

*“The quality of our experience, moment by moment, will determine the quality of our lives.”*

*- Matthieu Ricard*

A moment to notice

# When diagnosed with life-challenging illness, people often experience:

- Increased feelings of uncertainty
- Fear of the unknown
- Perceived lack of control
- Possible loneliness, feeling as if no one understands
- A mixture of emotions, including (but not limited to): anger, fear, sadness, depression, guilt, anxiety, numbness, peace.

How Can Mindfulness Help???

“Mindfulness - paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”

-Jon Kabat-Zinn

# Paying attention

- On purpose
- In the present moment
- **Non-judgmentally**

The past is over, and the future hasn't happened yet. The only moment we ever have is the moment we are in. Yet, we are rarely present in this moment.

# What Mindfulness Is Not

- Trying to achieve a special state of mind
- Going into a trance
- Thinking positive thoughts
- Distracting oneself or imagining one is somewhere else.
- “Doing” anything
- Religious
- Complicated or far out
- Exclusively Eastern



# Mindfulness brings Awareness to how we Suffer:

- Having something and not wanting it
- Wanting something and not having it
- Pretending you don't have something

In mathematical terms...

$$\text{Suffering} = \text{Pain} \times \text{Resistance}$$

# Mindfulness cultivates compassion for our suffering

- Loving-kindness
- Forgiveness
- Gratitude
- Empathetic Joy
- Living Fully

# How can I be more mindful???

Meditation

Body Scan

Grounding

Mindful speech

Mindful moments

Get outside

Be present in whatever you are doing

# STOP

- (from *Leaves Falling Gently* by Susan Bauer-Wu, PhD, RN)
- **S Stop** what you are doing and pause for a moment.
- **T Take** a breath mindfully, and be aware of the experience of the air coming into your body and filling it, then being released.
- If you have trouble breathing, **Tune in** to a neutral part of your body and imagine yourself breathing into and out of that area.
- **O Observe** your thoughts and feelings.
- **P Proceed** with whatever you were doing with awareness and gentleness.

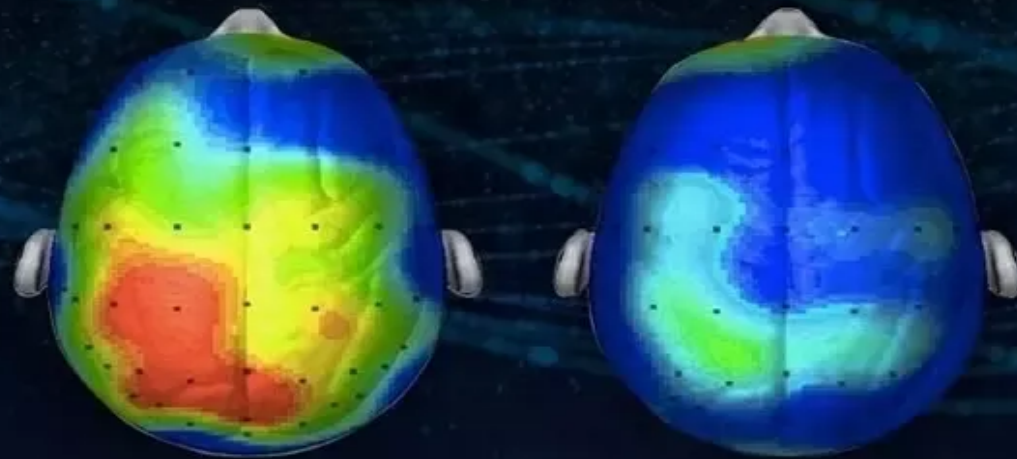
# The following attitudes are essential:

- Don't expect anything
- Don't strain
- Don't rush
- Don't cling to anything and don't reject anything
- Let go
- Accept everything that arises
- Be gentle with yourself
- Investigate yourself
- View all problems as challenges
- Don't ponder
- Don't dwell upon contrasts

# Some benefits of mindfulness meditation...

- Helps prevent the aging brain
- Reduces activity in the brain's "me center"
- Its effects rival antidepressants for depression and anxiety
- May lead to volume changes in key areas of the brain
- Just a few days of training improves concentration and attention
- Reduces anxiety – and social anxiety
- Can help with addiction
- Short meditation breaks can help kids in school

# BRAIN BEFORE AND AFTER 10 MINUTE MEDITATION



BEFORE

AFTER



*Don't turn your head.  
Keep looking  
at the bandaged place.  
That's where  
the Light enters you.*

*-Rumi*



