

# Mindfulness: Slowing down to speed up



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# What we'll cover today

- Coming to our (5) Senses helps us come to our senses
- Mindfulness practice = Paying attention
- Mindfulness practice builds resilience
- Resilience = Stress + Recovery
- We all need balance between Doing (incl. Thinking) and Being

My goal: You take one practical tool away from this session

# Please connect with me via PollEv...

- Respond at [PollEv.com/JUTTATOBIAS639](https://PollEv.com/JUTTATOBIAS639)

Or

- Text JUTTATOBIAS639 to the phone number 07480 781235,
- Then text your response

*“People don’t arrive until they speak”*

# Let's practice: Coming to our (5) Senses





## Please write down in 1 word:

- How do you feel now?

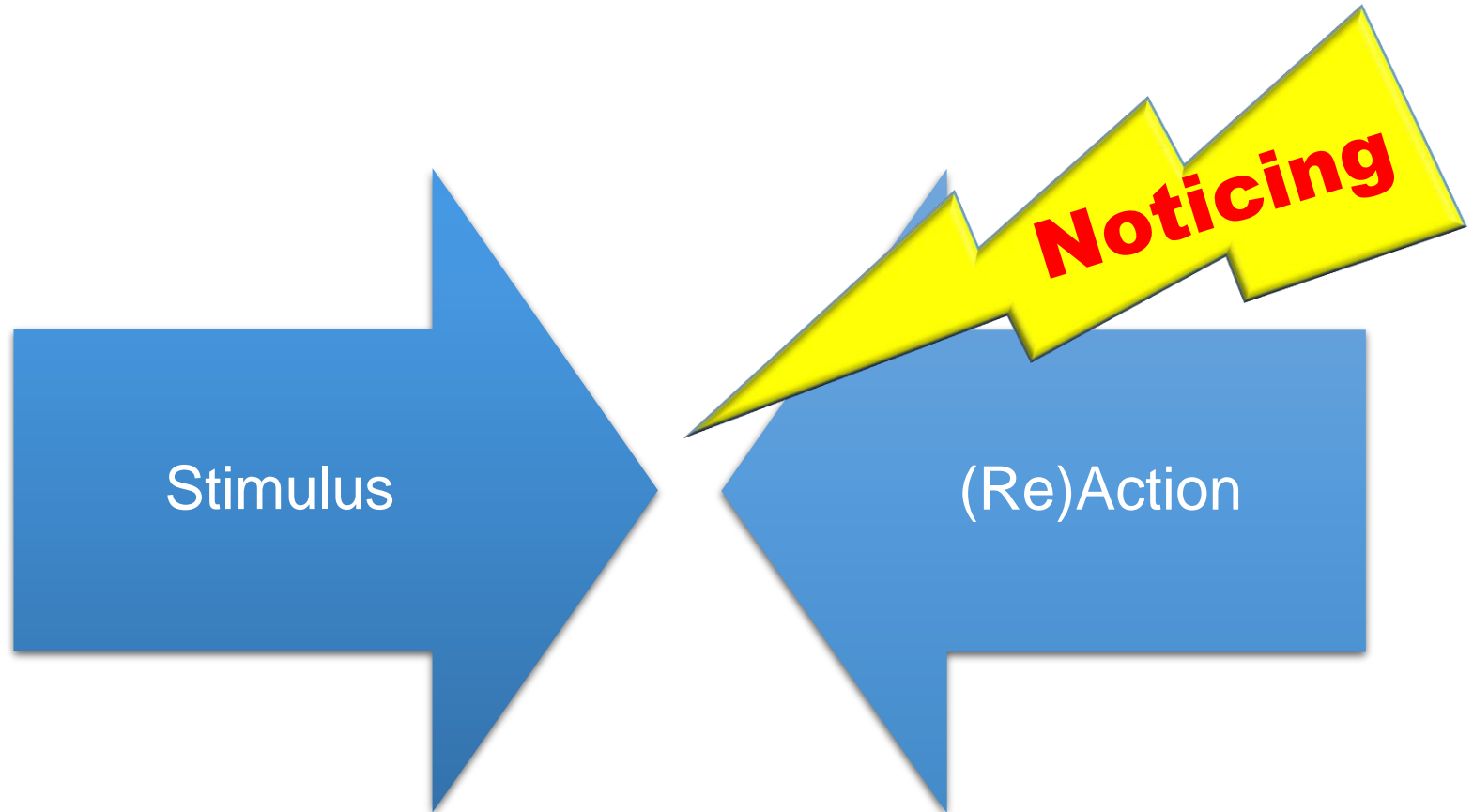
## Please share (via Chat or speak):

- What did you notice?
- Any useful intel?
- How might such a practice help you feel a little more grounded?



