AN INTRODUCTION TO MINDFULNESS

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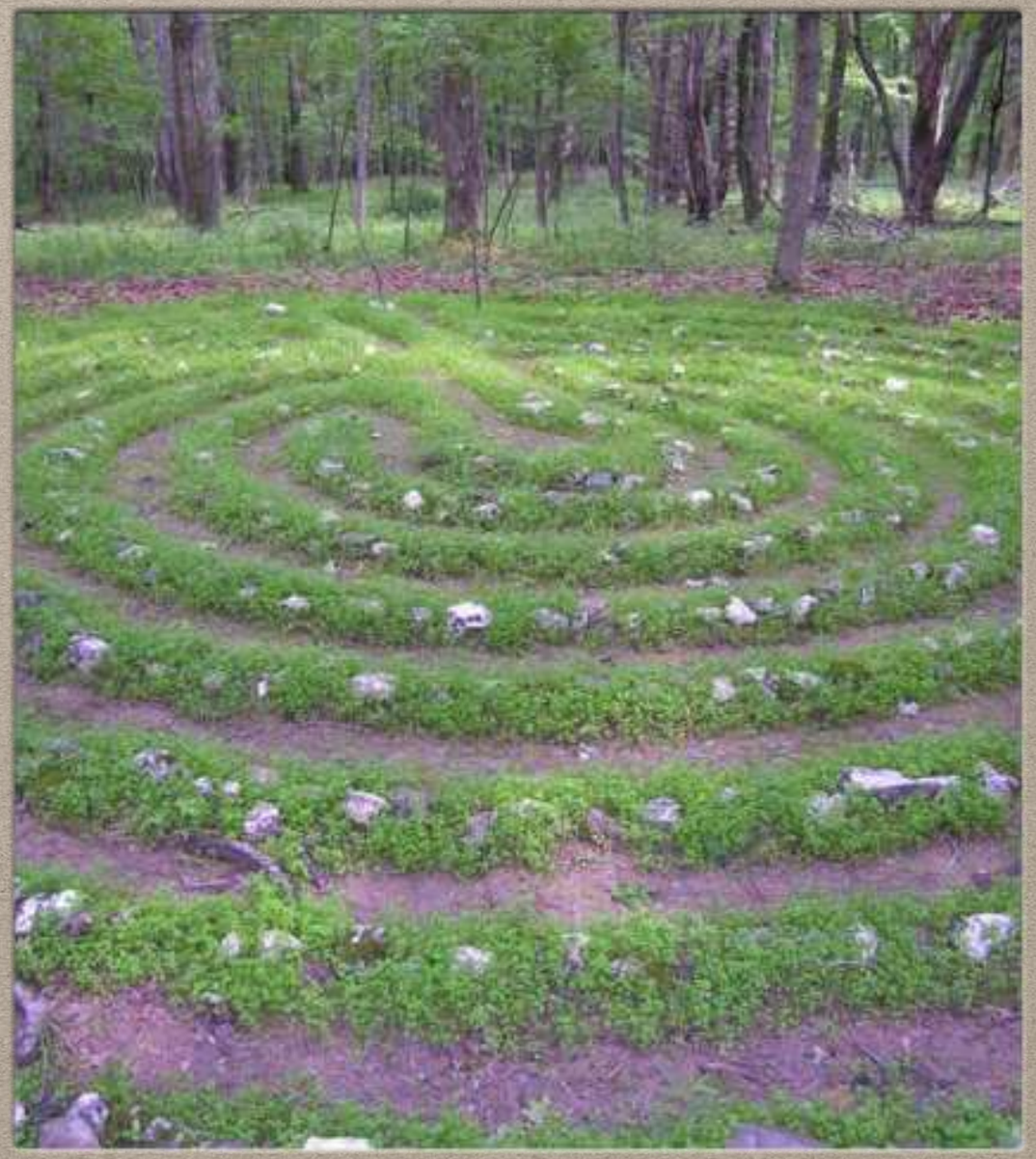
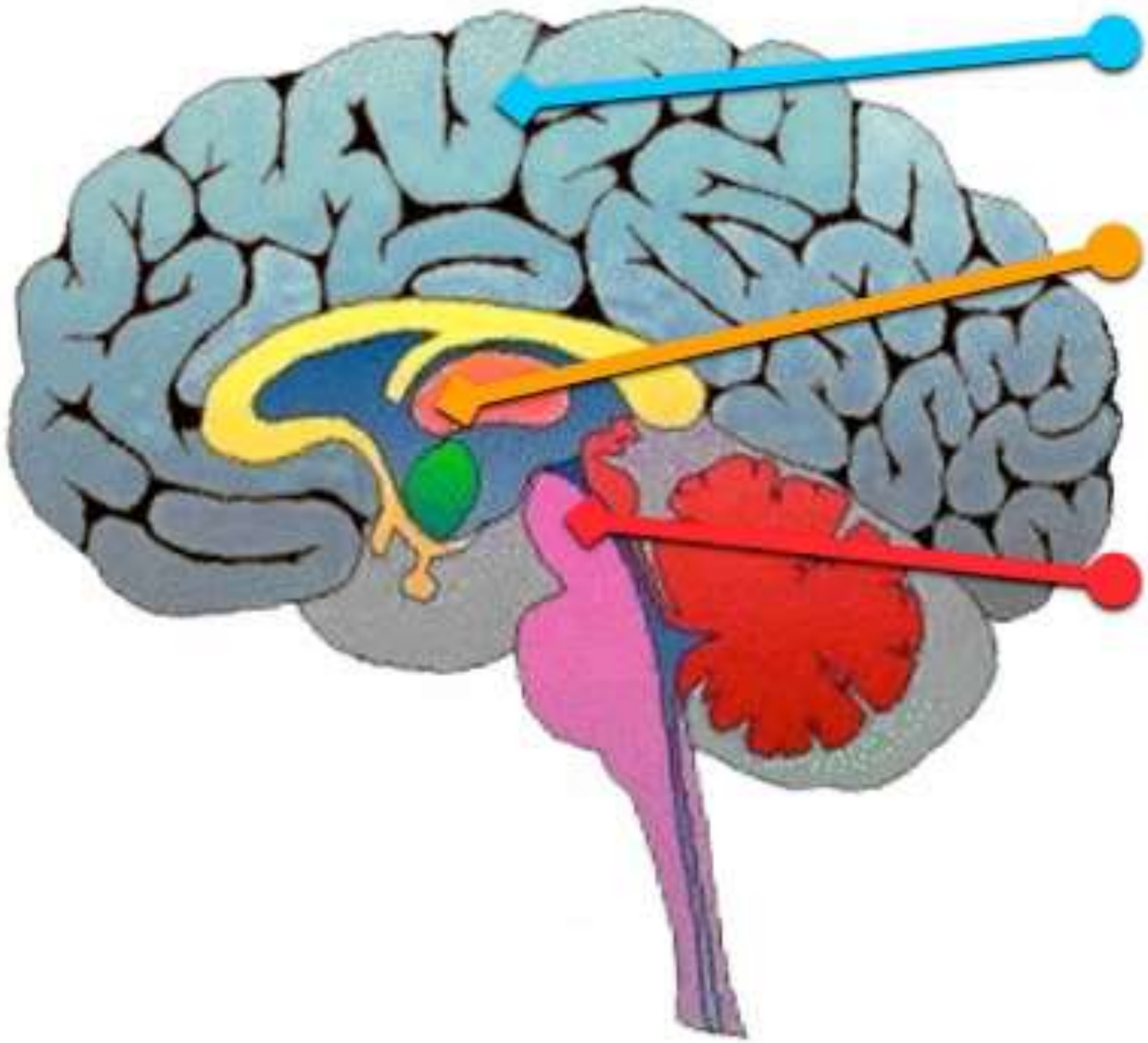
SELF-CARE IS NEVER SELFISH

