

Mindfulness and Health

What is mindfulness and meditation?

Why do we need it?

What are some types of meditation?

What is mindfulness meditation?

A set of techniques that are intended to encourage a **heightened state of awareness**

and **focused attention.**

<https://www.verywellmind.com/what-is-meditation-2795927>



Meditation isn't about becoming a different person, a new person. It's about training in *awareness* and getting a *healthy sense of perspective*.

You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

Meditation **is not passive**. It takes effort.

Meditation **is not time consuming**. Needs only little moments.

Meditation **is not difficult or easy**. The only hard part is remembering.

<https://www.headspace.com/meditation-101/what-is-meditation>

Why do we need mindfulness?

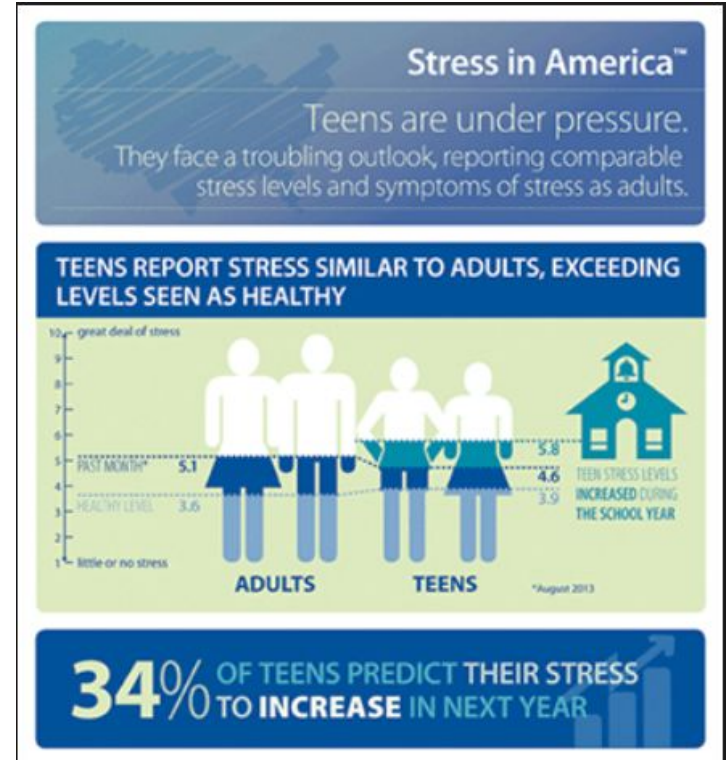
Life is stressful.

Schools are stressful (think of all the testing!)

Friends and family can induce stress.

And then there's the **media culture** that relentlessly hijacks the attention of teens! (turning friends against each other, bullying, creating fear, reinforcing prejudices!)

Teens are stressed!

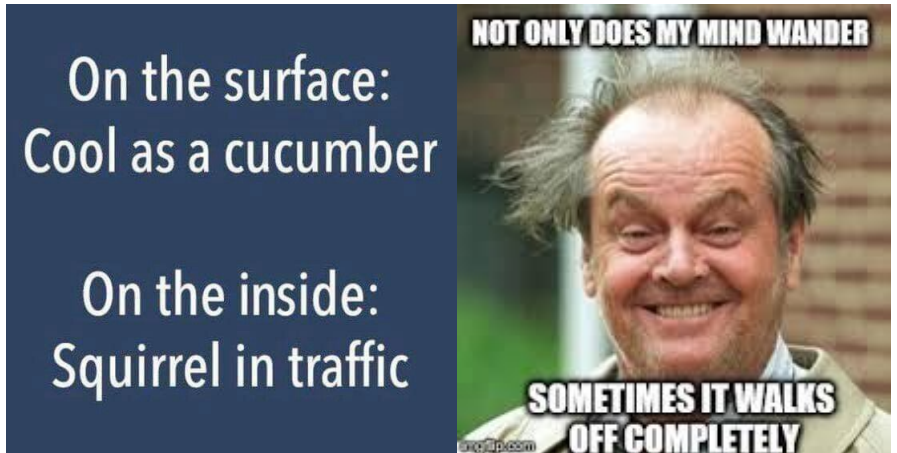


A Harvard Study

A study at Harvard found that people spend **46.9 percent** of their waking hours thinking about something other than what they are doing.

This kind of mindlessness is the norm, as the mind spends its time focused on the past (in regret mode), the future (in worry mode), and trying out *should have's* and *what if's*.

The study also found that allowing the brain to run on auto-pilot like this can make people unhappy. “A wandering mind is an unhappy mind,” the researchers said.

