying attention
- Present moment
- Non-reactive
- Non-judgmental
- Openhearted



How do I do it?



Mindfulness can be practiced anywhere at any time..

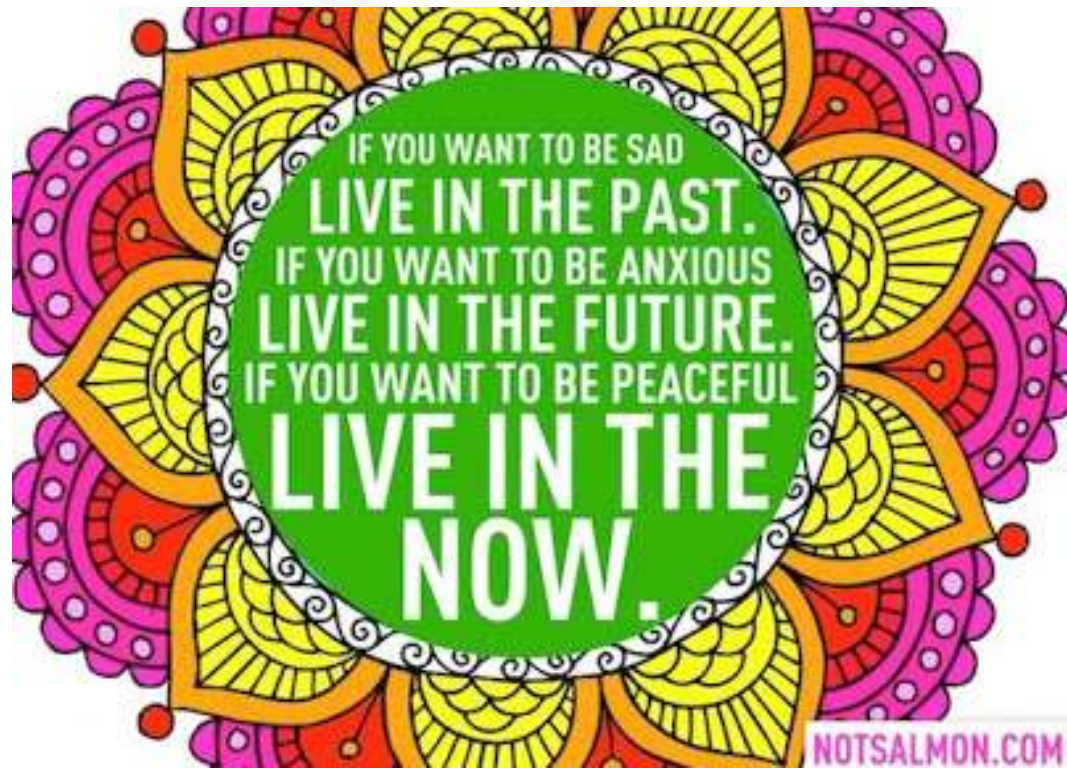
- In the car
- Waiting in line
- At the dinner table
- In the shower
- Anywhere!

Mindfulness Meditation

- Meditation is not “thinking about nothing”
- Meditation is paying attention, focusing on
 - Breathing
 - One of your senses
 - Your body
 - Thought/emotions
- Can be formal or informal



Why practice mindfulness?



Why practice mindfulness?

- Relaxation – this is not the goal of mindfulness, but it can lead you there
- Improves focus - no more multi-tasking!
- Reduces stress
- Health benefits
- Personal discovery – getting to know yourself



