

Mindfulness for Resilience and Wellbeing in the Workplace

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Intentions

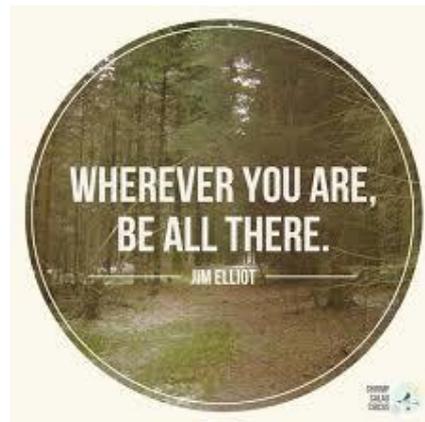
- to explore the concept of mindfulness and the evidence base
- to understand the benefits of mindfulness for individuals, teams and organisations
- to experience some basic mindfulness exercises
- to signpost participants to additional resources and courses.

What is Mindfulness?

Mindfulness can be defined as:

‘Being present in the moment without preference or judgement’

When was the last time you were fully present?

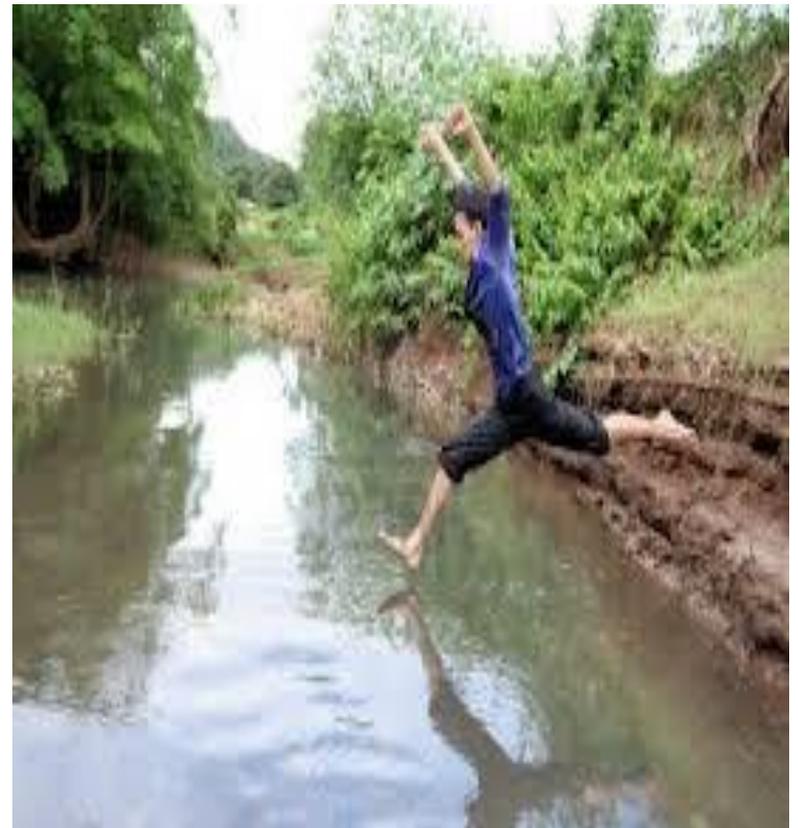


‘Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.’

