



Mindfulness-Based Stress Reduction



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Presenter Disclosures

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MBSR Research Video
(3min)



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Stress Test...



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[Robert Sapolsky Video](#)
(3min)



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A five-minute taste of
Mindfulness Meditation...



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DukkhaGirl
 ...where I think my mind should be when I sit...




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DukkhaGirl
 ...where I think my mind should be when I sit...



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breathe...one...two...three... **blog** bills
 sex blog work chores OMGI I really
 really need to jump up right now,
 scream, "I'm enlightened," and leave-
blog checkbook food sex...oh I'm a
 bad meditator this is k...
 kids husband my feet...
 debts george clooney...uff I
 want sleep do I look OK...
 to... politics kids for...
 breath...count, one...
 saw on the way here...
 work I need a vacation...
 my nose itches...
 my stomach is growling...
 ...and where it actually is.

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Three Meditation Myths

#1 The object is to clear your mind...

You don't eliminate thoughts/feelings, you change your relationship with them, and things settle down over time.

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Three Meditation Myths

#1 ~~The object is to clear your mind...~~
You don't eliminate thoughts/feelings, you change your relationship with them, and things settle down over time.

#2 ~~If you are doing it right, you will feel peaceful...~~




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Three Meditation Myths


#1 ~~The object is to clear your mind...~~
You don't eliminate thoughts/feelings, you change your relationship with them, and things settle down over time.

#2 ~~If you are doing it right, you will feel peaceful...~~
Difficult things may come up, but you can learn to be at peace with not feeling peaceful, and things, paradoxically, become more peaceful.




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"Thank you for calling our customer service department. Press 1 for anger management advice. Press 2 for stress reduction techniques. Press 3 for tips on learning to live with disappointment."



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Meditation can be learned quickly, it's simply about being with the experience you are actually having at the moment, but being in the moment consistently is a lifetime practice.




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A definition of Mindfulness:




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A definition of Mindfulness:

Paying attention to present moment experiences




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A definition of Mindfulness:

Paying attention to present moment experiences
with open curiosity



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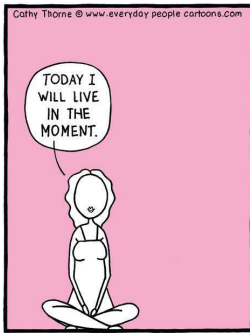
A definition of Mindfulness:

Paying attention to present moment experiences
with open curiosity
and a willingness to be with what is.

-Diana Winston, UCLA Mindful Awareness Research Center



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["Introduction to MBSR"](#)
video (7 min)




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Peace.




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Peace.

It does not mean to be in a place where there is
no noise, trouble or hard work.



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Peace.

It does not mean to be in a place where there is no noise, trouble or hard work.

It means to be in the midst of those things and still be calm in your heart.

-Anonymous



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Questions...



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If you can sit quietly after difficult news...

If in financial downturns you remain perfectly calm...

If you can see your neighbors travel to fantastic places without a twinge of jealousy...

If you could happily eat whatever is put on your plate...

If you can love everyone around you unconditionally...

If you can always find contentment just where you are...

You are probably...



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... a dog!



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