

MINDFULNESS

"the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."

WHAT IT ISN'T

- Emptying your mind of **all** thoughts
- Eliminating all judgement
- Something only certain people can do

HOW TO INCORPORATE



- Mindfulness in interactions with others
- Awareness of emotions attached to thoughts
- Noticing negative judgements about experiences, people, thoughts

How to Improve your Mindfulness

1. Find a comfortable seat
2. Set a short time limit
3. Begin by noticing your body
4. Follow your breath
5. Notice when your mind has wandered. Bring focus back to breath or body
6. Be kind and nonjudgemental when you notice you have wandered



MINDFULNESS

Benefits

- increases physical health
- reduce stress levels
- improve communication skills
- relationship satisfaction
- increase in learning & memory
- decrease in anxiety
- increases productivity/focus
- can changes brain structures



Benefitting Population

- People experiencing depression, anxiety, stress
- Parents
- Children and teens
- Students
- Teachers
- Healthcare workers
- Police

EVERYONE!

Testimonials

"Mindfulness has changed my life. It helped me deal with depression and negative thoughts." -Amundsen, J.

"I practice mindfulness during my hikes, it's one of my favorite ways to destress." -Chan, E.

"Even since I started practicing mindfulness, I am more aware of my body and mind. I began to respect my time and my limits, and understand that living the present is fundamental for me to reach my goals in the future." - Souza, C

Applying Mindfulness to Nursing Practice

- Nurses teaching patients mindfulness techniques
 - helps with any condition (see benefits above)
 - MBSR
- Nurses practice mindfulness during shift
 - help other nurses
 - help other healthcare professionals

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