Viktor E Frankl

**Holocaust survivor and author of
*Man’s Search for Meaning***

Sitting on the riverbank



Recognising the unsettled mind



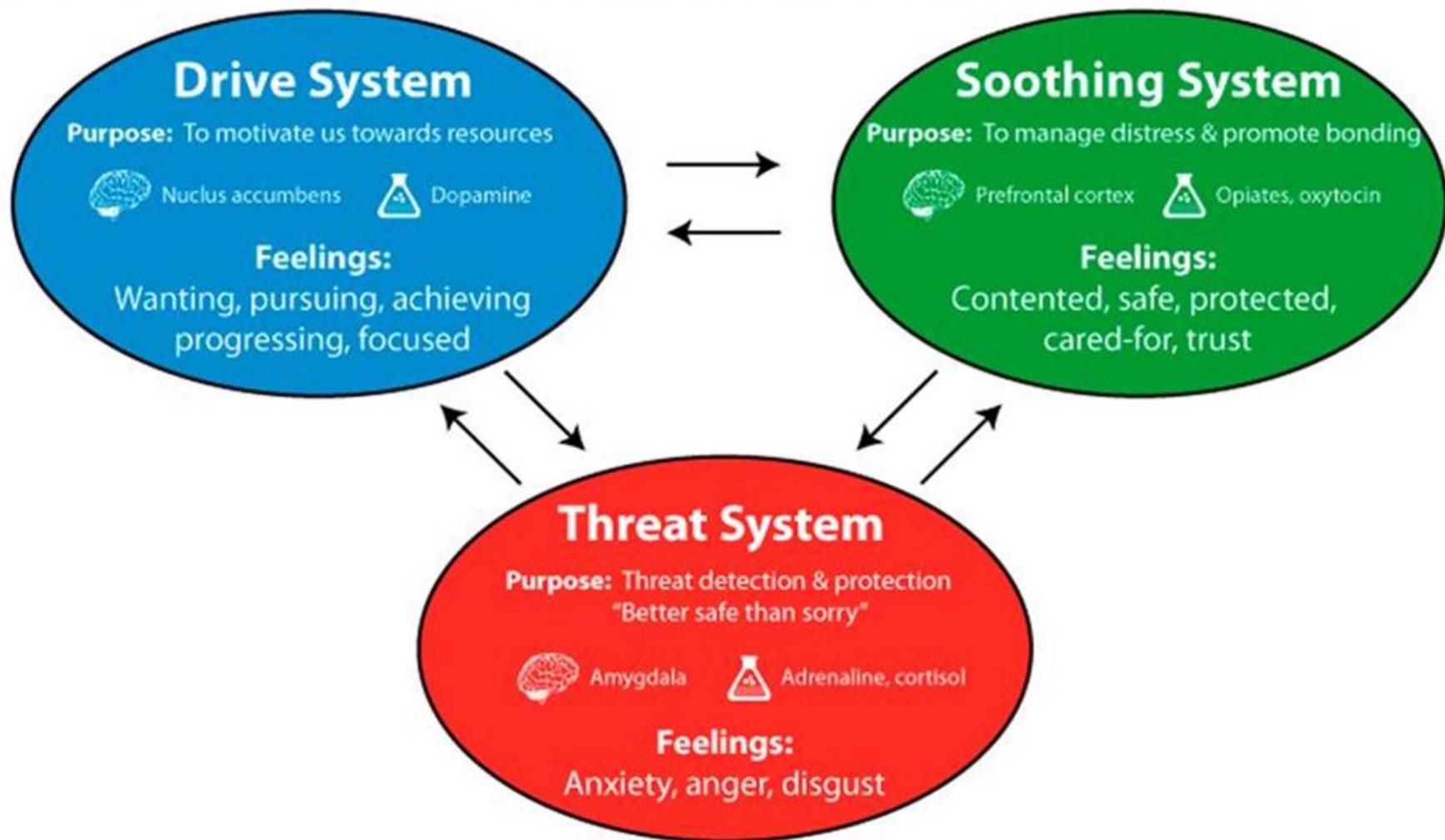
Settling the mind



Emotional Regulation Systems

Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry.

Distress is caused by imbalance between the systems, often associated with under-development of the soothing system.

