

MINDFULNESS MEDITATION GROUP

INTRO TO MINDFULNESS & MEDITATION

MINDFULNESS:

"PAYING ATTENTION IN A PARTICULAR WAY: ON PURPOSE, IN THE PRESENT MOMENT, AND NON-JUDGMENTALLY."

-JON KABAT-ZINN

MINDFULNESS INVOLVES THREE KEY ELEMENTS:

ATTENTION: BEING AWARE OF WHAT IS HAPPENING RIGHT NOW

INTENTION: CHOOSING TO BE PRESENT ON PURPOSE, RATHER THAN LIVING IN AUTOPILOT

ATTITUDE: BRINGING KINDNESS, ACCEPTANCE, AND CURIOSITY TO YOUR EXPERIENCE, EVEN WHEN IT IS UNCOMFORTABLE

MINDFULNESS IS BOTH A SKILL AND A STATE OF AWARENESS THAT CAN BE DEVELOPED THROUGH FORMAL MEDITATION PRACTICES AND INFORMAL DAILY PRACTICES, SUCH AS MINDFUL EATING, WALKING, AND LISTENING.

MEDITATION:

A MINDFULNESS PRACTICE THAT INVOLVES TRAINING THE MIND TO FOCUS AND ACHIEVE A STATE OF MENTAL CLARITY AND CALMNESS.

MEDITATION ALLOWS US TO DETACH FROM "REFLEXIVE" THINKING, AND CREATES SPACE TO ALLOW US TO BE EMOTIONALLY CALM AND STABLE, AND TO MINDFULLY CHOOSE HOW WE WISH TO RESPOND TO OUR ENVIRONMENTS AND OUR EXPERIENCES.

Mindfulness and Meditation work together to decrease feelings of depression and anxiety, improve resiliency to stress, improve ability to manage emotions, and more.