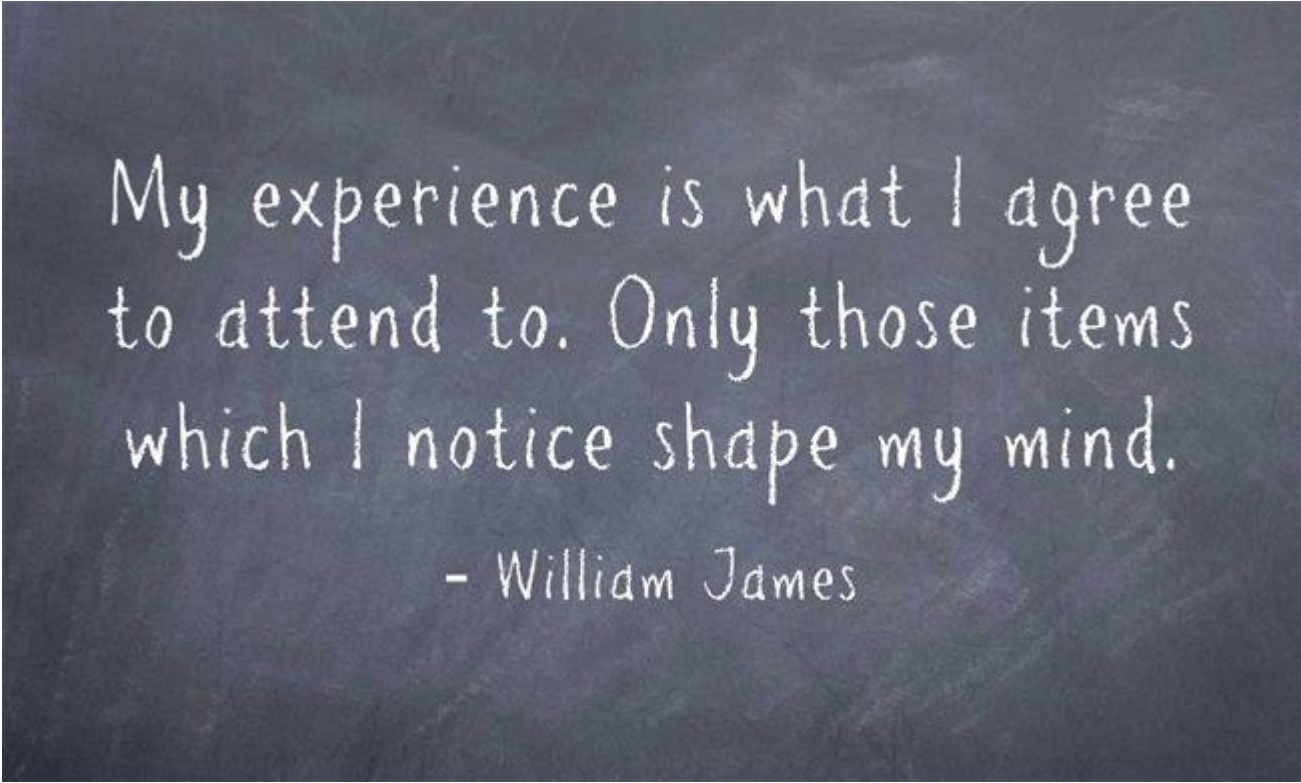
# Mindfulness practice: Paying attention (1)

- What new habits have you developed over the last 3-4 weeks?
- Mindfulness = Flexibly present in order to respond appropriately



# Mindfulness practice: Paying attention (2)

- What could you pay more attention to at this time (that would be helpful)?

A dark grey chalkboard with white chalk text. The text is a quote by William James: "My experience is what I agree to attend to. Only those items which I notice shape my mind." The quote is written in a cursive, handwritten style.

My experience is what I agree  
to attend to. Only those items  
which I notice shape my mind.

