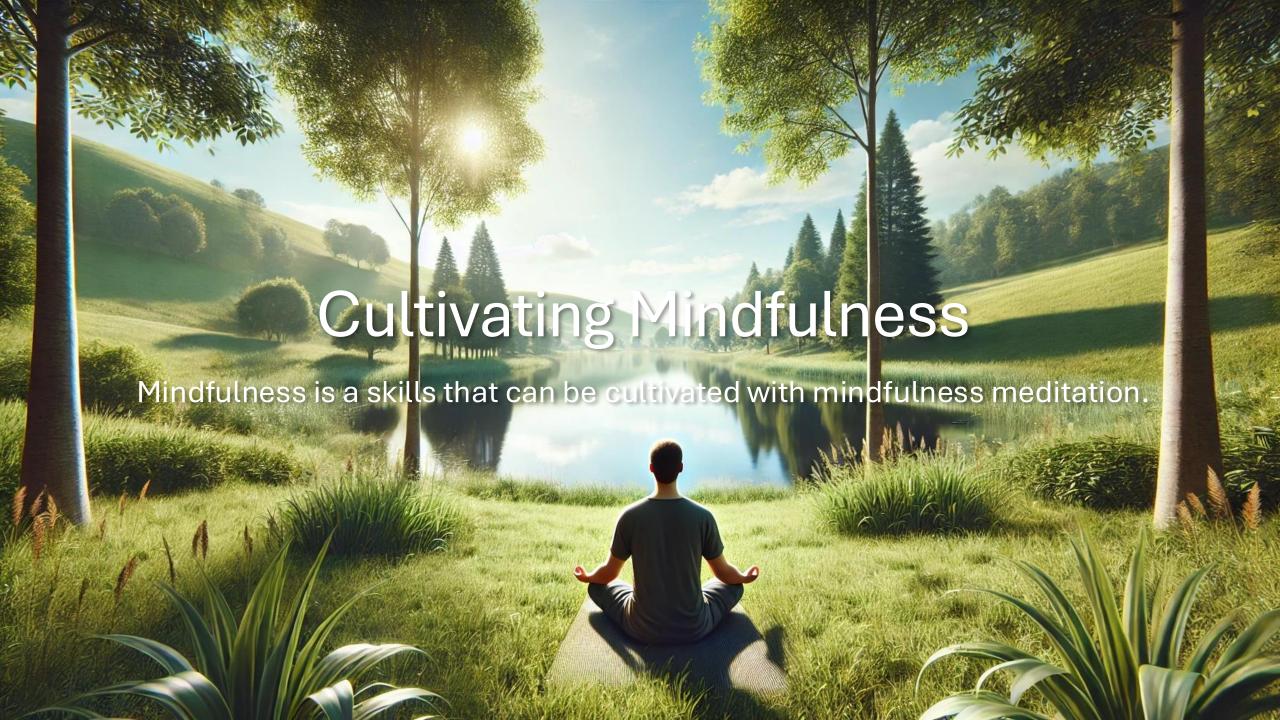
Mindfulness

- 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, nonjudgmentally."
- 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 experiences from personal truths about ourselves to transient mental events, often resulting in a reduction in depression symptoms.



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

