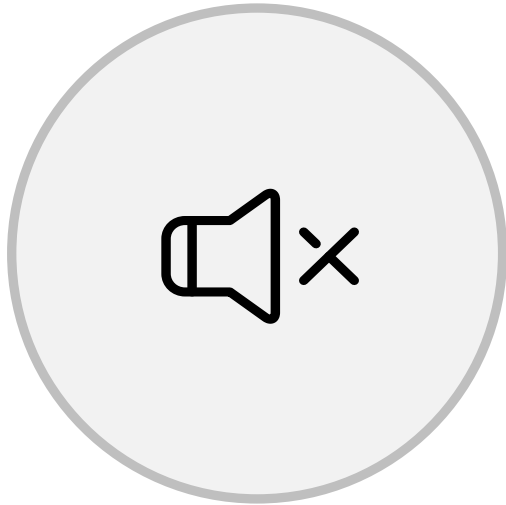


Mindfulness During This Stressful Time

Discovery Session
February 22, 2021
4 PM EST

AIRA Discovery Session



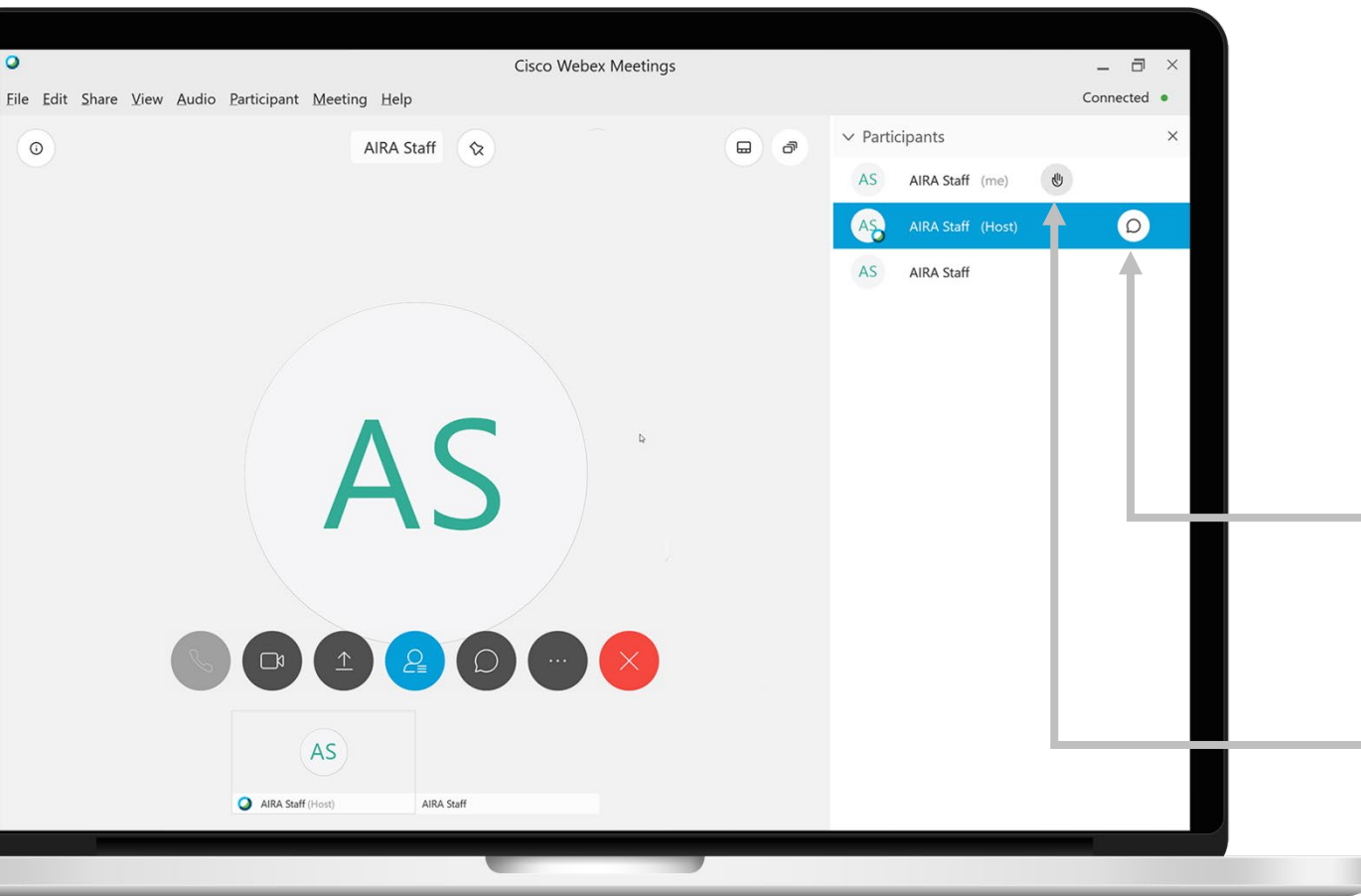
All phone lines
are muted



This meeting is being recorded
and will be posted on the
AIRA repository

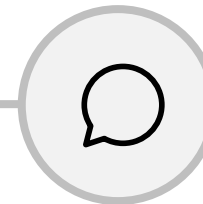


AIRA Discovery Session

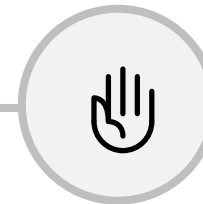


- **How do I ask a question?**

- There will be time allotted for Q&A following each of the updates, to unmute your line **press *6**
- Via WebEx:



Select the chat icon next to the host and type question into the chat box.



Select the hand icon next to your name and you will be called on.



Today's Speaker: Rob Lieblein



Press *6 to unmute your line



Mindfulness During Stressful Times

An Introduction to Practice



Hudson Valley Mindfulness

Presented by Rob Lieblein
