

# MINDFULNESS & MENTAL HEALTH

- My experience
- What I've learned
- How to apply mindfulness to your life



mattzhaig



We're still in the  
dark ages with mental  
health. We need to  
stop the false divide  
between physical and  
mental health. Brains  
are physical. Bodies  
are part of how we  
feel. This divide  
breeds stigma and  
stops understanding.  
Mental health is  
health.

(breathe)



(breathe)

Mindfulness is

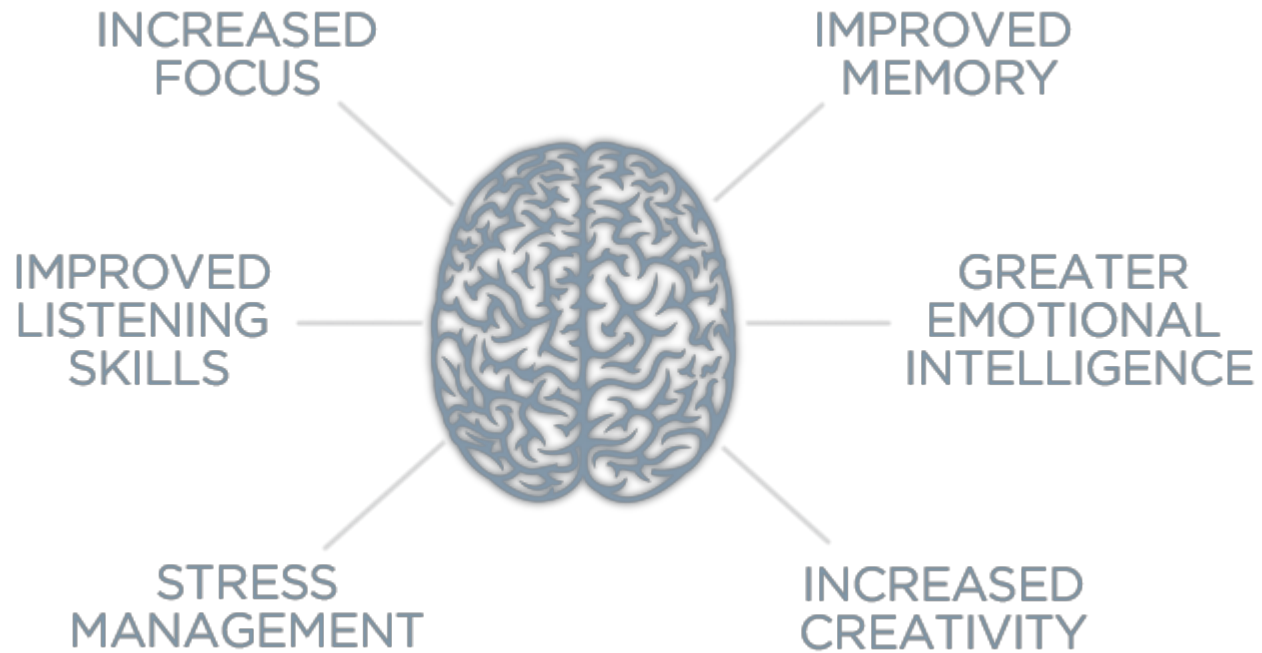
# Mindfulness is

- present-moment awareness



# Mindfulness is

- present-moment awareness
- judgement-free



# Mindfulness in steps

# 1. Observe

1. Observe *with curiosity*

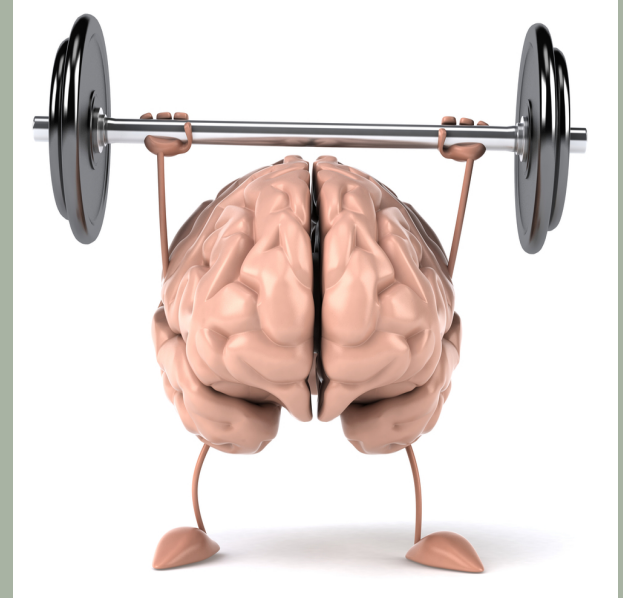
1. Observe *with curiosity*
2. Accept

1. Observe *with curiosity*
2. Accept *with compassion, non-judgmentally*

# Things I've learned



Never skip  
brain day



# Self-compassion



# Pause

# Wonder

# Listen



# Listen

(before giving advice  
or problem-solving)



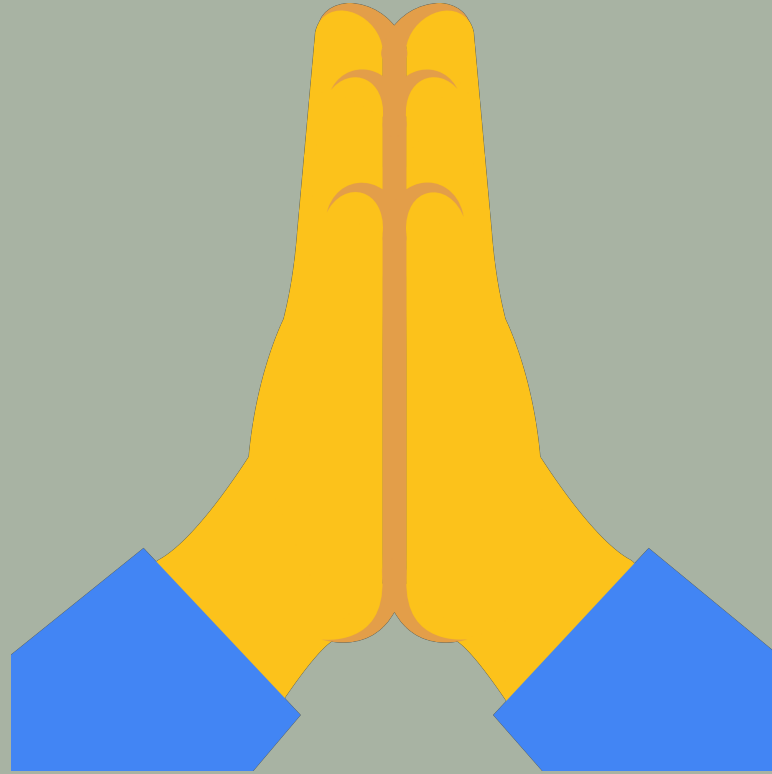
- LET'S TRY IT -

1. Observe *with curiosity*
2. Accept *with compassion, non-judgmentally*



NOTICE YOUR BREATH

WHAT'S ONE THING  
YOU CAN START TO  
DO MINDFULLY?



sarah@talentary.com

talentary