

"Present, Not Perfect"

Understanding and Applying Mindfulness in Our Everyday Lives

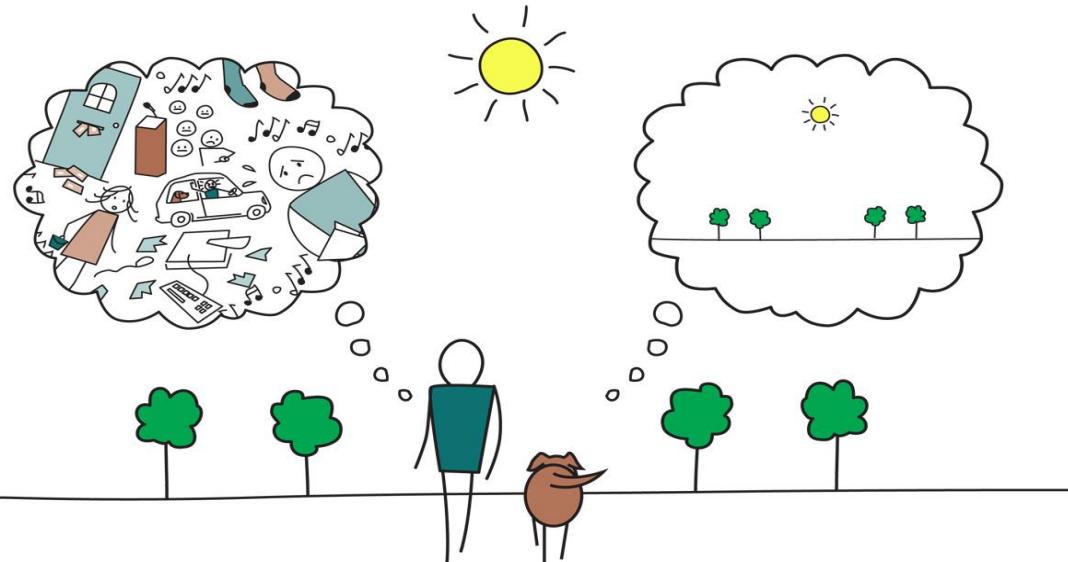




Introductions

- The ParTNers Health & Wellness Center, located in downtown Nashville on the 3rd floor of the WRS TN Tower, welcomes all state and higher education employees enrolled in the State Group Health Insurance Plan.
- The center provides the following healthcare services at no cost to most eligible employees:
 - Sick and injury visits
 - Wellness and preventive screenings
 - Allergy shots
 - Certain immunizations
 - Chronic condition management
 - Employee assistance counseling services
 - Onsite health coaching

Your Turn!



Mind Full, or Mindful?

What brings you here?

What is your experience with
meditation/mindfulness?

What interests you about
meditation/mindfulness?

Mindfulness Check-Up

Have you ever walked into a room in your house to get something and stood at the door trying to remember what, because you have totally forgotten why you are there? It's not that you have just forgotten that's the problem. It's that you spend half your time on autopilot as you juggle all your roles and responsibilities and try to keep track of everything in your head.





