

Feeling Your Feelings: Mindfulness

Coping Skills Class



Feeling Your Feelings: What is it?

Feeling is a skill that helps us strike a balance between sticking and stuffing our feelings.

Sticking

Feeling

Stuffing

Feeling Your Feelings: Sticking

Sticking

Feeling

Stuffing

Sticking is a relationship we can have with our emotions in which we are fused with thoughts and feelings, have trouble letting them go, and believe them to be true.



Feeling Your Feelings: Stuffing

Sticking

Feeling

Stuffing

A relationship we can have with our emotions in which we do not recognize, validate, or allow them to exist, often causing them to build up in the background.



PUSHING AWAY
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...
IT CAN MAKE THINGS MORE DIFFICULT !

Feeling Your Feelings: Feeling

Sticking

Feeling

Stuffing

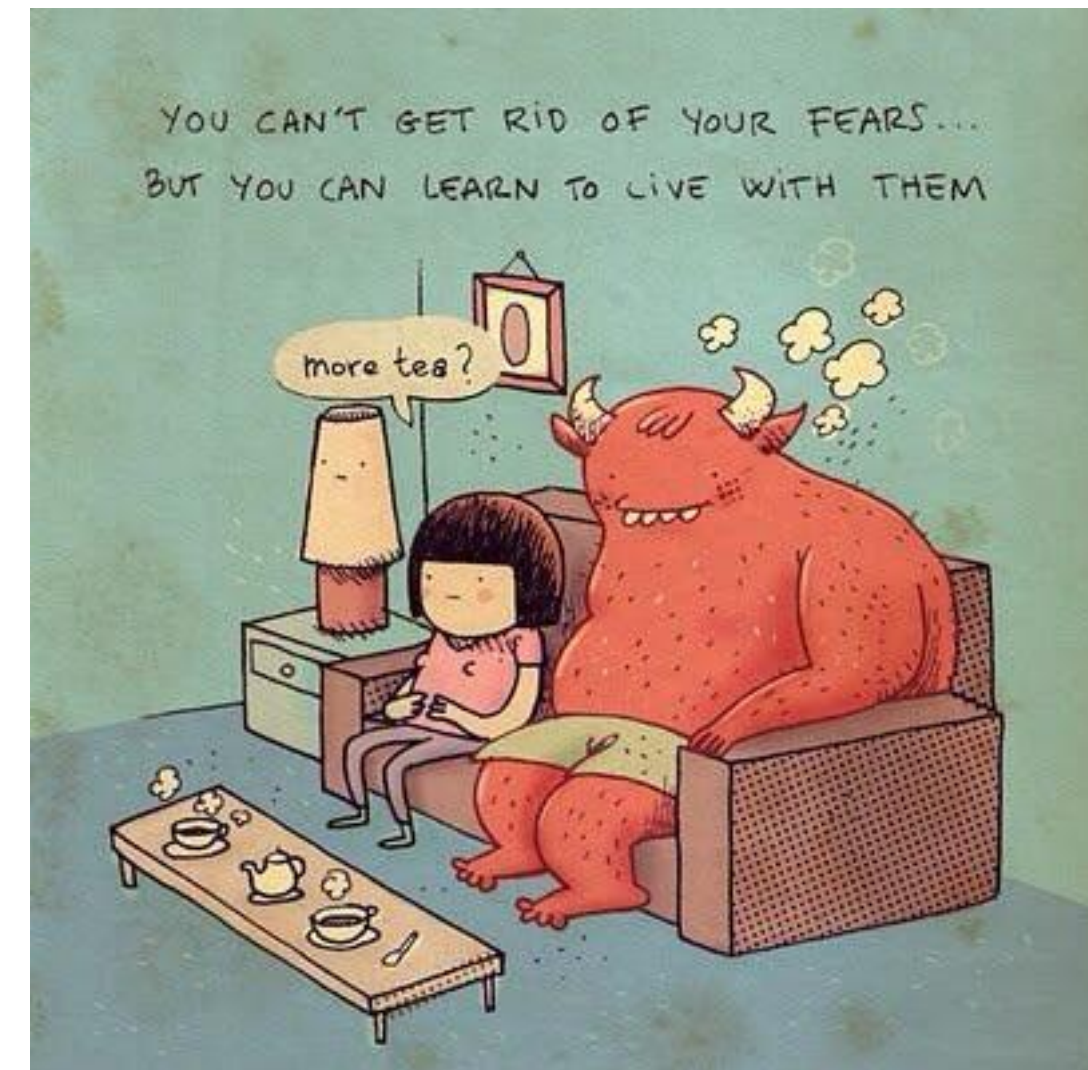
A relationship we can have with our emotions in which we accept them just as they are, without judgement, and with self-compassion.