Self-care is never a selfish act - is is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. -Parker Palmer



DIFFERENCE BETWEEN KNOWLEDGE AND WISDOM

- Knowledge is about facts we carry in our intellect
- Wisdom is about learning to apply those facts and *more* to our life



Neocortex:
Rational or Thinking Brain

Limbic Brain:
Emotional or Feeling Brain

Reptilian Brain:
Instinctual or Dinosaur Brain

TIGER IN THE JUNGLE

SYMPATHETIC NERVOUS SYSTEM:

FIGHT, FLIGHT, FREEZE

FLIPPED LID EFFECT IS REAL…

Mindfulness: a particular way of paying attention to the body, mind, emotions and the world around us that opens us to wiser, kinder choices in the moment

MINDFULNESS INCLUDES MIND AND HEART

Present moment wise, kind attention that leads to a skillful response

“In combat veterans, the absence or presence of self-compassion has been found to be a stronger predictor of PTSD than level of combat exposure.”

–Kristin Neff, PhD

Neuroplasticity:

Throughout our lives our brains change in response to our experience. Therefore, if we feed our brains mindful awareness, they get stronger at being mindful—stronger at being wiser and kinder in healthy skillful ways.

TAP

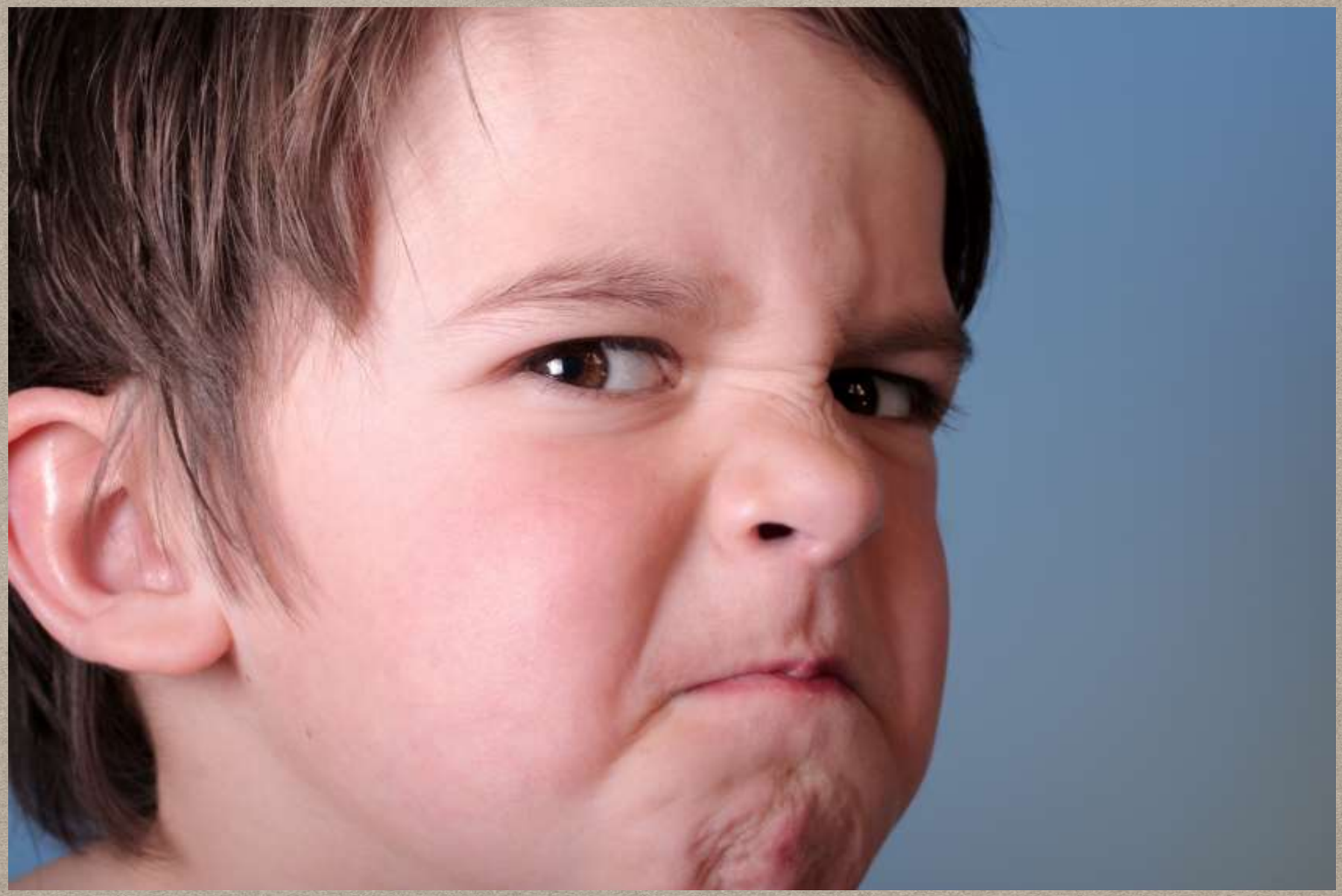
TAPPING INTO OUR DEEPER RESOURCES MUCH LIKE A TAPROOT TAPS INTO NOURISHMENT

T - Take a Breath

Any practice that helps you pause in the heat of the moment

A - ACKNOWLEDGE

1. Flipped lid inside of you
2. Possibility of flipped lid inside of whoever may be triggering you
3. Active practice of mindful/compassion for this being human…



P - Proceed

From that place of feeling into your "taproot," you now have the possibility of wise, kind, skillful choice in your response.

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 FRANKL

MINDFULNESS RESOURCES

WHAT DO YOU KNOW HELPS YOU?