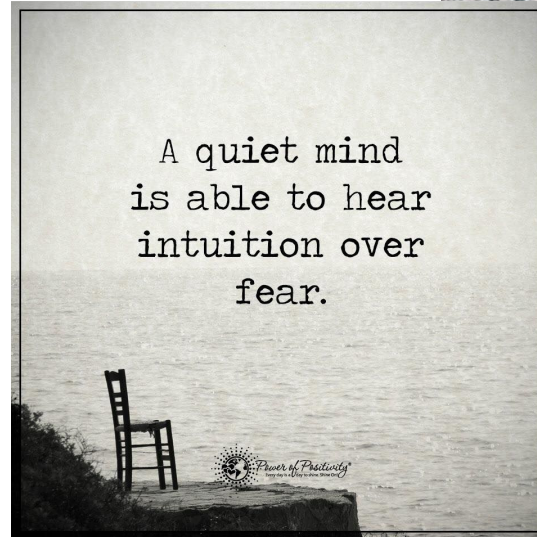
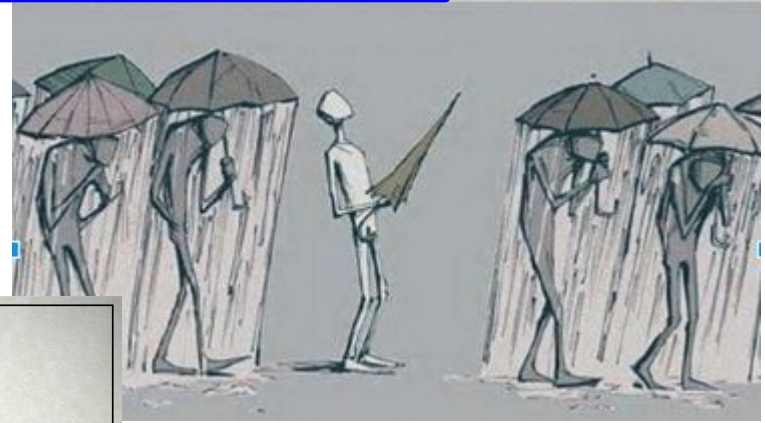




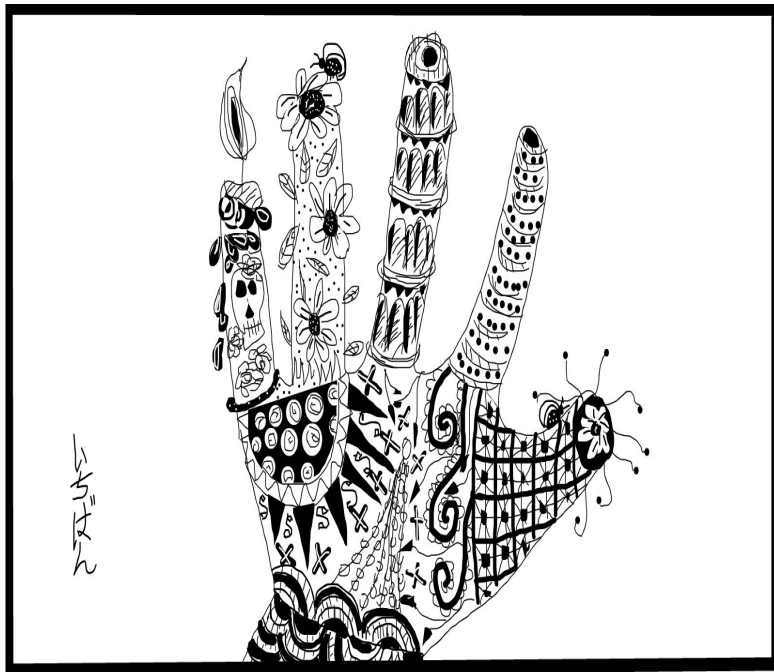
<https://youtu.be/-yJPcdilEKI>

What are some types of meditation/mindfulness?

- Zentangle
- Mindfulness
- Breath Awareness
- Loving-kindness
- Visualization
- Walking Meditation
- Guided Meditation
- Mantra-based
- Binaural Beats



Zentangles



Beginner's Guide to Zentangles

Video by the ART gEEK

Mindfulness

Focusing one's awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts, and bodily sensations.



Some Examples:

- Slowly **eat a raisin** while noticing how it feels and the sensations in your mouth.
- **Look at your hands**. Visualize and feel all that they are (skin, bones, muscle, veins, atoms, subatomic particles, energy)
- Close your eyes and **listen**. Identify and welcome sounds.
- After a few deep breaths, try to **sink deep** into your mind and acquaint yourself with the thinker of your thoughts.

Breath Awareness

Focusing on pace and depth of inhalation and exhalation. Builds awareness of thoughts, feelings, and sensations.

