Mindfulness Practices

MINDFULNESS FOR EVERYONE
Guiding one’s attention to present moment awareness, with curiosity, compassion, intention, and nonjudgment

BUILDING A PRACTICE
- You are the expert in what supports and resources you.
- Start small. Make it accessible.
- 40 minutes a day, according to research yields most benefits
- Start with 2, 5-min practices
- Pair small practices with Habit (ex. Checking email)

HONORING ITS ORIGINS
Before Western science named these practices as evidence-based strategies, East Asian and South Asian peoples nourished mindfulness philosophies, traditions, and practices for over 5,000 years to help their people transcend suffering.

BENEFITS
- Support trauma healing and regulation of stress, emotions, and behavior
- Support for sleep problems & parental stress
- Decrease stress hormones in the body
- Increase immune function
- Decrease provider stress and burnout
- Increase patient-centered care
- Increase empathy
- Reduce implicit bias
- Decrease parental stress
- Improve caregiver-child relationship

PART OF THE STRESS BUSTERS FAMILY OF STRATEGIES

Mindfulness has been identified as one of the 7 evidence-based strategies to address the harmful health effects of toxic stress and promote holistic health.

RESOURCES

Books:
- Thich Nhat Hanh, “The Miracle of Mindfulness: An Introduction to the Practice of Meditation”
- Anusha Wijeyakumar, "Meditation with Intention: Quick & Easy Ways to Create Lasting Peace."
- David Treleaven, “Trauma-Sensitive Mindfulness”
- Deidra Fay, “Attachment-Based Yoga and Meditation for Trauma Recovery”
- Kristen Neff and Christopher Gerner, “The Mindful Self-Compassion Workbook”
- Ruth King, “Mindful of Race”
- Rhonda V. McGee, “The Inner Work of Racial Justice”
- Louanne Davis, “Meditations for Healing Trauma”

Websites:
- acesconnection.com/g/practicing-resilience/collection/self-care-practices
- Anchoring Resilience webinar, free from Lumos Transforms

Apps:
- Liberate (BIPOC)
- Shine (BIPOC)
- AM Mindfulness (TS, COVID)
- Simple Habit (TS)
- Stop, Breathe, Think (TS, COVID)
- Waking Up (TS)
- Insight Timer (COVID)

BIPOC-Diversity of Facilitators
TS-Trauma Sensitive
COVID-Covid specific resources

INVITATION TO A SEATED-PRACTICE: OPTIONS TO PRACTICE PRESENT-MOMENT AWARENESS

- Environment Scan: What do you notice in your environment? (Ex. Temperature, Light, Colors, where your body is in contact with surfaces)
- Body Scan: If accessible, perhaps gently guide your attention from one area of your body (ex. Feet) to another area of your body (ex. Head). What do you notice?
- Mental Chatter Check-in: What thoughts are with you? What would help you meet yourself with more kindness and compassion? What would help you turn down the “volume” of those thoughts?
- Breath Check-in: If accessible, guide your attention to your breath. What do you notice? Would it be helpful to extend your exhales longer than your inhales? Would it be supportive to guide your attention away from your breath?
- Practice noticing with compassionate curiosity
- What’s here?
- Where’s neutrality in my body/environment?
- Where’s safety in my body/environment?
- Where’s comfort in my body/environment?
- Where’s ease in my body/environment?
- Where’s it helpful/supportive/useful to guide your attention?