



HOW TO BE



MINDFUL



(TO REDUCE STRESS)



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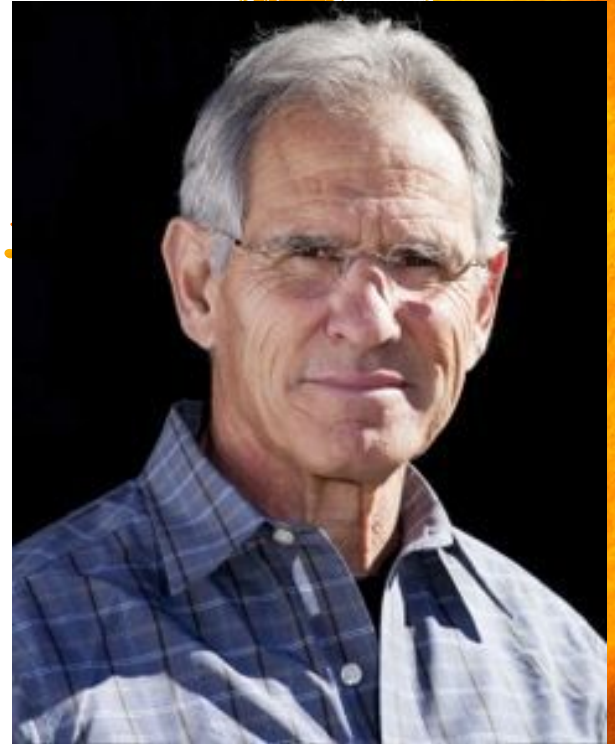


History

Of Mindfulness

MINDFULNESS-BASED STRESS REDUCTION

- Developed in the late 1970s by Dr. Jon Kabat-Zinn, a professor of medicine at the University of Massachusetts
- Eight-week program to lower stress and enhance wellbeing
- Roots reach back to the early teachings of the Buddha



SATIPATTHANA SUTTA

- Translated into English as “The Discourse on the Establishing of Mindfulness”
- The Buddha guides the practitioner to place careful attention on four different foundations of experience

Body

Remaining focused on the presence
of the body itself through breathing



Sensations

Understanding feelings/sensations as pleasant, unpleasant, or neutral feelings



Consciousness

Awareness of the presence and absence
of the unwholesome states of the three
poisons (lust, hate, delusion)



Mental Objects

Consciousness of oneself and surroundings. Basically all three combined



MBSD TODAY

- There are now thousands of certified MBSR instructors in more than 30 developed countries
- Anyone with internet access can enter the terms "MBSR <insert city>" into Google to access a wealth of information and browse the local MBSR courses

BENEFITS OF MINDFULNESS

- The present moment typically involves no concern for stress
- Stress occurs when we allow our minds to think of things other than what is happening in our current experience
- Uncluttered/emptied the mind



Science

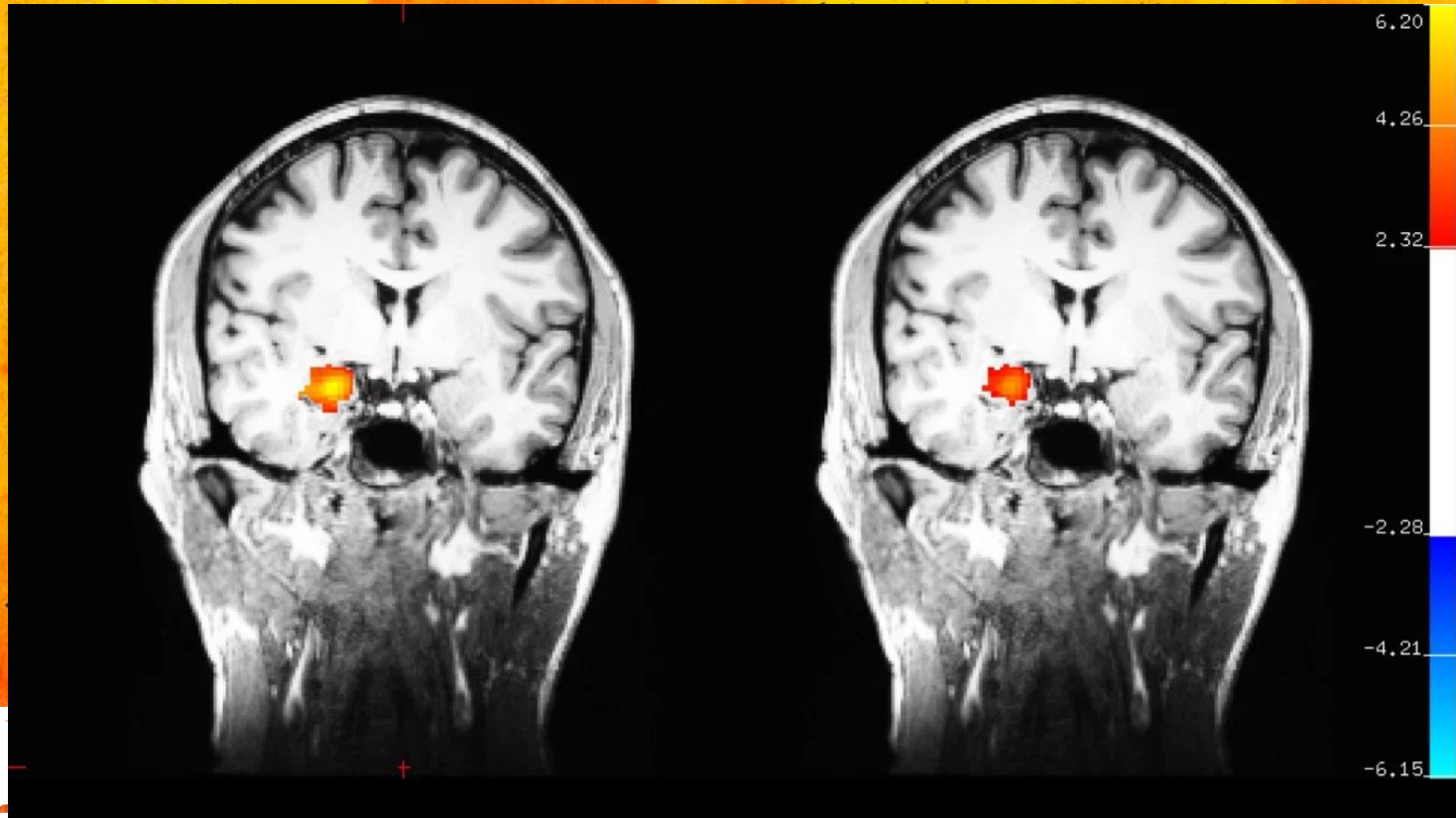
Of Mindfulness

HARVARD MBSD STUDY

- Magnetic resonance(MR) of the brain before/after the MBSD 8-week study
- Increased gray matter density in the **hippocampus**
 - Important for learning and memory
- Decreased gray-matter density in the **amygdala**
 - Important role in anxiety and stress



ACTIVATION IN THE AMYGDALA






Some Advice

Regarding stress reduction

STRESS REDUCTION

1. Associating future pain with an event and the need to prepare for it
2. Be proactive! Plan for future rather than worry about it
3. Call fear something else - excitement or challenge
4. Anger is based on wanting something, not getting it and feeling frustrated.



Simulation Time!

RULES OF THE SIMULATION

- Stressful situation of a person stopped and fined around \$200 by a policeman due to texting & driving.
- Person A imitate the policeman
- Person B, after the policeman drives off,



Thanks!

Hope you enjoyed :)

MLA CITATIONS

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