YOU DON'T HAVE TO LIKE THEM OR WANT THEM..
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING
TO ALLOW THEM TO BE HERE...
SO YOU CAN GET ON WITH
WHAT TRULY MATTERS TO YOU ?



How to Feel: Mindfulness

Mindfulness is a skill and a perspective that captures the principles of feeling. It helps us strike the balance between sticking and stuffing.



“The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experiences moment-by-moment.”

- Jon Kabat-Zinn

Mindfulness: Misconceptions

- Mindfulness means clearing the mind and body of all thoughts and emotions
- If my mind wanders, I'm doing it wrong
- The only way to practice mindfulness is by sitting in silence for hours
- It's a cure-all
- It will always lead to relaxation
- It requires fancy pillows, candles, and other equipment



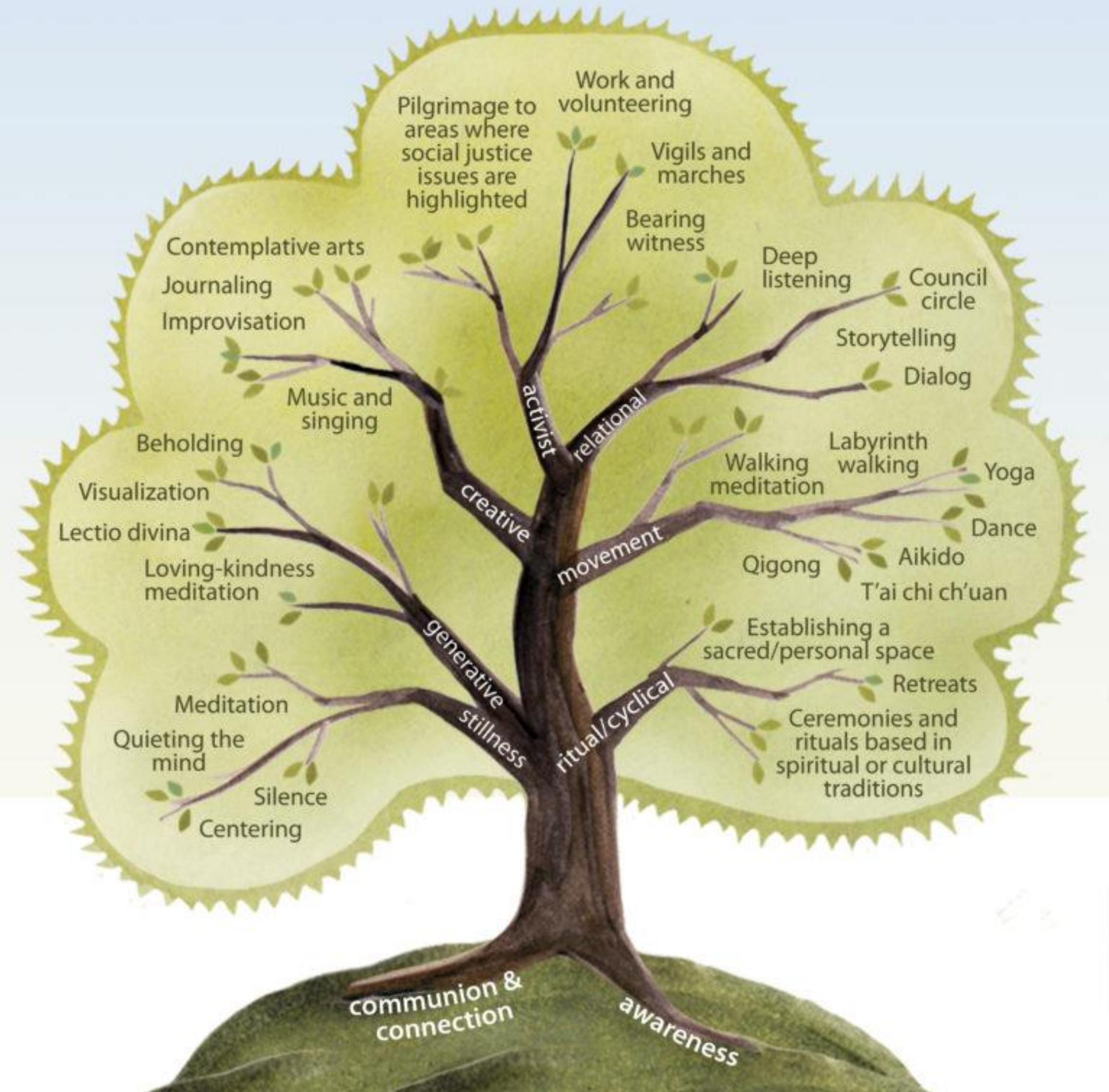
What is Mindfulness, Then?

