

# Incorporating mindfulness into your working day

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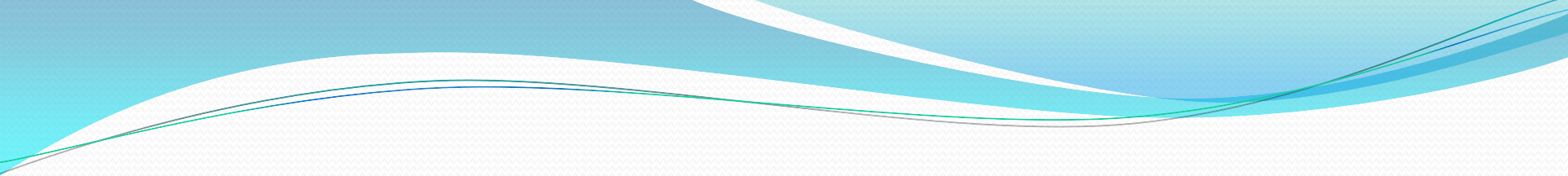


- What is Mindfulness?

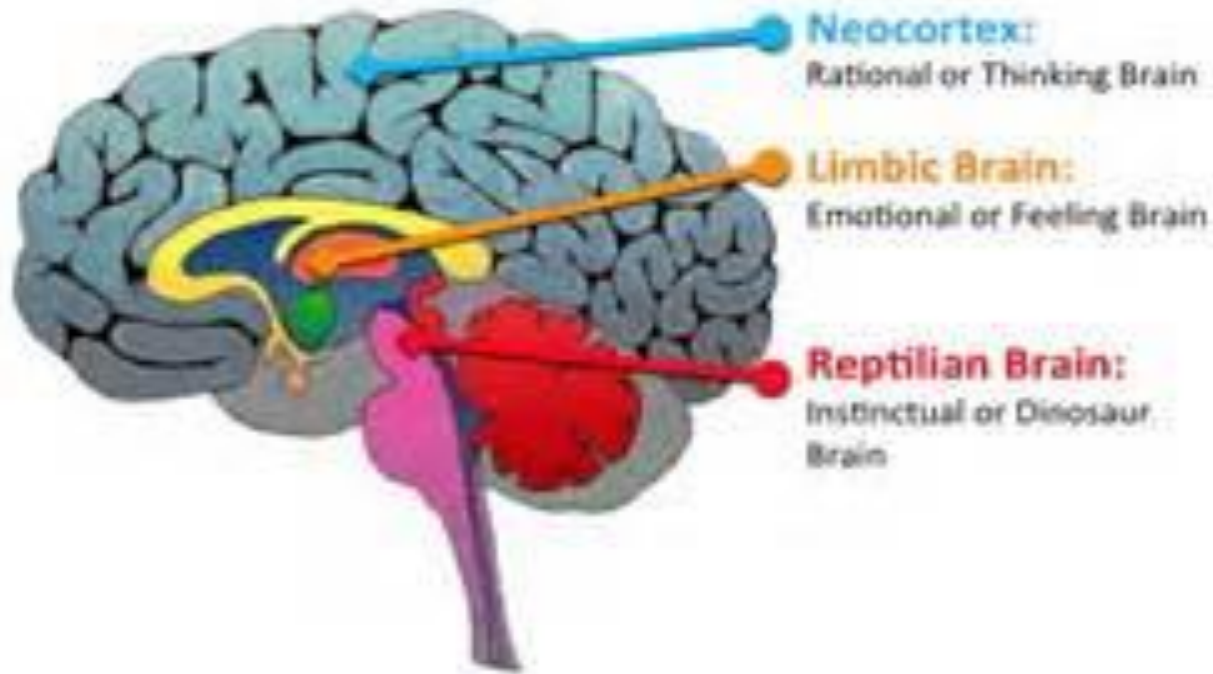
Mindfulness is the returning of our attention to what we are doing in the present moment-Attention links thoughts-emotions and physiology

As you practice mindfulness you become more able to focus on your emotions, feelings, and sensations in a non judging way.

Mindfulness helps reduce stress, anxiety and conflict and helps improve relationships and communication within the work place.

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- Merging of Eastern Philosophy and Western Neuroscience.
  - 1970's Jon Kabat Zinn (MD) Mindfulness-Based Stress Reduction.
  - Padraig O'Morain Ireland –Mindfulness on the go.
  - Practicing mindfulness impacts on the individual as well as those around them.
  - Current times used in many different areas  
:Corporate/Schools/Healthcare....
  - Different ways of practising the mindfulness-long meditative-8 week programme-short exercises.