AIRA Discovery Session
February 22, 2021

What is Mindfulness?



Mind Full...

or Mindful?

Defining Mindfulness

According to Jon Kabat-Zinn, Mindfulness is the awareness that arises from *paying attention...*

- on purpose
- in the present moment
- non-judgementally



Mindfulness Misconceptions

Mindfulness is NOT:

- Being calm
- The absence of thought, or “emptying the mind”
- Always being in the present moment (ignoring past and future)
- Religion/Mysticism
- A “magic bullet,” or cure-all

Practicing Mindfulness

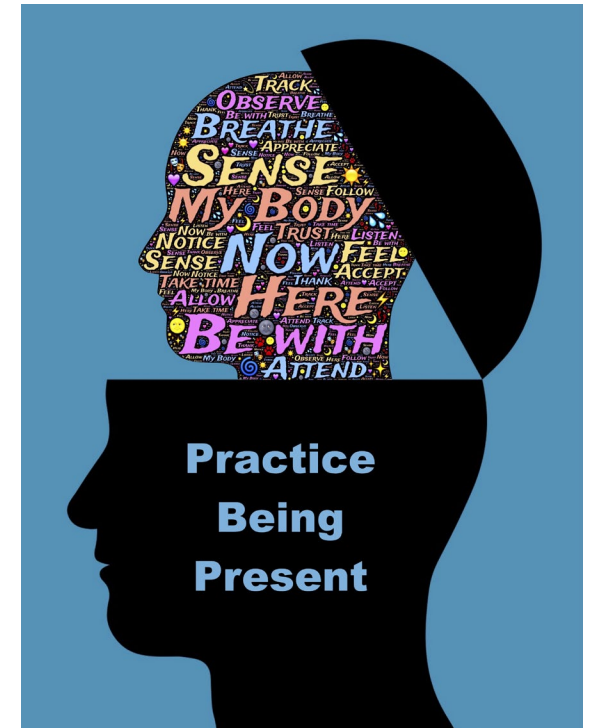
If you can experience it, you can be mindful of it.

Formal Practice Examples:

- Breath Awareness
- Body Scan
- Sound

Everyday Awareness:

- Warmth of the sun on your face
- Sounds present while brushing your teeth
- Sensation in the feet as you walk



“The quality of attention is more important than the object of attention.”