- William James



**This is about deliberately focusing our attention.**

**If this is hard for you, you're not alone...**

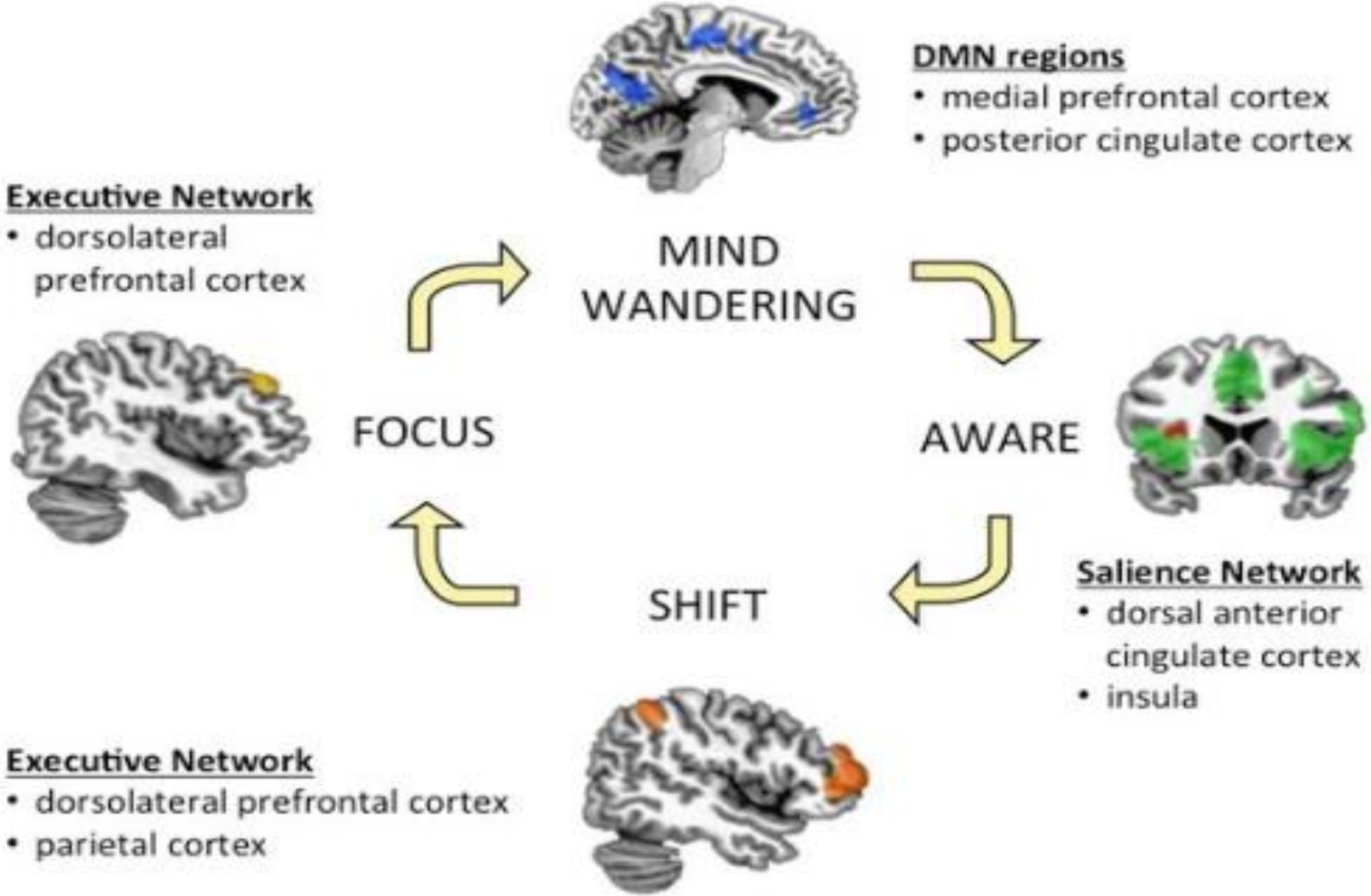


**46.9%**

Killingsworth & Gilbert, 2010. A wandering mind is an unhappy mind. *Science*, 330(6006).



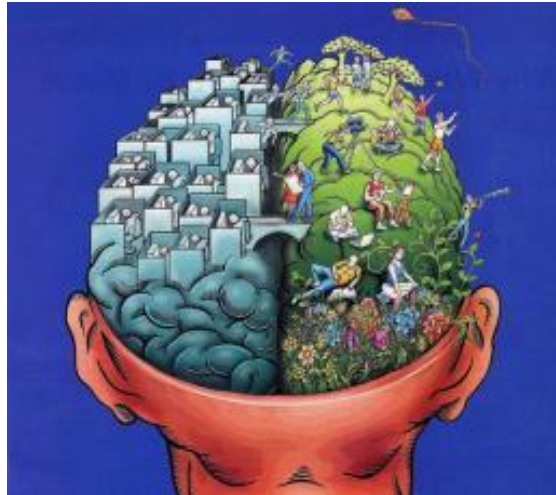
# Good news: Mindfulness practice builds resilience



(Hasenkamp 2014; Ricard, Lutz, & Richardson: The Mind of the Meditator. *Scientific American* Nov. 2014)