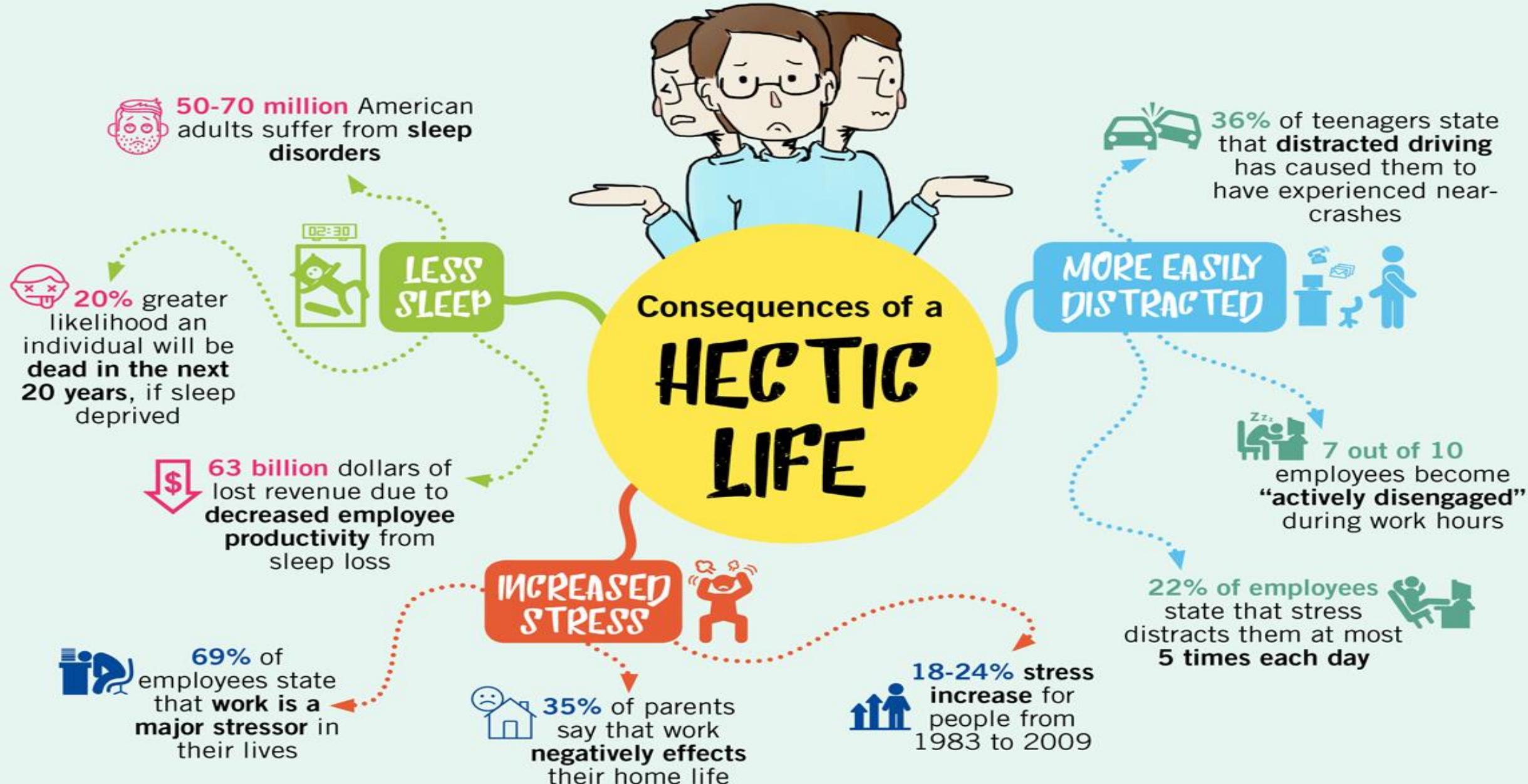
Mindfulness Check-Up

Do you ever feel like you're like the main character in Groundhog Day? Life is full of repetitions, repetitions, repetitions. How many countless times have you shaved, taken the dog out to the bathroom, turned on and off the kitchen light? Driven to work, answered emails, get on conference calls, day after day?

Mindfulness Check-Up



- Do you ever sit down to eat in front of the TV, phone, or some other distraction and look down to see your plate is clean in record time? Sometimes we are so distracted we don't even taste our food, leading us to require more food to feel full and satisfied.



What is Mindfulness?

