



MANAGING
OURSELVES

Mindful Meditation Information Session

IOSH

Mental health and wellbeing conference

15 March 2018

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What is Mindful Meditation?

- Mindfulness - Jon Kabat-Zinn
Stress Reduction Clinic – Univ. Massachusetts Medical School
- *“A non-judgmental awareness. A direct knowing of what’s going on inside and outside ourselves, moment by moment”* Professor Mark Williams
Oxford Mindfulness Centre, Oxford University
- Meditation – enabling tool / practice

Attentional training for experiential insight

I have only three enemies.

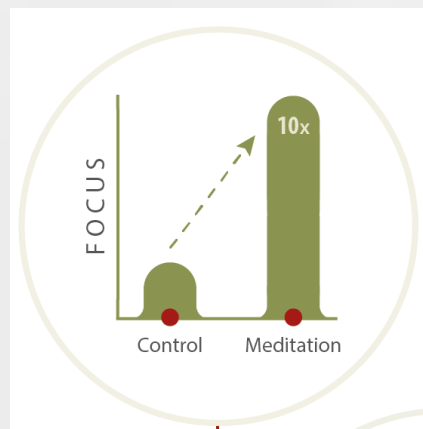
My favorite enemy, the one most easily influenced for the better, is the British Empire.

My second enemy, the Indian people, is far more difficult.

But my most formidable opponent is a man named Mohandas K. Gandhi. With him I seem to have very little influence.

Why do mindful meditation?

- Strength training for the brain
- Improve attention and sustained focus
- Increase creativity and innovation
- Less autopilot – emotional self-regulation
- Improve relationships - increase empathy
- Less anxiety and stress
- Improve resilience
- Increase well-being



Emotional Well-being

- Lessens worry, anxiety & impulsivity
- Lessens stress, fear, loneliness & depression
- Enhances self-esteem & self-acceptance
- Improves resilience against pain & adversity
- Increases optimism, relaxation & awareness
- Helps prevent emotional eating & smoking
- Helps develop positive social connections
- Improves your mood & emotional intelligence



Super Mind

- Increases mental strength & focus
- Increases memory retention & recall
- Better cognitive skills & creative thinking
- Better decision making & problem solving
- Better information processing
- Helps ignore distractions
- Helps manage ADHD



Healthier Body

- Improves immune system & energy level
- Improves breathing & heart rates
- Reduces blood pressure
- More longevity
- Lessens heart & brain problems
- Lessens inflammatory disorders & asthma
- Lessens premenstrual & menopausal syndrome
- Helps prevent Arthritis, Fibromyalgia & HIV

Course content

1. Focusing Attention

- Autopilot – habitual responses
- Mind wandering – ruminations
- Meditation focus on breath
- Metacognitive skills

2. Mind Body Connection

- Directing attention to sensations
- Feedback from body as radar
- Body Scan Meditation

3. Mind the gap!

- Avoidance and approach modes
- Stretching without striving
- Three step breathing space

4. Thoughts are not facts

- Relating differently to thoughts
- ABC model – story telling mind
- Sounds and thoughts meditation

5. Approaching Difficulty

- From reaction to response
- Insight and perspective
- Approaching difficulty meditation

6. Developing Intention

- Attention – awareness - intention
- Nourishing / depleting activities
- Sustainable habits

Let's get started

1. Your breath as an anchor
2. Sit with dignity / grace
3. Change your physiology – breathe
4. Withhold your judgement – “oh well”
5. Mindfulness for living – not expert meditator



Meditation / Metacognitive Skills

- Seeing that your mind is not where you want it to be
- Detaching the mind from where you don't want it to be
- Placing the mind where you want it to be
- Keeping the mind where you want it to be

Any questions?

