



Stressing Out? S.T.O.P.*

Creating space in the day to come down from a worried mind can mitigate the negative effects of our stress response.

- S** Stop what you're doing: put things down for a minute
- T** Take a few deep breaths
- O** Observe your experience just as it is-including thoughts, emotions and sensations
- P** Proceed with something that will support you in the moment: talk to a friend, stretch, have a snack...

By Elisha Goldstein, Ph.D., a clinical psychologist, private practice in West Los Angeles.
Adapted by Mark A. Dannenfelser, LPC

Six Point Body Scan (3-5 Minutes)*

1. **Bringing awareness to the feet**, noticing any and all sensations for 3-5 full breaths
2. **Bringing awareness to the knees**, noticing any and all sensations for 3-5 full breaths
3. **Bringing awareness to the hips**, noticing any and all sensations for 3-5 full breaths
4. **Bringing awareness to the abdomen**, noticing any and all sensations for 3-5 full breaths
5. **Bringing awareness to the center of the chest**, noticing any and all sensations for 3-5 full breaths
6. **Bringing awareness to the face**, noticing any and all sensations for 3-5 full breaths

UW. Health Integrative Medicine Mindfulness Program. Adapted by Mark A. Dannenfelser, LPC

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APPS

Insight Timer - Meditation Timer

Description: A meditation timer with various bell sounds; keeps stats related to time spent in meditation; audio guided meditations by world renowned teachers.

The Mindfulness App

Description: Includes a range of guided and silent meditations from 3 to 30 minutes; a five-day guided introduction to mindfulness; time and location reminders to help you be mindful throughout the day.

Headspace

Description: Meditation Techniques for Mindfulness, Stress Relief & Peace of Mind. Guided meditations suitable for all levels.

Mindful Leadership

Description: Offers guided meditations organized by specific themes or categories.

Calm

Description: Works with helping anxiety and sleep with guided meditations, breathing programs and relaxing music. Recommended by top psychologists and mental health experts to help you de-stress.

RESEARCH ON THE BENEFITS OF MINDFULNESS

Mindfulness training has become one of the most researched mind-body programs in the world. Research shows evidence that mindfulness can enhance mental and physical wellbeing, and reduces stress.

Stress Reduction

- Meditation enhances brain function. It soothes the parts of the brain that produce stress hormones. (Tang, Ma, Wang, Fan, Feg, Lu, Yu, Sui, Rothbart, Fan, & Posner 2007)
- Mindfulness treatment produced fewer overall symptoms of stress; fewer cardiopulmonary and gastrointestinal symptoms; less emotional irritability, depression, and cognitive disorganization; and fewer habitual patterns of stress. (Speca, Carlson, Goodey & Angen 2000)

Brain Function

- Mindfulness improves working memory, creativity, attention span, and reaction speeds. It also enhances mental and physical stamina and resilience. (Jha, et al. 2007)
- Sustained meditation leads to brain neuroplasticity, which is the brain's ability to change, structurally and functionally, on the basis of environmental input. (Davidson, R. J., Lutz, A. 2008)

Physical Wellbeing

- Recent trials suggest that average pain levels can be reduced by 57% while accomplished meditators report reductions of up to 93%. (Zeidan, Martucci, Kraft, Gordon, McHaffie, & Coghill 2011)
- Meditation improves the immune system. Regular meditators are admitted to hospital far less often for cancer, heart disease and numerous infectious diseases. (Davidson, Kabat-Zinn, Schumacher, Rosenkranz, Muller, Santorelli, Urbanowski, Harrington, Bonus, & Sheridan 2003)

Emotional Wellbeing

- Anxiety and depression symptoms were significantly reduced using mindfulness. (Piet, Jacob; Würtzen, Hanne; Zachariae, Robert 2012)
- Psychological distress was lessened in women with early breast cancer. (Bridge et al. British Medical Journal 1988)

Relationships

- Regular meditators enjoy better and more fulfilling relationships. (Hick, S. F., Segal, Z. V. & Bien, T 2008)

Workplace

- Job strain may be positively associated with higher health care services. Improving psychosocial working conditions and educating workers on stress-coping mechanisms could be beneficial for the physical and mental health of workers. (Sunday Azagba; Mesbah F Sharaf 2011)
- The best leaders realize that being able to live in the present moment is the secret to both personal power and strategic advantage. (Paul David Walker 2009)

Overall Quality of Life

- Clinical trials show that mindfulness improves mood and quality of life in chronic pain conditions and in challenging medical illnesses, including cancer. (Speca, Carlson, Goodey & Angen 2000)



Mindfulness helps train the mind/body to become more stable and insightful, thereby increasing optimal functioning. It integrates modern science with the core of the world's meditative and wisdom traditions.



Mindfulness Trainings

Full descriptions of workshops, retreats, and courses online at: MindfulnessCenterAtlanta.com

ONE-DAY WORKSHOPS: Intro to Mindfulness

Thursday, October 4, 2018
Thursday, January 10, 2019
Thursday, March 21, 2019
Thursday, June 20, 2019
Thursday, October 3, 2019

ONE-DAY RETREATS: Advanced Mindfulness

Saturday, October 20, 2018
Saturday, March 2, 2019
Saturday, June 1, 2019
Saturday, Oct 26, 2019

WEEKEND RETREATS: Mindful Immersion

August 24-26, 2018
November 16-18, 2018
January 25-27, 2019
April 26-28, 2019
August 23-25, 2019
November 22-24, 2019

FIVE-DAY RETREAT: June 9-14, 2019

EIGHT-WEEK MBSR TRAINING COURSE:

Sept 11- Oct 30, 2018
(See website for 2019 dates)

SELECT BIBLIOGRAPHY

- Davidson, R.J. & Begley, S. (2012). *The emotional life of your brain: How its unique patterns affect the way you think, feel, and life—and how to change them.*
- Gelles, David (2015). *Mindful Work: How Meditation Is Changing Business from the Inside Out.*
- Gonzalez, Maria (2012). *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others.*
- Goleman, D. (2003). *Destructive emotions: How can we overcome them?*
- Kabat-Zinn, J. (2012). *Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life.*
- Siegel, D. J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being.*
- Scott, SJ and Davenport, Barrie (2017). *10-Minute Mindfulness: 71 Habits for Living in the Present Moment.*

WEBSITES

Mindfulness Center of Atlanta: www.mindfulnesscenteratlanta.com

Center for Mindfulness in Medicine, Health Care, and Society: www.umassmed.edu

Mindful Self-Compassion: www.mindfulselfcompassion.org

Mindsight Institute: www.mindsightinstitute.com

Mind and Life Institute: www.mindandlife.org

Free Mindfulness Project-Recordings of Guided Mindfulness Practices: www.freemindfulness.org

Mindful Leadership Summit: www.mindfulleader.org