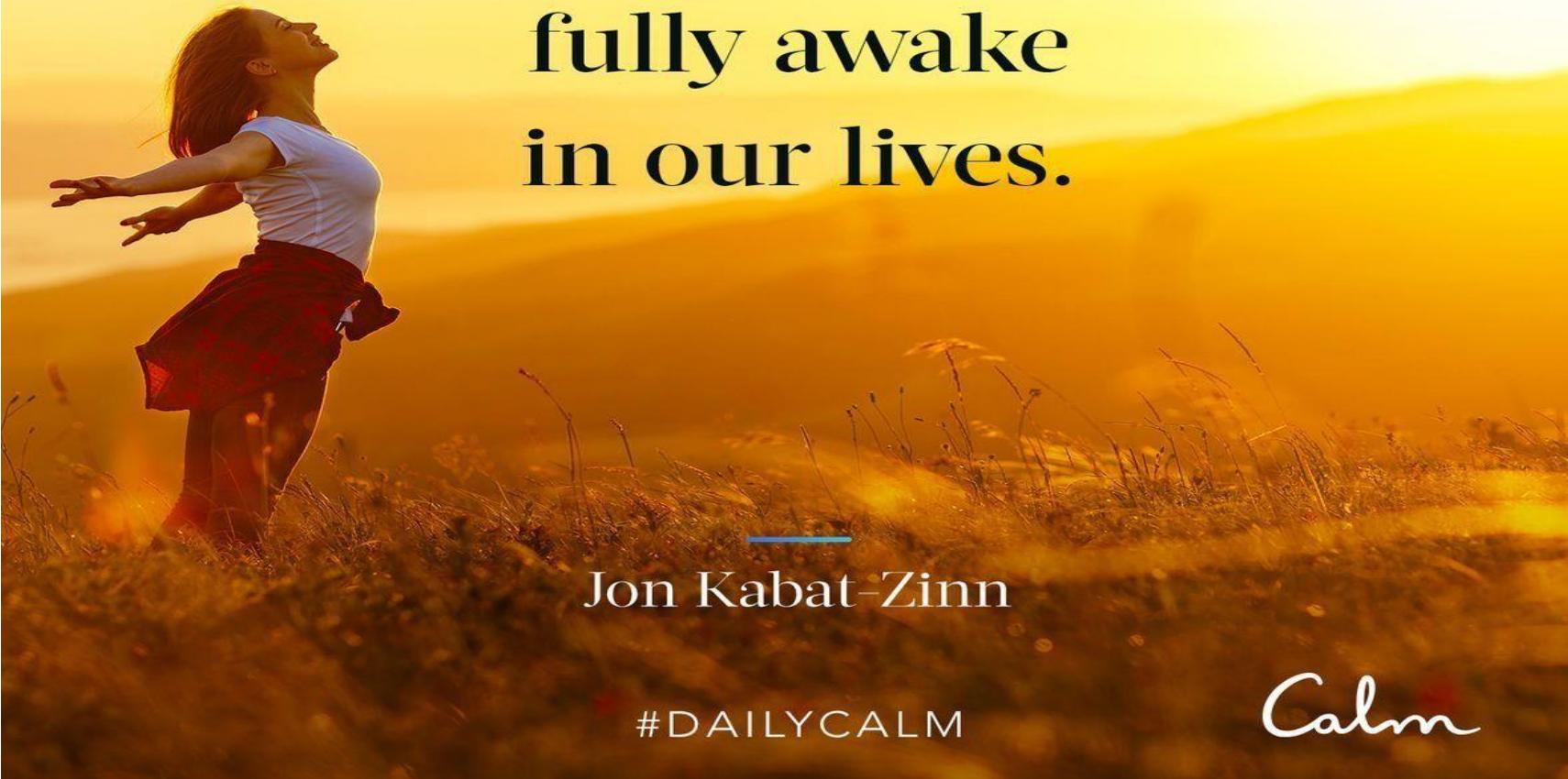
Awareness

Awareness is the knowledge and ability to focus attention on one's inner processes and experiences, such as the experience of the present moment.

Acceptance

Acceptance is the ability to observe and accept—rather than judge or avoid—those streams of thought.





Mindfulness
is about being
fully awake
in our lives.

