

Mindfulness

- Core Features:
 - Present-Moment Awareness (both within ourselves and the external world)
 - Paying Attention
 - Non-Judgmental Observation
 - Acceptance of Experience
 - Curiosity and Openness
 - Intentionality
- Jon Kabat-Zinn described mindfulness as “the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.”
- Mindfulness is a specific type of mental state

Mindfulness & Depression

- Mindfulness Disrupts Rumination
 - Shifting attention to the present moment can help break ruminative thinking patterns, often resulting in a reduction in depression symptoms.
- Mindfulness Changes How we Relate to Our Thoughts
 - Non-judgmental awareness shifts how thoughts are experienced from personal truths about ourselves to transient mental events, often resulting in a reduction in depression symptoms.

A person is seen from behind, sitting in a meditative lotus position on a dark mat in a grassy field. They are facing a calm lake that reflects the surrounding green hills and trees. The sun is shining brightly through the trees on the left, creating a warm, golden light. The sky is blue with some light clouds. The overall scene is peaceful and serene, ideal for a mindfulness meditation practice.

Cultivating Mindfulness

Mindfulness is a skills that can be cultivated with mindfulness meditation.

Principles of Mindfulness Meditation

- **Concentration:** stay with a chosen point of focus
- **Sensory Clarity:** becoming aware of what is presently unfolding within ourselves.
 - Sense (Body Sensations, Emotional Sensations, Thought, Images)
 - Qualities (Intensity, Volume, Movement, Physical Distribution)
- **Acceptance:** attitude of radical non-interference where we give permission to the components of experience to expand, to contract, or to be still - to do whatever they naturally will do.

Two Mindfulness Meditations

The Raisin Meditation

Learning to be mindful of our external experience.

Learning to engage in mindful activities of everyday life.

Body Scan Meditation

Learning to be mindful of our inner experience.

Gaining deeper awareness of our mind and body.

Mindful Daily Activities

- Bring the same mindfulness that you brought to the raisin meditation to activities in your daily lives – focusing on exploring what you are doing with all your senses.
- Engage in one mindful daily activity for 5 minutes.
- This will increase your depth of experience.
- This will teach us how to bring mindfulness into our everyday lives.
- Examples: eating, walking, cleaning, cooking, listening, or exercising

A person is shown from behind, sitting in a meditative lotus position on a wooden deck. They are facing a serene landscape at sunset or sunrise, with a river flowing through a lush jungle. The sun is low on the horizon, casting a warm, golden glow over the scene. In the foreground, there are large green plants and a small lit candle in a dark holder. The background features a small hut with a thatched roof nestled among the trees. The overall atmosphere is peaceful and contemplative.

Body Scan Meditation

Mindfulness Meditation

Written by: Jon Kabat-Zinn

YouTube Link: <https://www.youtube.com/watch?v=DsooTqNa5WA>