Being present.

Anytime you are bringing awareness to the present, you are being mindful. That means mindfulness can be done any place, any time, with any activity.



The Tree of Contemplative Practices



Characteristics of Mindfulness

No matter when or where you are mindful, the following principles apply:

Nonjudgment

Nonattachment

Acceptance

Patience

Benefits of Mindfulness



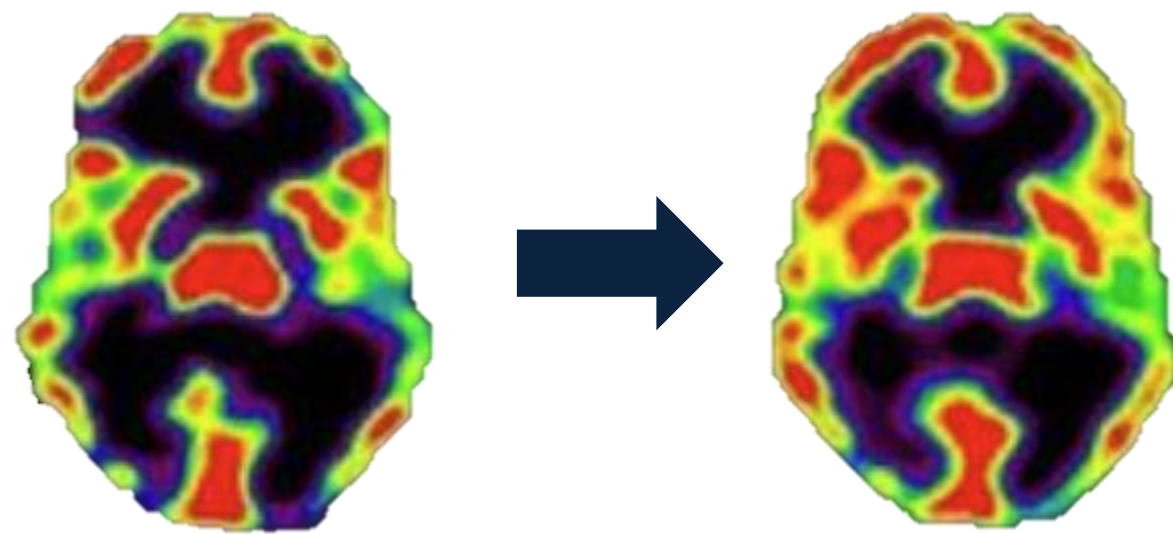
- Reduced rumination
- Stress reduction
- Improved working memory
- Improved focus
- Less emotional reactivity
- More cognitive flexibility
- Increased relationship satisfaction
- Dampened genes in inflammatory response

Studies with Headspace:

- Increased focus 14%
- Reduced depression 46%
- Reduced anxiety 31%
- Increased life-satisfaction 7.5%
- Decreased aggression 57%
- Decreased irritability 27%
- Increased positive emotions 16%