Uncovering Hidden Influences

Experiment: SIFTING the contents of our experience

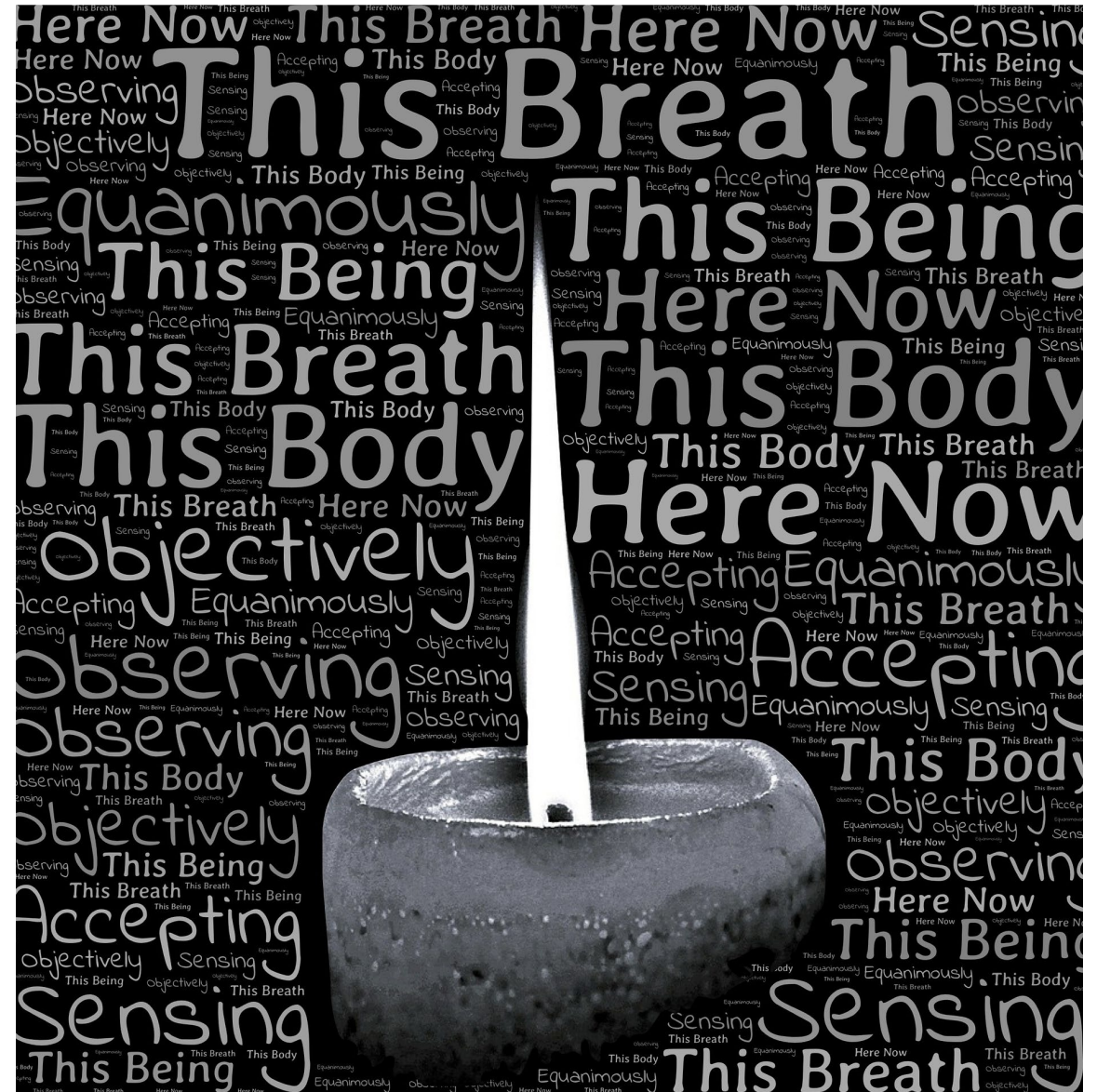
Sensations

Images

Feelings

Thoughts

Practice: Breath as Anchor



The Nature of Mind

Wandering mind? No problem!