—
Jon Kabat-Zinn

#DAILYCALM

Calm

Nine Aspects of Mindfulness Practice

1. Being Fully Present
2. Seeing Clearly
3. Letting Go of Judgment
4. Being Equanimous (balanced)

Nine Aspects of Mindfulness Practice

5. Allowing everything to belong

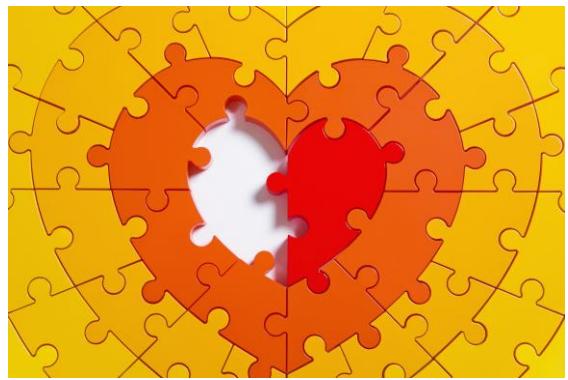
6. Cultivating Beginner's Mind

7. Being patient

8. Making a friend

9. Honoring yourself

Mindfulness Improves:



Relationships



Sleep

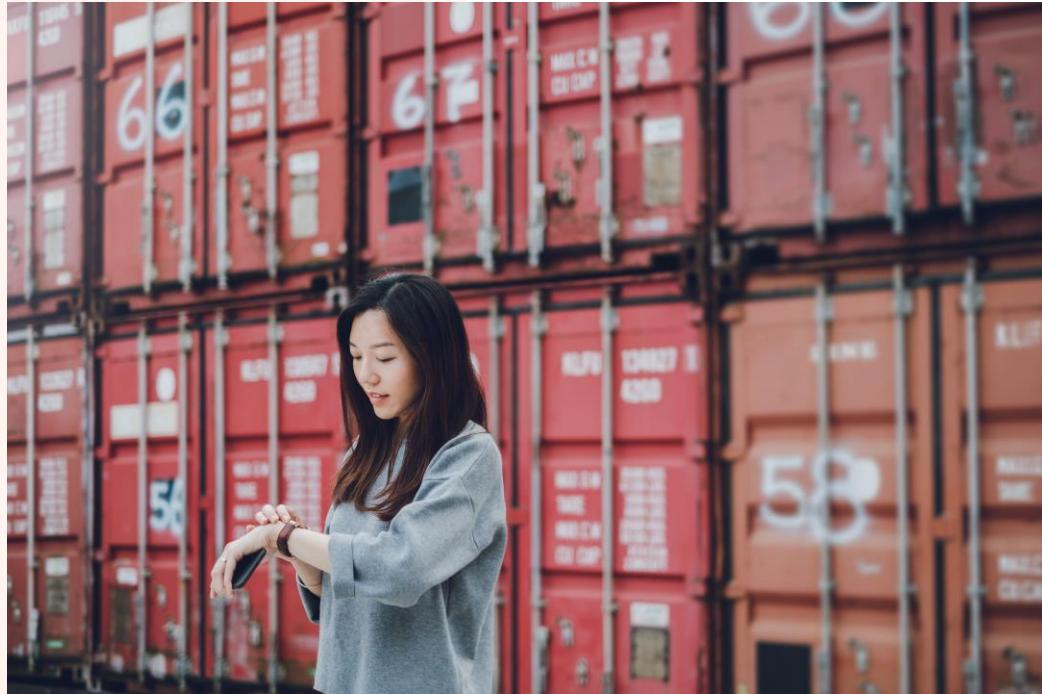


**Work
Performance**



**Mental and
Physical
Health**

Mindfulness Exercise



Waiting is an unavoidable fact of life
Often when we're waiting—in traffic, at the DMV, for our food to arrive---we grow impatient or frustrated. We focus entirely on getting to the front of the line and completing the tasks. In these moments when you have nothing to do but wait, you have a perfect opportunity to practice and encourage mindfulness.