Controlled breathing tells the body that all is well. Calms nervous system and slows body stress response.



Example:

1. Find a relaxed, comfortable position.
2. Notice and relax your body. (Notice where you are touching the ground and/or the chair. Notice any pains, tension, or other sensations.)
3. **Tune into your breath**. (Notice the in and out. Notice where you feel the breath in your body...nostril, throat, chest, etc...)
4. Be kind to your wandering mind.
5. Stay for a few minutes
6. Check in (notice your body) and offer yourself appreciation.

Loving-kindness

Focusing on and sharing loving light and thoughts.



Example:

1. Sit comfortably, take a few deep breaths and try to feel a loving light within.
2. Say to yourself:
May I be filled with lovingkindness.
May I be well in body and mind.
May I be at ease and happy.
See yourself as each of these.
3. Choose a person dear to you. See them in loving light and wish them the same.
4. Choose others, people or groups, friends or enemies. See them in loving light and wish them the same.

Visualization



Using mental imagery to enhance state of mind. Using mental rehearsal to train the involuntary nervous system.

Some Examples:

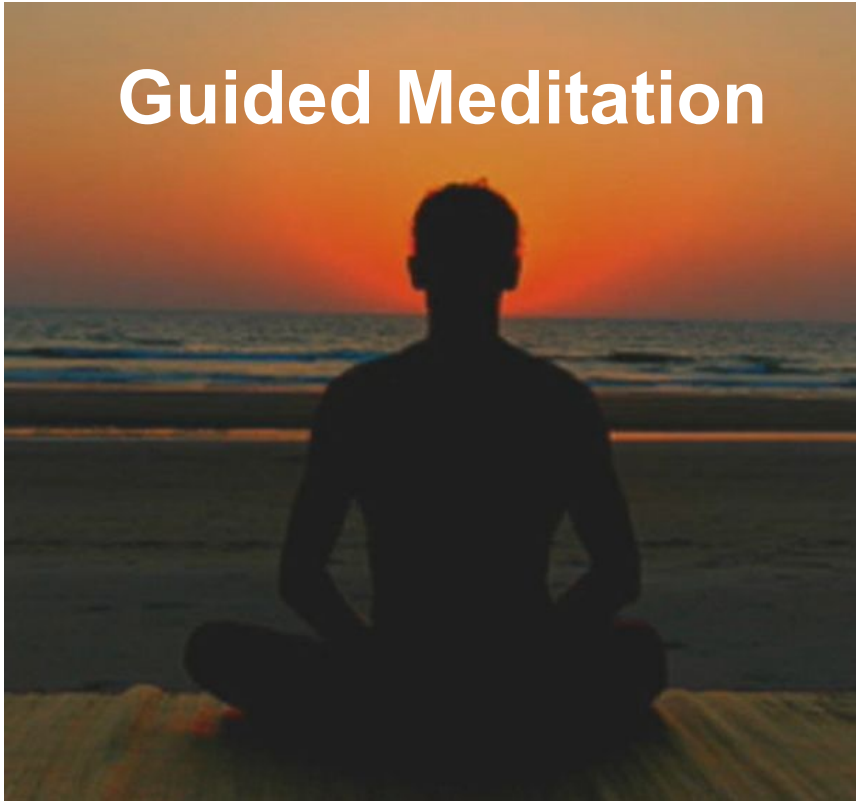
- With eyes closed and mind calm, **mentally visualize** a performance.
- While relaxed with eyes closed, visualize a stressful situation and **mentally practice** a happy, problem-solving response.
- With eyes close, breath into a painful area of your body. Feel the pain, relax the area of the pain, wrap it with healing light, and **mentally see** the pain lessen.
- Visualize a loved one who is in distress. Send her thoughts of loving kindness and **visualize her relief**.

Walking Meditation



- As you walk, notice how your body feels.
- Pay attention to how your legs, feet and arms move.
- Feel the contact of your foot as it touches the ground, and the movement of your body as you move into your next step.
- If you become lost in thought, use the next step as an opportunity to start over.
- Now using your sense of sight, look around and try to notice every detail.
- Using your sense of smell, notice any aromas or scents.
- Are you able to notice any tastes as you walk? Can you taste the air?
- Using your sense of touch, notice the solidity of the earth beneath your feet.
- With openness and curiosity, notice any sensations, thoughts or feelings that arise, without lingering on anything in particular.

Guided Meditation



https://www.youtube.com/watch?v=w_bmCKMrLYs

Binaural Beats Relaxation Meditation



https://www.youtube.com/watch?v=VsICY_CbQQ4



2bpresent.com

**"The thing about
meditation is: You
become more and
more you."**

David Lynch