1. Notice when your mind wanders
2. Bring awareness back
3. Repeat (over, and over, and over...)



Benefits of Mindfulness

30-plus years of research on mindfulness reveals the following core benefits:*

- Reduced rumination
- Decreased stress & anxiety
- Less emotional reactivity
- Improved focus
- Greater relationship satisfaction
- Increased empathy & compassion
- Strengthened immune system & other health benefits

* American Psychological Association - www.apa.org/monitor/2012/07-08/ce-corner.aspx

Establishing a Personal Practice

- Start small, be consistent
- You'll never "have" time, so make time
- Practice what you like
- Let go of expectations
- Be curious
- Forgive yourself – repeatedly!
- Find support – a buddy, a group, an app, etc.



"You need not leave your room.

Remain sitting at your table and listen.

You need not even listen; simply wait.

You need not even wait; just learn to be quiet

And still and solitary.

The world will freely offer itself to you

To be unmasked. It has no choice;

It will roll in ecstasy at your feet."

- Franz Kafka



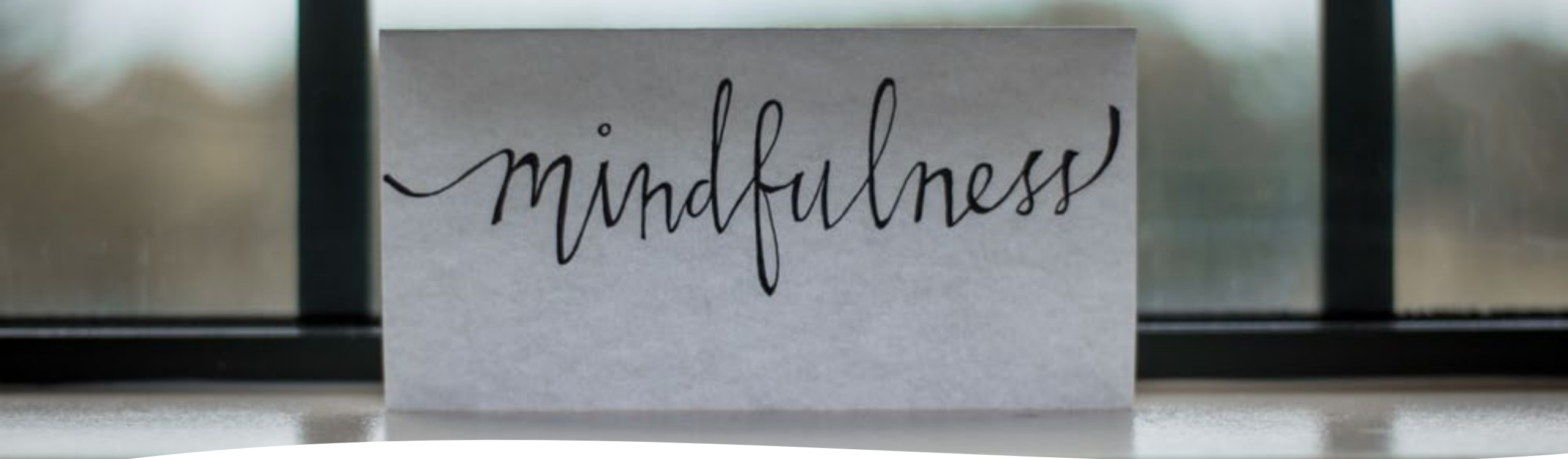
Hudson Valley Mindfulness

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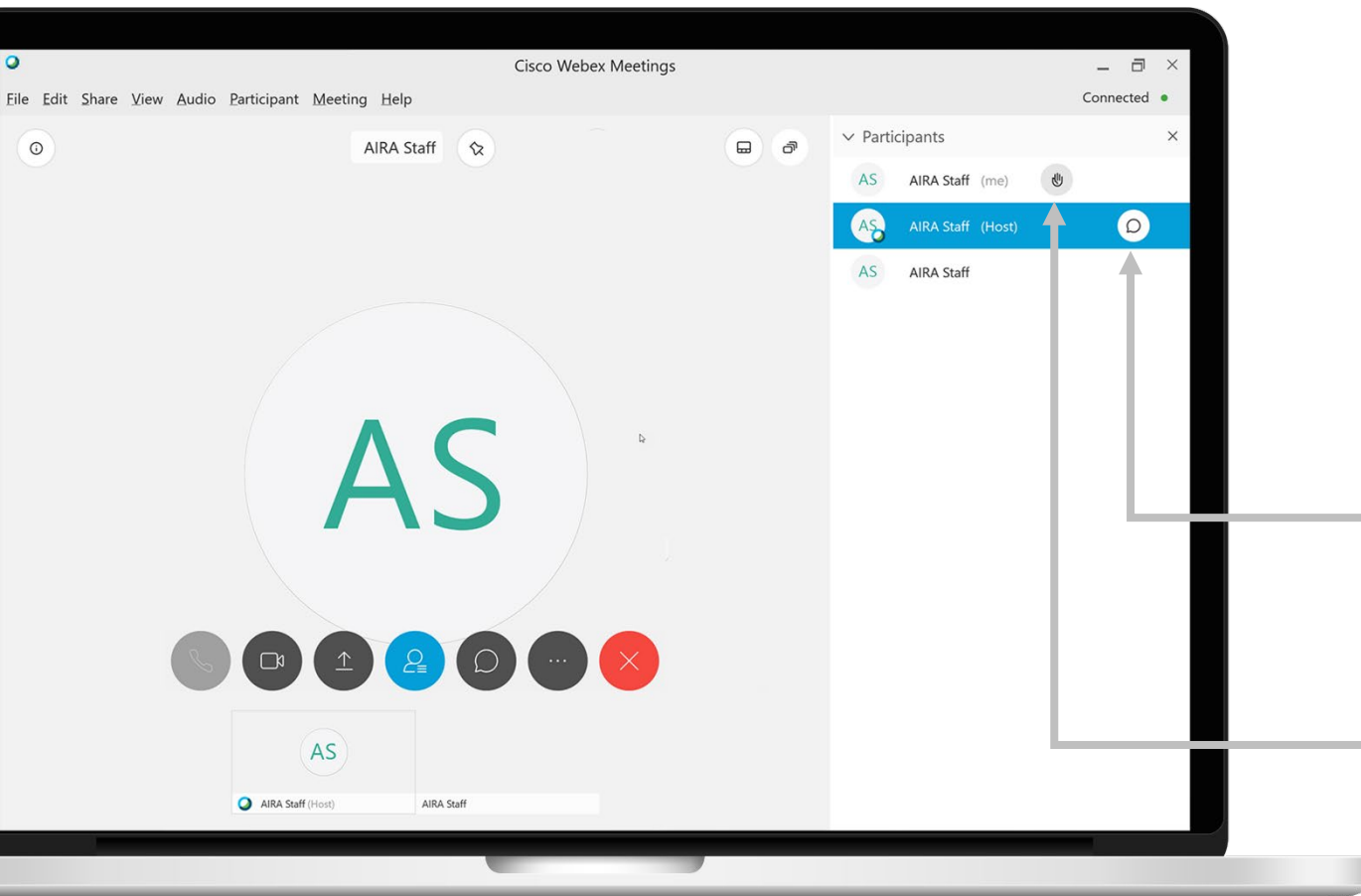


mindfulness

Mindfulness Course

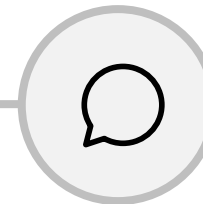
- 8-class mindfulness course
- Dates: TBD
- If you are interested, please fill out a quick online form

AIRA Discovery Session

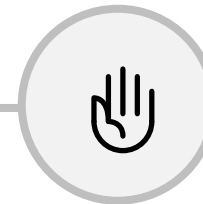


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Thank you to our excellent
speaker & thanks to all of you
for joining us!

A brief evaluation survey will be sent out
following this webinar

The next Discovery Session
will be on March 22, 2021