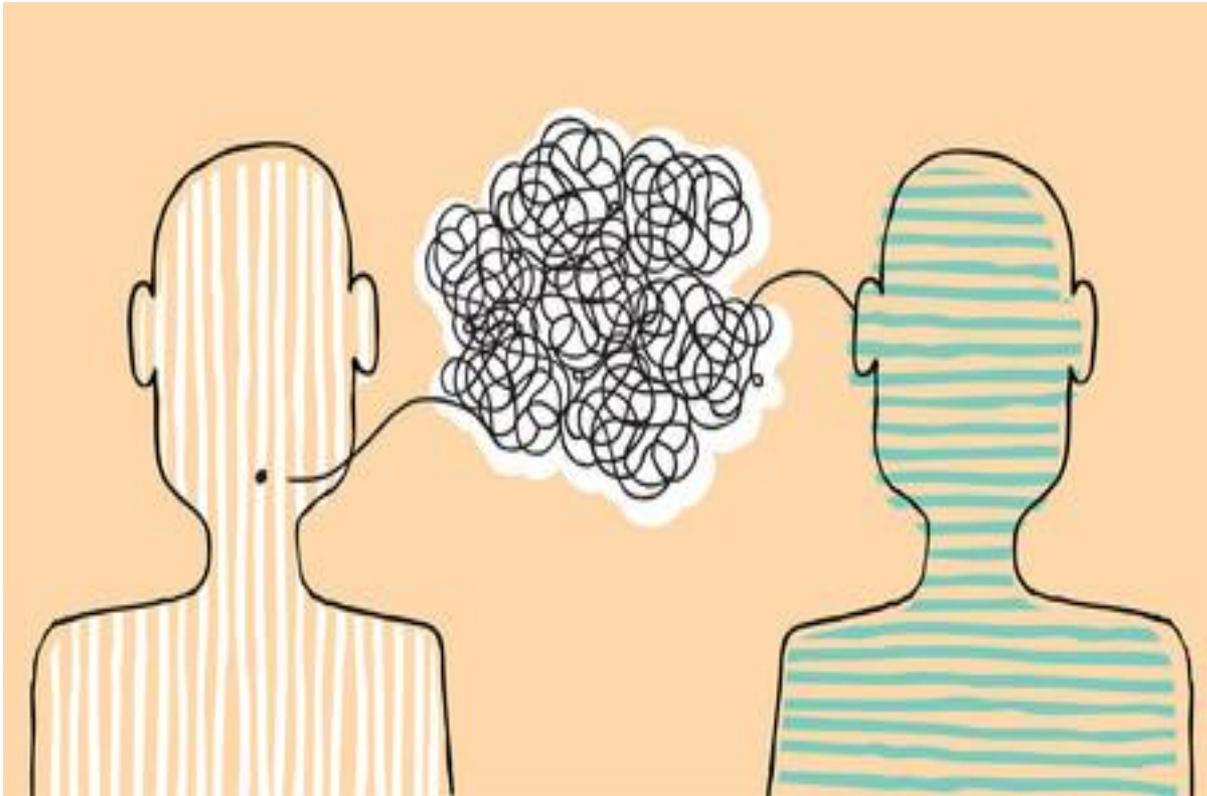


Digital mindfulness



"Mindfulness" (CC BY 2.0) by cambodia4kidsorg

Mindful communications



Mindful conversations activity

There are 3 elements to mindful conversations:

- listening mindfully: listening fully in the present moment with an open mind, without judgement or preference
- looping: the listener ‘loops’ back to what they think they heard; the speaker says what they thought was missing or was misrepresented
- dipping: the process of noticing and acknowledging our own internal distractions – knowing they are there without judgement – with kind curiosity.

How can mindfulness reduce stress and anxiety and promote wellbeing?

- becoming more aware of the present moment can help us enjoy the world
- mindfulness allows us to become more aware of the stream of thoughts and feelings that we experience and to see how we can become entangled
- this lets us stand back from our thoughts and start to see their patterns – be an observer.

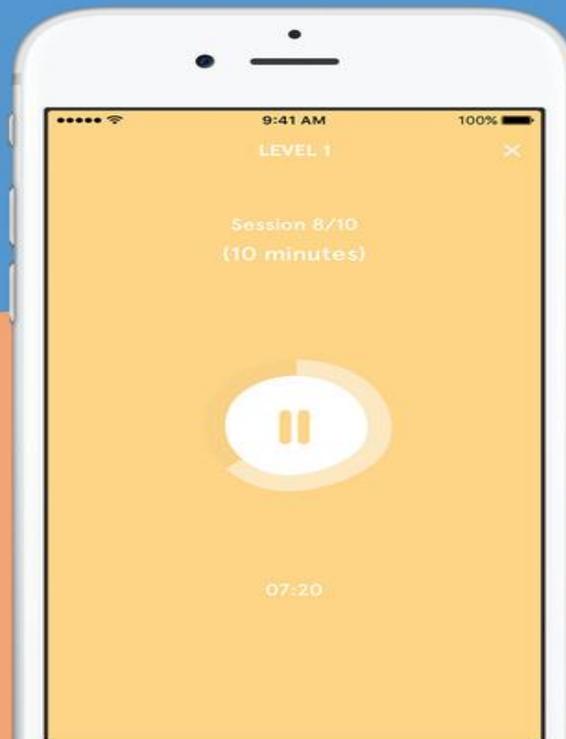
How can mindfulness reduce stress and anxiety and promote wellbeing?

- most of us have issues that we find hard to let go of and mindfulness can help us deal with them more productively - it puts the breaks on rumination and anticipatory anxiety
- awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better.

Getting started – resources and courses – formal and informal



Learn in just
10 minutes a day.



A variety of
meditation lengths.





Thank you!

Carrying on the conversation

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