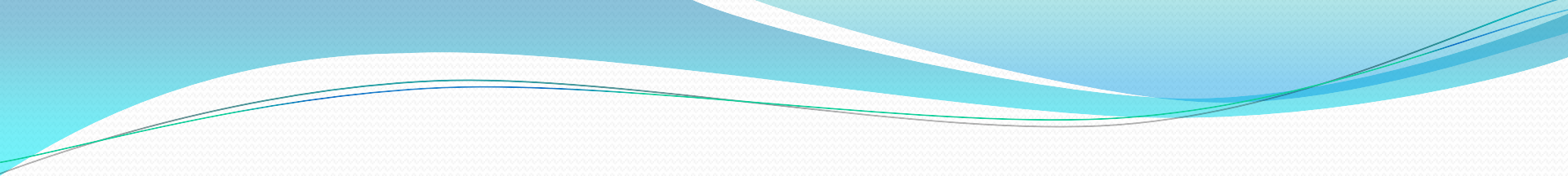
To understand how mindfulness works one must look at the brain-its structures and functions

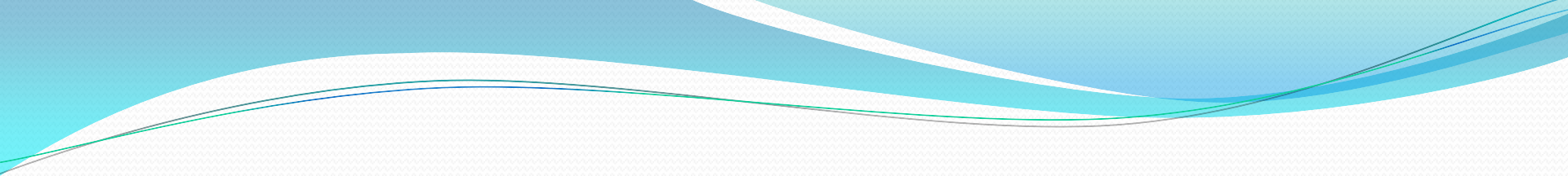


- **Primitive Brain:** made up of the reptilian brain and limbic system
- Works on autopilot - unconscious...deals with routine and needs little energy so acts quickly
- **Neo-cortex Brain:** Higher Brain - logic, reasoning, abstract...
- The brain has evolved to minimise threats
- Spends more time looking for risks or potential harm (High Alert)

# Fight-Flight-Freeze response

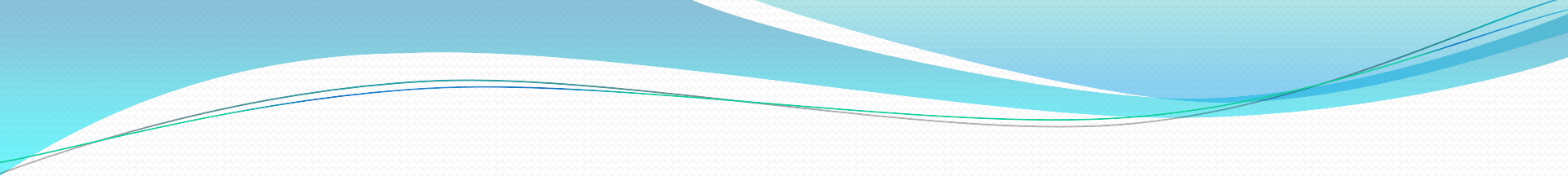


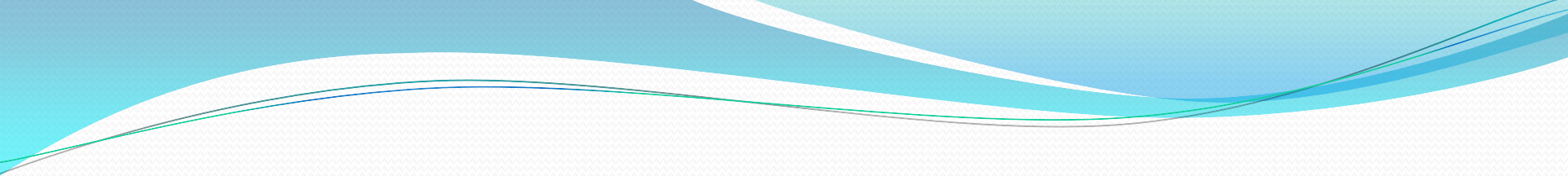
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- When we perceive a potential threat – powerful hormones – increased physiology heart rate BP...immune system, concentration and focus
  - Primitive brain takes over...
  - Heightened alert state-
  - Now days - causes of alert : Technology /Job Interviews-Budgeting-Boss-Employees-Presentations-Performance.....



These are the 4 subpersonalities that can influence the primitive brain –

- Critic ?
- Worrier ?
- Victim ?
- Perfectionist ?