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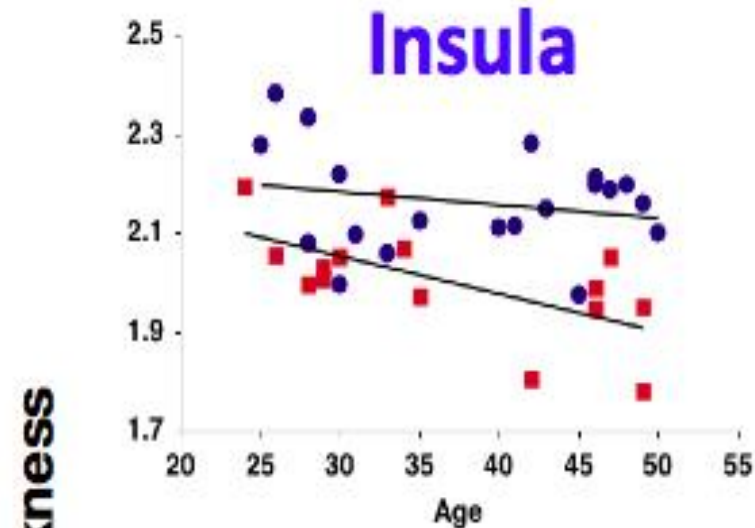
"For a long time it seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time to still be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

-Alfred d'Souza

Meditation – Mindfulness at work

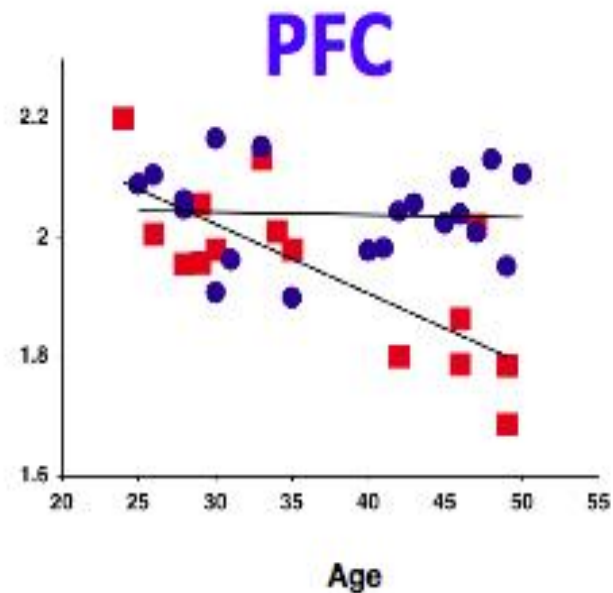
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- Home Office (UK)
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- ☐ Toronto City Hall
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- ☐ Unilever
- ☐ United HealthCare
- ☐ Volvo
- ☐ Xerox
- ☐ Yahoo!

Preservation of Cortical Thickness

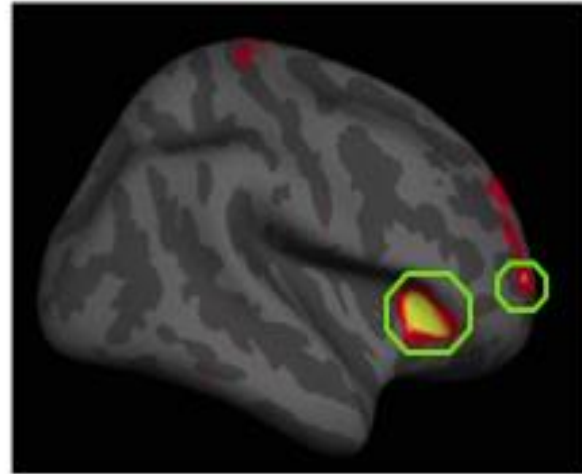


Thickness

Age



Age



These graphs show age and cortical thickness of each individual. These figures show brain areas (the insula and the prefrontal cortex (PFC)) that are thicker in practitioners of Insight Meditation than control subjects who do not meditate.

Change in Amygdala Gray Matter Density is Correlated with Change in Perceived Stress

