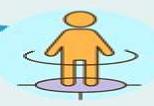
## **BODY SCAN**



Start by sitting or lying down in a comfortable position. Slowly scan your body from head to toe, noticing any sensations or areas of tension.

# MINDFUL BREATHING

Find a quiet place and sit in a comfortable position. Close your eyes and focus your attention on your breath.

# MINDFULNESS



# FIVE SENSES EXERCISE

Identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.



# MINDFUL EATING

Choose a small piece of food, such as a raisin or a slice of fruit Slowly take a bite and savor the flavor, paying attention to the taste and the sensations in your mouth.



Find a quiet outdoor space or a hallway where you can walk without distractions. Notice the sensation of your feet touching the ground, the movement of your body, and the surrounding environment.

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**LL Leslie** 

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Bringing Mindfulness to Your Workplace Jenny Wang & Juliet Adams, 2014-08-02 Has your mind ever wandered during a meeting Would you like to reduce stress and improve focus among your employees Mindfulness training can help Companies such as Google General Mills and the Huffington Post have implemented mindfulness programs and have experienced significant positive results Bringing Mindfulness to Your Workplace by Jenny Wang and Juliet Adams discusses some of the benefits of mindfulness and offers four steps to launching a mindfulness training program for your employees In this issue of TD at Work you will find a definition of mindfulness and how it differs from mindlessness examples of mindfulness activities appropriate for the workplace descriptions of well established mindfulness teaching approaches research findings related to mindfulness a task list for developing your own pilot program questions to ask potential training providers and Neuropsychology of Meditation States Barbara Tomasino, Franco Fabbro, 2017 Neurophysiological and psychological modifications induced by meditation practice have been consistently addressed by neuroscience Training meditation practice induced plasticity Barinaga 2003 Knight 2004 and as a consequence several benefit for mental and physical health Davidson McEwen 2012 and cognitive performance One goal of meditation is to achieve the light of consciousness observing with equanimity the right distance clouds of the mind wandering This Frontiers Research Topic brings together studies from groups of authors whose research focus on neuropsychological systems involved in meditation demonstrating how meditation activates and can modify brain areas cognitive mechanisms and well being **Positive Psychological Interventions** Beyond Weird Contexts: How, When, and Why They Work Llewellyn Ellardus Van Zyl, Marijke Schotanus-Dijkstra, Susana Llorens, Jeff Klibert, Machteld Van Den Heuvel, Claude-Hélène Mayer, Wenjie Duan, Dan Teaching Mindfulness Donald McCown, Diane K. Reibel, Marc S. Micozzi, 2010-03-10 The Tomasulo,2022-11-14 applications and use of mindfulness based interventions in medicine mental health care and education have been expanding as rapidly as the empirical evidence base that is validating and recommending them This growth has created a powerful demand for professionals who can effectively deliver these interventions and for the training of new professionals who can enter the fold Ironically while the scientific literature on mindfulness has surged little attention has been paid to the critical who and how of mindfulness pedagogy Teaching Mindfulness is the first in depth treatment of the person and skills of the mindfulness teacher It is intended as a practical guide to the landscape of teaching to help those with a new or growing interest in mindfulness based interventions to develop both the personal authenticity and the practical know how that can make teaching mindfulness a highly rewarding and effective way of working with others. The detail of theory and praxis it contains can also help seasoned mindfulness practitioners and teachers to articulate and understand more clearly their own pedagogical approaches Engagingly written and enriched with vignettes from actual classes and individual sessions this unique volume Places the current mindfulness based interventions in their cultural and historical context to help clarify

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