PLOT TWIST

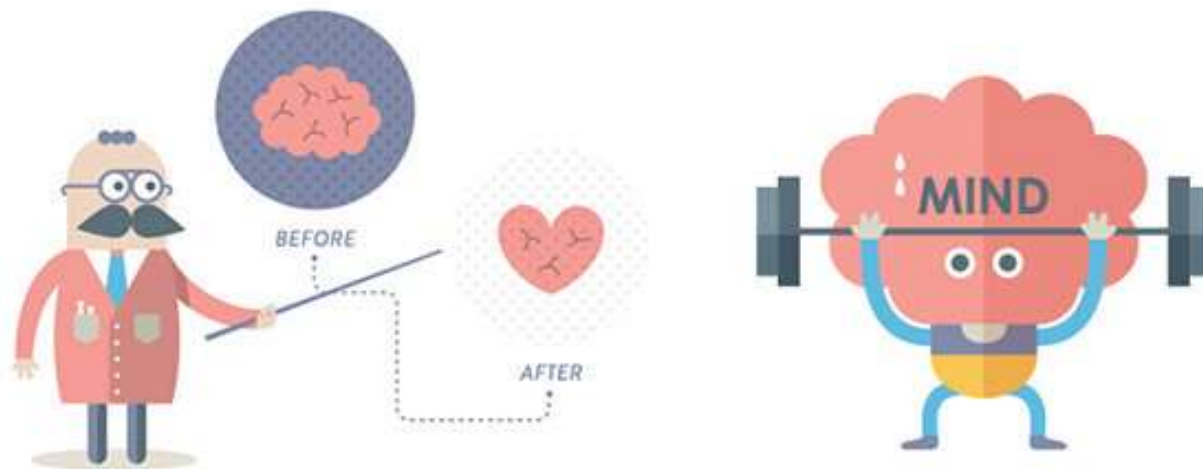
Waldo finds himself

**"Today me will live
in the moment
unless it's unpleasant
in which case
me will eat a cookie"**

Cookie Monster

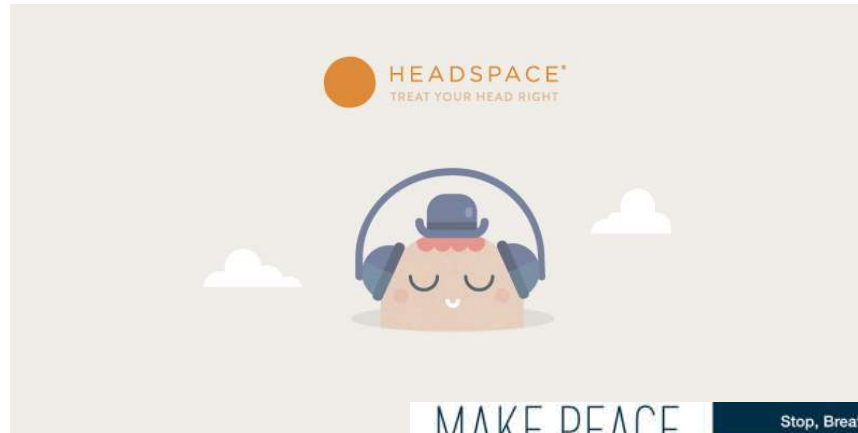


Practice makes perfect!

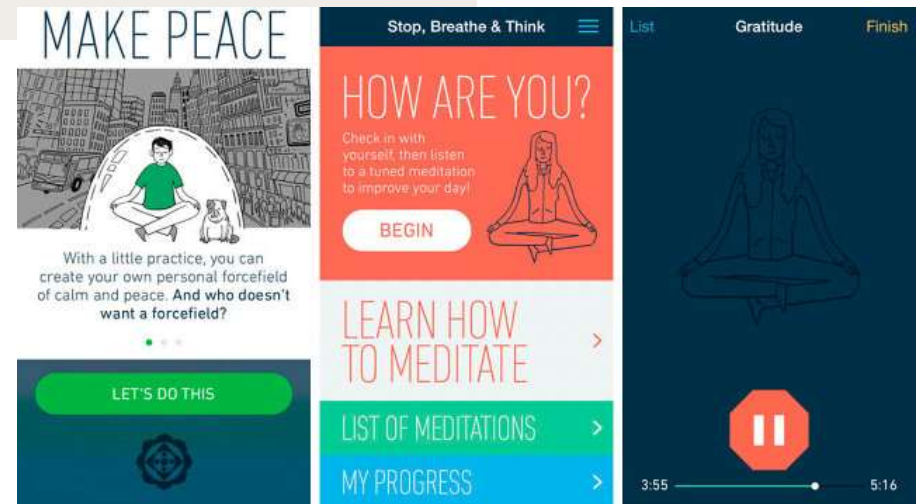


Mindfulness Apps

- Headspace



- Stop, Breathe and Think



For more information...
visit

www.elmhurstpubliclibrary.org/mindfulness