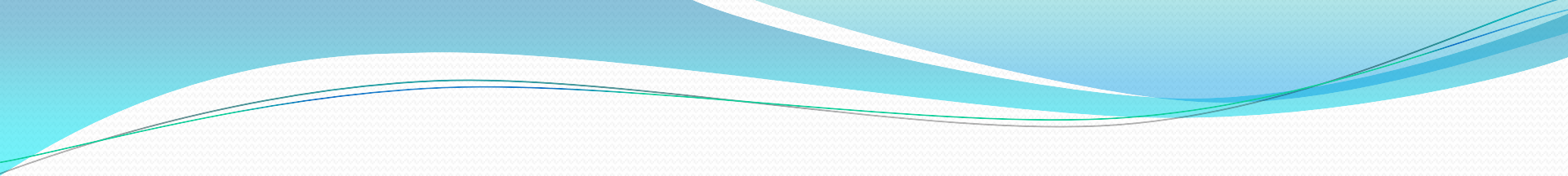
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- Mindfulness helps one to spot the self blame or self critic and allows you to challenge these thoughts.
  - It helps you to step out of the spiral of ruminating thoughts and into the present moment.
  - Feelings of anxiety may be arise from stressors such as deadlines or attending meetings. Sometimes we can try to avoid such feelings by using unhealthy behaviours like working harder longer hours, drinking, smoking, poor eating habits, skipping meals....
  - Perhaps reflect today how you deal with anxiety for a moment-with kindness and without self criticism....

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- Mindfulness helps one to approach the difficult emotions in a gentle and tentative way and in a self-compassionate way.
  - Examining the emotion and searching where you feel it in the body physically?
  - Noticing and paying attention to the strong emotions can give one a sense of control over them, owning them
  - They may be part of you but not all of you and you are human.



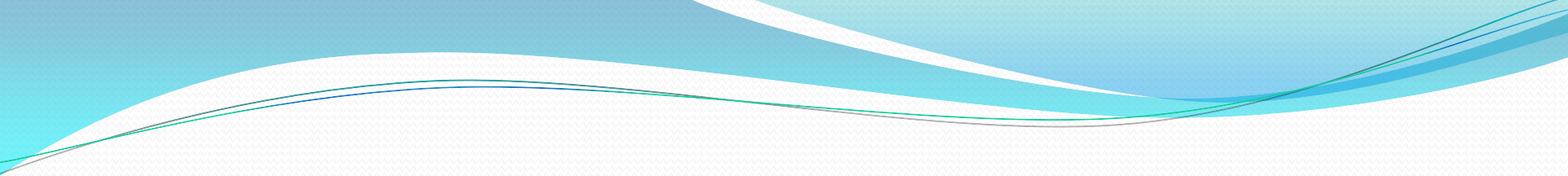
## How to be more mindful -Individual

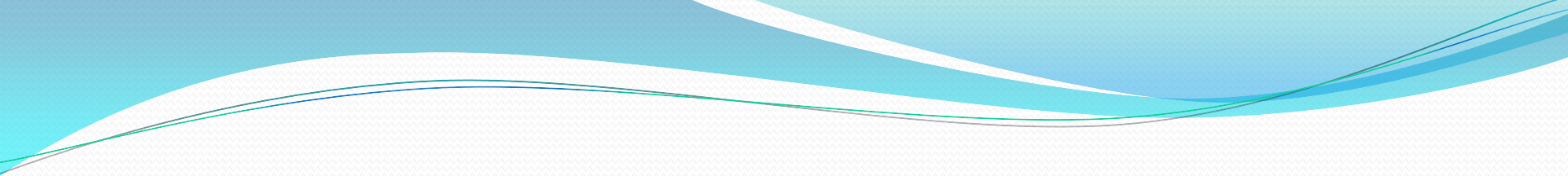
- Intention
- Hit that snooze button and practice a mindfulness breathing exercise-begin your day in a calm and caring way.
- Shower, use your senses: Notice -water-heat-touch-smell
- Eating: How do you eat?, where? and when?
- Driving
- Walking
- Journey to work/breaks

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- Practice listening to others –bring your attention to the conversation
  - Before each task –practice a short mindfulness exercise computer/emails/calls/meetings....
  - One task at a time: A recent study found that multitasking leads to as much as a 40% drop in productivity and increased stress.(Bergman,2010)
  - Being mindful how often you check your Emails /Phone/ Computer (How many tabs are open?????)
  - Be mindful of when you have most energy and carry out most important task in that space

## As an organisation

- Intention
- Room or area designated for mindfulness/relaxation
- Before , after meetings and during meetings
- Posters and reminders –Mindfulness quote for the week
- Organising Mindfulness Talks

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- Mindfulness is a technique for your tool kit
  - Experiential –Subjective
  - Attention/Attitude/Intention  
**Practice Practice Practice**
  - Practicing Mindfulness can impact on others around you
  - Encourages and supports Reflection and change
  - Improves health and well-being

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- Remember –You have the choice on how you respond to many challenging situations in the work place. Choosing how you respond can be empowering and enabling.
  - To be human means to be imperfect.....  
Kristin Neff (Self-Compassion)

## **Body Scan Exercise**



Thank you  
for your attention

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