

MHPN All Together Better Mindfulness Session

Kim Seow





Welcome 😊

Group agreement:
stay safe





What is Mindfulness?

“Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and nonjudgmentally”

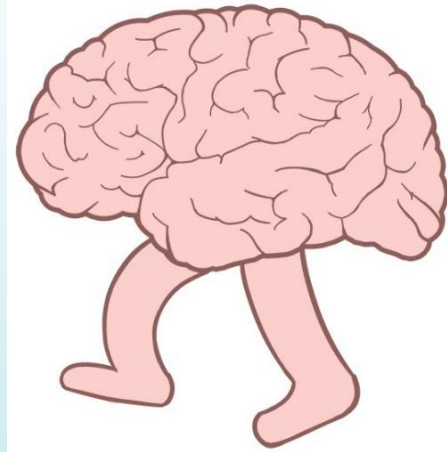
~Jon Kabat Zinn



Mindfulness Foundations



It's normal and ok!!



- Breath
- 5 Senses – eating, walking
- Body – body scan, yoga, tai chi

*** Not about getting rid of thoughts or emotions and it is not necessarily relaxing.



Why Mindfulness?

More than 17,000 publications showing positive effects:-

- ✓ improved wellbeing
- ✓ better self regulation
- ✓ lowers depression, anxiety, physical pain and stress

Centering and grounding activates our parasympathetic nervous system, calms down the amygdala and activates the pre-frontal cortex

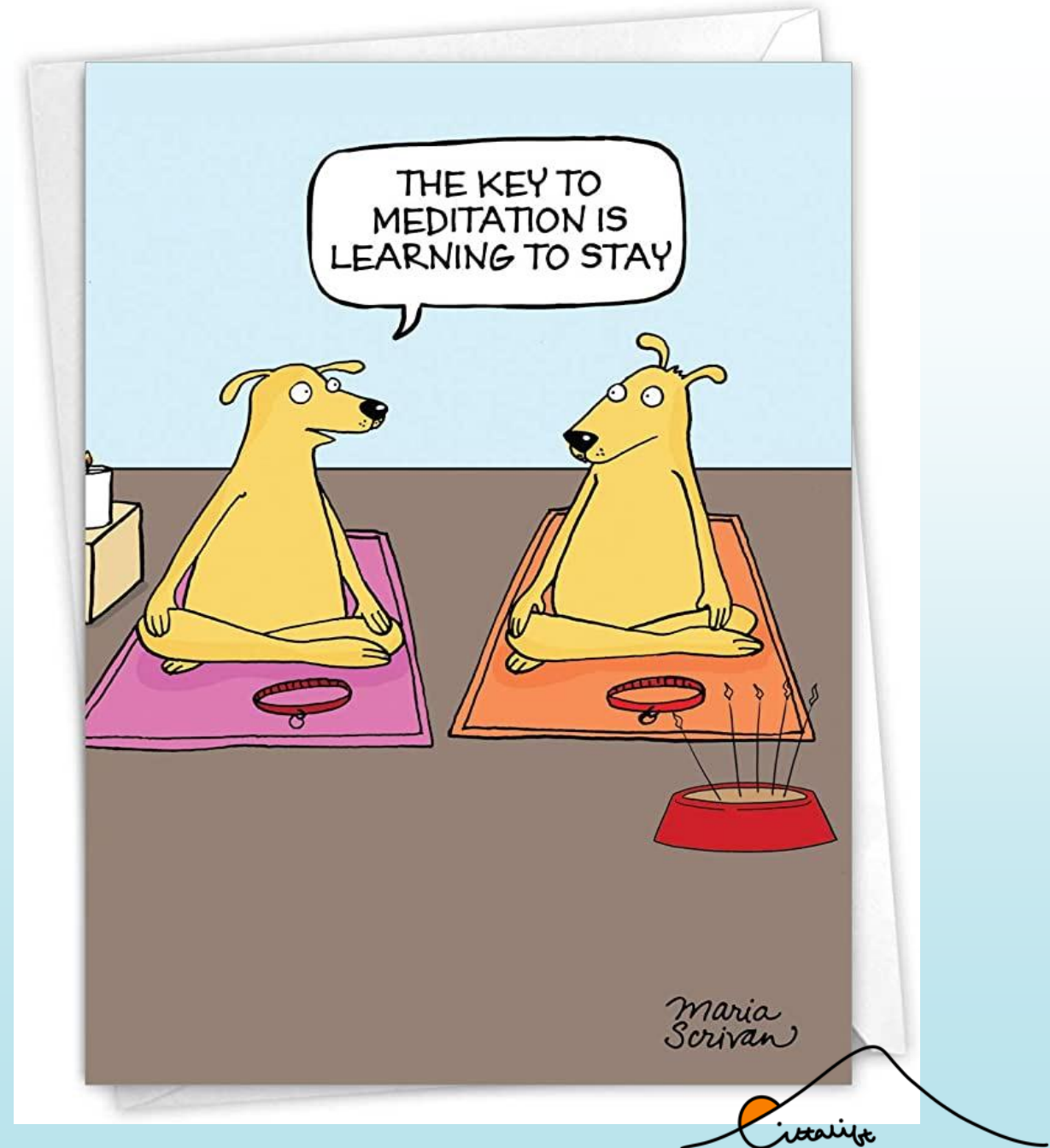
Improves therapeutic presence and cultivates compassion, self-attunement and broader perspective on suffering for strong therapeutic alliance

Better improvements of patients (symptoms reduction and rate of change) treated by meditators than non meditators



Meditation and Mindfulness

- Deliberate training of attention or awareness
- Concentration and mindfulness as partners
- Types of meditation: mindfulness meditation, mantra, loving kindness, visualisation
- **Awakens us to our conditioned mind and impermanent nature of things**
- **Cultivates acceptance and openness -**
->increases our self-awareness and window of tolerance



*"You have within you
unlimited capacities for
extraordinary love, for joy,
for communion with life
and for unshakable
freedom"*

~Jack Kornfield





"Little by little, I'll learn to know
The treasured wisdom of long ago;
And one of these days, perhaps, we'll see
That the world will be the better for me";
And do you not think that this simple plan
Made him a wise and useful man?"

Anonymous



Free Online Midweek Reset
Meditation
Wednesdays, 7.00 to 7.30am
(Adl time)

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Other guided talks and blogs
@ www.cittalift.com



Thank You 

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Cittalift
Lifting consciousness,
awakening together