# 12@12 - Does Mindfulness Matter?

## Slide 1

## **Mindfulness**

## The art of noticing what’s new

## Paying attention to the present moment with openness, curiosity and non-judgemental acceptance

## It’s a PRACTICE

## Slide 2

## **Meta-cognition**

* You are being mindful when you take control of what you focus on
* It’s focusing your attention on your attention
* Watching your thoughts as if you were sitting in the back row of a cinema
* Is training the mind to be where you choose it to be & and noticing when it has strayed

## Slide 3

Slowly count from 1 to 10. Every time you notice your mind has wandered from the task start again at 1.

## Slide 4

**Changing our brain**

* Increases the prefrontal cortex matter - improving focus, decision making, self-regulation, emotional awareness, planning, problem solving and creativity
* Decreases the amygdala, and so our fear and anxiety arousal –improving our calmness and sense of wellbeing

## Slide 5

**Mindfulness Matters to us and others**

* Better listener
* More credible
* More trustworthy
* Better liked
* More open to others ideas
* Less judgemental
* Our work is rated better

## Slide 6

**What gets in our way?**

* Chatter in our brain
  + 60 000 thoughts a day
  + 90% of these are repetitive
* Running on Autopilot
  + Up to 47% of time
  + Assume we know things
* Wandering mind
  + Rehashing past or daydreaming of future
* Multi-tasking

## Slide 7

“Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence.

Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non forgiveness are caused by too much past, and not enough presence.”

Eckart Tolle

## Slide 8

**Mini Mindfulness Re-set Buttons**

Take

* 3 deep breaths (simple)
* Or PLUS – 1st deep breath focus on it relaxing your body, 2nd breath focus on what you’re grateful for right now, 3rd focus on an intention you’ll bring to your task.

STOP

* Stop what you’re doing, Take a breath, Observe – what you are feeling, any body sensations, and what you can see, hear, smell or feel in your environment. Proceed with calmness.

Ground

* Rub your thumb and index finger together. Notice the ridges of your fingerprint. Try it for 10 seconds at a time.
* Or focus on the sensation of your feet on the floor.

## Slide 9

**Mini Mindfulness Re-set Buttons**

Notice

* Each day take an everyday experience and slow down to really notice each part. If it’s cleaning your teeth be mindful of how the toothpaste tastes, the sensation of it on each tooth, etc.

What’s new

* Each day take an everyday experience and slow down to look for new things you hadn’t noticed before. If it’s listening to music listen to space between notes, if its on a walk immerse yourself in the surroundings, or the sensation of the ground.

Twisters

* If you’re about to do some public speaking calm your nerves and fears by spending a few moments repeating a tongue twister.

## Slide 10

**Want to find out more?**

Smiling Mind: [Free Mindfulness App](https://www.smilingmind.com.au/smiling-mind-app) , https://www.smilingmind.com.au/smiling-mind-app

Greater Good in Action:[Mindfulness Practices](https://ggia.berkeley.edu/), https://ggia.berkeley.edu/#filters=mindfulness