How can I Establish a Meditation Practice?

1. Make time.
2. Create space to practice.
3. Be consistent.
4. Find a friend or family member.
5. Journal.

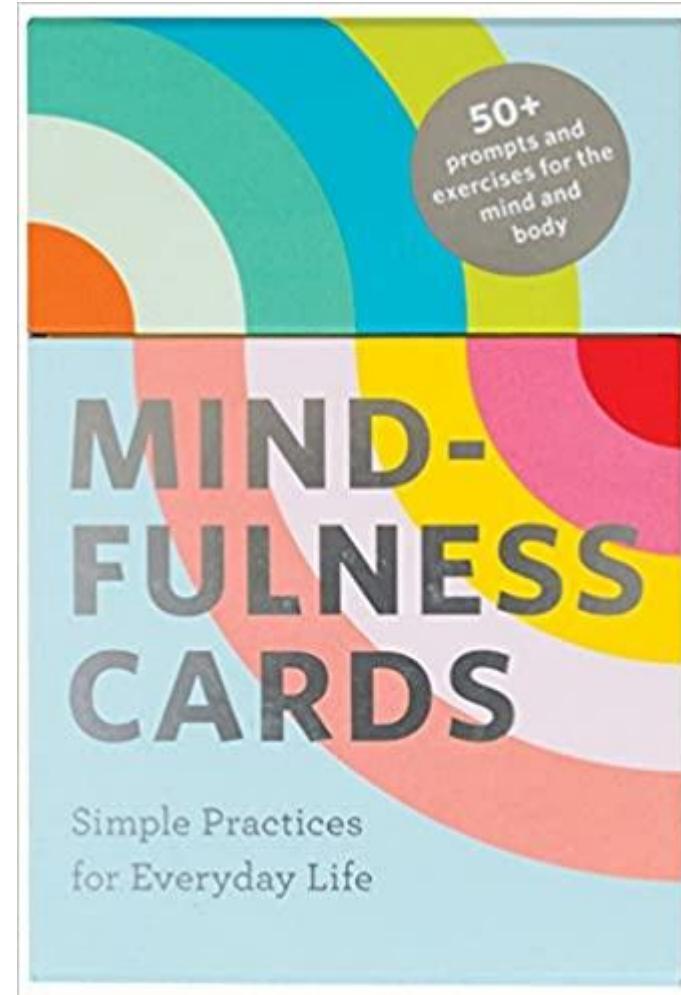
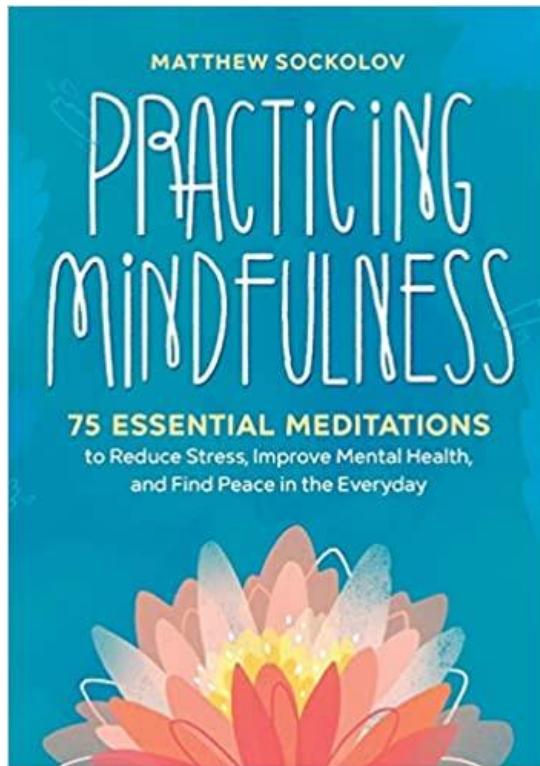




Before you go...

5-4-3-2-1 Exercise

Resources



Questions/Comments?

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