Impact of Mindfulness

Neurostructural changes: increased activity in prefrontal cortex



Before

After

Neuroplasticity: deterioration of old neural pathways, growth of new ones



Apps for Mindfulness



\$70 per year



\$77 per year

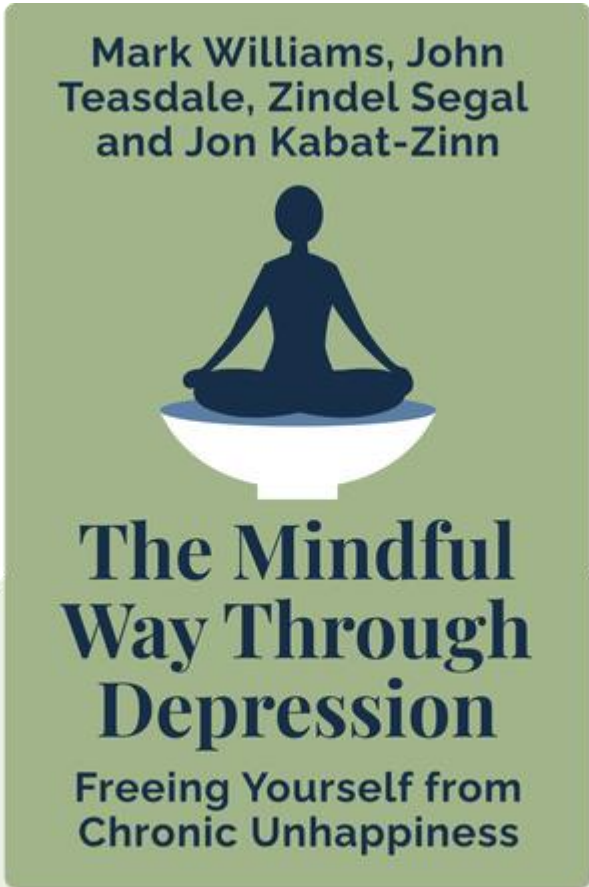
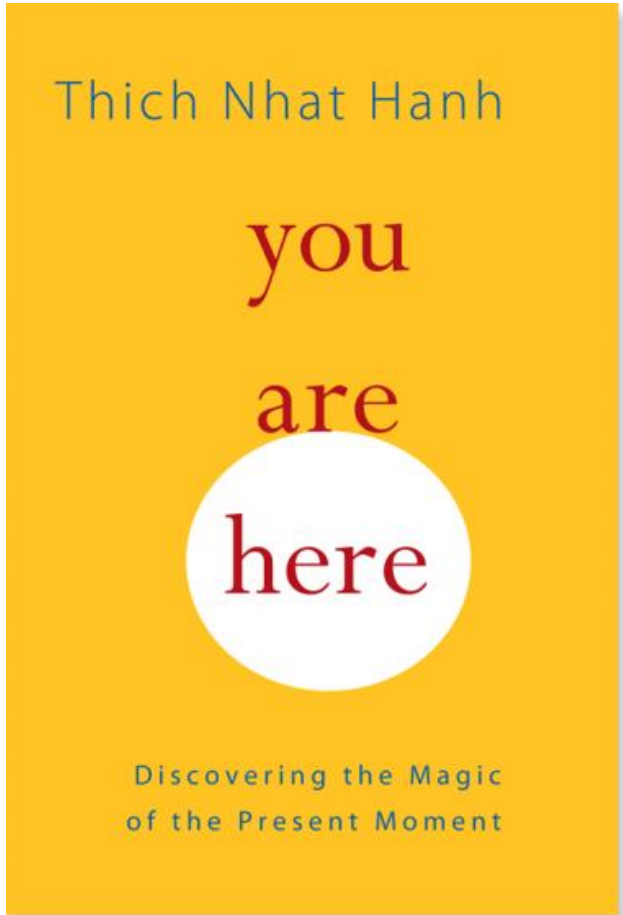
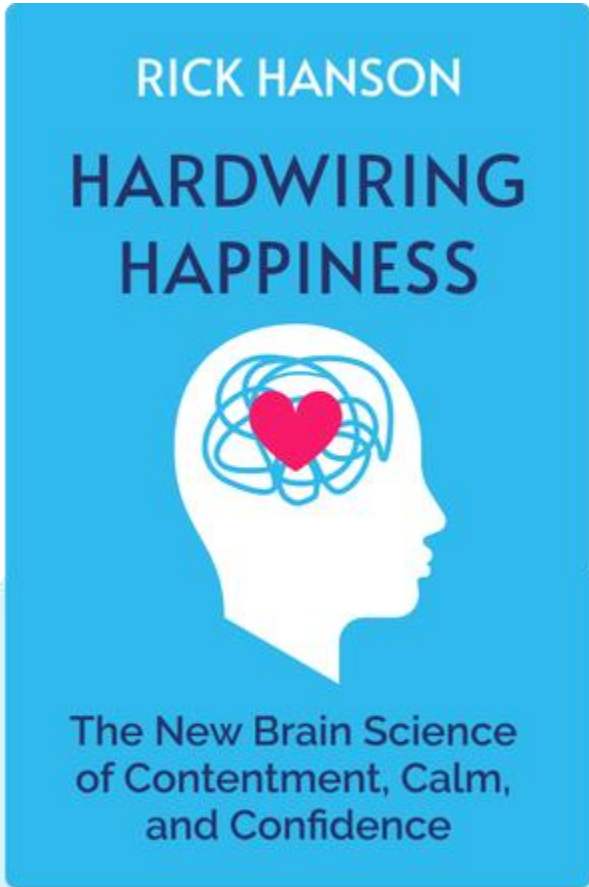


Free!



Free!

Books for Mindfulness



Practice Mindfulness



10-Minute Meditation for focus and relaxation

0:00

9:59



Mindfulness: Make a Goal!!

Pick a particular activity or routine you already engage in every day.

Make a goal to engage in this activity with mindful awareness. Notice when your mind wanders from the task and gently bring it back to the task.

When making goals, consider using the SMART framework.

For the next two weeks,
I will practice
mindfulness when I
drink my first cup of
coffee.

Setting SMART Goals:



Specific

The goal is concrete and tangible - everyone knows what it looks like.



Measurable

The goal has an objective measure of success that everyone can understand.



Attainable

The goal is challenging, but should be achievable with the resources available.



Relevant

The goal meaningfully contributes to larger objectives like the overall mission.



Timely

This goal has a deadline or, better yet, a timeline of progress milestones.