

Mindfulness Practice

Kat Chat presentation by
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Have you ever been in a conversation
and the other person isn't paying
attention?

Have you ever had a thought or
feeling that you kept trying to push
away but couldn't?

Have you ever been so consumed
with your thoughts that you couldn't
enjoy what was going on around
you?

A Brief Challenge

For the next 10 seconds I want you to NOT
think about a polar bear.....

Where you able to do it?

Our minds are really good at
distracting us.

What is mindfulness about?

Based on a Eastern meditation tradition
but is not dependent on any belief or
ideology.

It is about being aware of what is
happening in the present on a moment-
by-moment basis

What is mindfulness about?

It is contrasted with states of mind in which attention is focussed elsewhere e.g. pre-occupation with memories, fantasies, plans or worries, and behaving automatically without awareness of ones actions.

It includes a sense of approaching all experience with openness and kind curiosity, rather than avoiding difficult experience or judging them or us.

Mindfulness Meditation

Mindfulness is NOT:

- Positive thinking
- A relaxation technique
- Going into a trance
- Trying to blank your mind

Mindfulness is essentially experiential - we practice it

- Formal practice – meditation e.g. bodyscan, mindful movement, sitting practice, breathing space
- Informal Practice – awareness of body sensations, thoughts, emotions and sensory input during daily life. Practiced in ordinary activities like eating, washing brushing teeth

'Being' vs. 'Doing'

Striving vs. Non-Striving

Avoidance and Approach vs Acceptance

Thoughts as 'real' vs. Thoughts as thoughts

Living in the past and future vs. Living in the present moment

Indirect experience vs. Direct experience

Automatic vs. Intentional

Resources

<http://www.mindful.org/resources/>

http://www.actmindfully.com.au/free_resources

<http://psychology.tools/mindfulness.html>