

# Introduction to Mindfulness

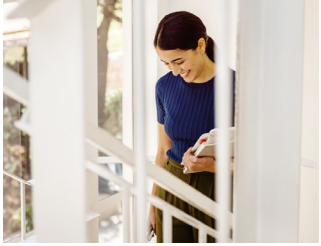
## Participant Guide



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Introduction to Mindfulness



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Agenda

1. What mindfulness really is, why it's growing
2. Myths and facts: what it is and what it's not
3. The neuroscience and benefits
4. Simple practices you can use immediately



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Our first mindful practice



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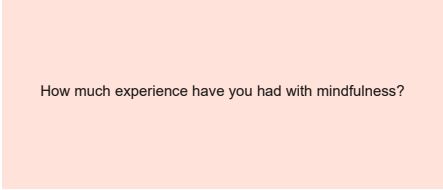
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Quick Poll:

How much experience have you had with mindfulness?



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Challenges of the modern workplace



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Benefits of mindfulness

- Focus for longer periods and work more effectively amidst distractions
- Thrive in a fast paced environment, pivot faster, adapt and bounce back from challenges
- Observe thoughts and respond wisely as opposed to reacting impulsively
- Increase creativity, deepen insight and see things in new ways
- Create a healthier people culture

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Improvements after only four days



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Results at General Mills

- 83% of participants said they were taking time each day to optimize their personal productivity (+23%)
- 82% said they now make time to eliminate tasks with limited productivity value (+32%)
- 80% of senior executives reported a positive change in their ability to make better decisions
- 89% of senior executives said they became better listeners

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The growth of mindfulness



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Our second mindful practice: standing



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MBSR

**Mindfulness  
Based  
Stress  
Reduction**

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An ancient science of the mind



Source: <http://www.advaitayoga.org/images/yogiseal.jpg>

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Modern-day mindfulness



"Mindfulness is paying attention, on purpose, in the present moment, non-judgementally."

– Jon Kabat-Zinn –

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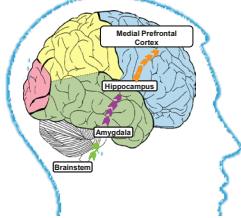
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Emotions and the brain



- Amygdala → Instinctive Mind:**
  - Inflow of info from spinal cord to brainstem.
  - Instinct and Survival Reflexes
  - Fight – Freeze – Flight
- Hippocampus → Emotional Mind:**
  - Feelings and emotions
  - Control Center
- Medial Prefrontal cortex (MPC) → Rational Mind:**
  - Thoughts
  - Management of Emotions

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Mindfulness practices

Formal



Informal



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**Mindfulness**  
What it is and what it isn't



Mindfulness is a way of strengthening concentration power and clarity.

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**Final mindful practice: sounds**



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**Working with difficult emotions**

"Labeling your emotions is key. If you can name it, you can tame it."

– Marc Brackett,  
Yale Center for Emotional Intelligence –

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-You can't stop the waves, but you can learn to surf."

- Jon Kabat-Zinn -

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Questions

- What preconceived notions did you have before the session?
- How has your understanding of this topic changed?
- Were you surprised by anything?
- Is any aspect still confusing?

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**Mindfulness**

**Benefits of Mindfulness**

1. Focus for longer periods and work more effectively amidst distractions
2. Thrive in a fast-paced environment, pivot faster, adapt and bounce back from challenges
3. Observe thoughts and respond wisely as opposed to reacting impulsively
4. Increase creativity, deepen insight and see things in new ways
5. Create a healthier people culture

"Mindfulness is paying attention, on purpose, in the present moment, non-judgementally."  
- Jon Kabat-Zinn -

"Labeling your emotions is key. If you can name it, you can tame it."  
- Marc Brackett -

**What happens during Mindfulness and Meditation**

1. The amygdala - where we have anxiety - shrinks.
2. The hippocampus - where we have memory and concentration - thickens.
3. The MPC (Medial Prefrontal Cortex) - where we regulate our emotions - comes online.

**Resources:**

- Book: 10% Happier by Dan Harris
- Website: [Mindful.org](http://Mindful.org)
- App: [Insight Timer](#) & [Headspace](#)
- Five Minute Awareness of Breath practice
- Momeau Shepell 6-week training: [Creating a Mindful Workplace](#)

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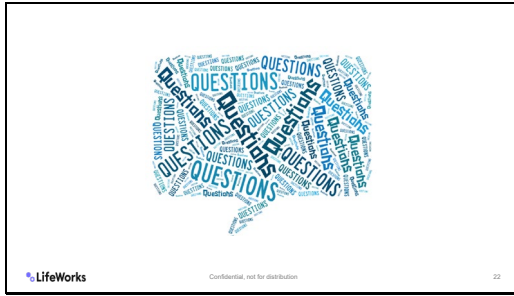


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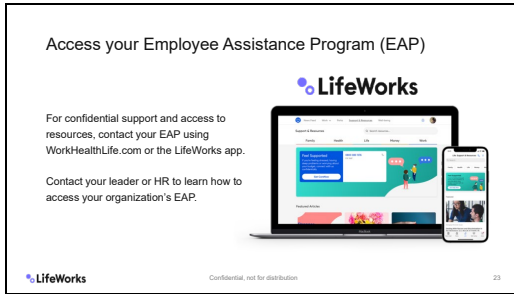


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