# What is resilience?

**Stress** + **Recovery** = Resilience

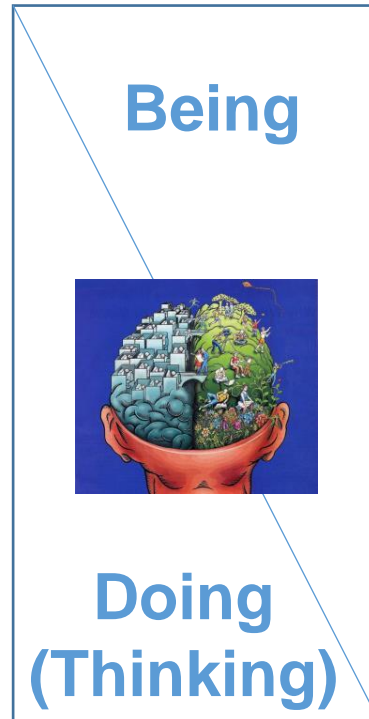


Jensen & Fraser, 2005. A Risk and Resilience Framework for Child, Youth, and Family Policy. In *Social policy for children and families: A risk and resilience perspective*. Perspective

# The Brain's 2 Operating Modes: Doing vs Being



- Problem solving
- Goal achievement
- Analytical & Planning
- Multi-tasking
- Worry & Rumination
- Mental time travel
- **“Anticipating Remembering”**

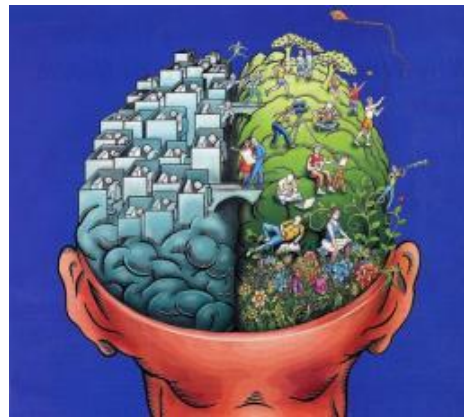


- Noticing (what, who, how, when etc. is present)
- No immediate goal
- Embodied
- Connected (with others)
- Fully present
- **“Experiencing”**

# What's your Default Operating Mode right now?

## Do You Regularly...

1. Notice that you're fully present when you're concentrating on work?
2. Disconnect from electronics at set times?
3. Sleep well?
4. Engage in interests that noticeably re-energise you?
5. Regularly connect with other people in a meaningful way?

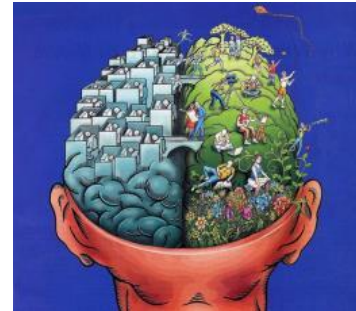


# Over to you again



*The questions from the previous slide once more: “Do you regularly...*

1. Notice that you’re fully present when you’re concentrating on work?
2. Disconnect from electronics at set times?
3. Sleep well?
4. Engage in interests that noticeably re-energise you?
5. Regularly connect with other people in a meaningful way?”



- What did you notice?
- What else is worth sharing?



The relaxation response is a physical state of deep rest that changes the physical and emotional responses to stress... and the opposite of the fight or flight response.

— Herbert Benson —

# What we've covered today

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# Over to you once more...



What is your one takeaway from this webinar?

What else would you like to share?



# Thank you!

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@juttko



If you only have 60 seconds...

<http://www.youtube.com/watch?v=OJFILJw42uo>

12 | More than meditation: How to make mindfulness work for you

## MORE THAN MEDITATION: How to make mindfulness work for you

Jutta Tobias Mortlock talks about how mindfulness can help you and your clients.

SUMMARY POINTS

Scientific research links mindfulness with better



## Group meditation can help troops face stress of battle

Lucy Fisher Defence Correspondent

Group mindfulness training can help soldiers to improve mental fitness and resilience to deal with the stress of battle, a study has found.

It said meditative activities in teams helped troops to anticipate and respond together to tough situations, making both intellectual and emotional challenges more manageable.

work in the armed forces. Jutta Tobias Mortlock, senior lecturer at City, University of London, and author of the study, said: "Mental resilience depends much more on social factors than we initially thought, and mindfulness as a team sport is more than people meditating together; it's about a mind-set shift from a me-focus to a we-focus."

The study emphasised that only formally trained psychotherapeutic counsellors should teach individual-focused

<http://openaccess.city.ac.uk/id/eprint/22198/>

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## Mindfulness in the military:

improving mental fitness in the UK Armed Forces using next generation team mindfulness training

Alison Carter, Jutta Tobias Mortlock

