



Wellbeing  
*for*  
individuals  
*and*  
organisations

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# MINDFULNESS, RESILIENCE & SELF-CARE

WINDANA  
2022

# INTRODUCTION

## **A practical and experiential mindfulness workshop for dealing with uncertainty.**

The 90-minute workshop offers a compact overview of a mindfulness-based approach to managing stress and building resilience. It uses discussion and reflection to explore mindfulness tools and cognitive strategies, in order to support self-care and prevent burnout, in a complex and high pressure work environment.

It takes a high level approach which allows participants to draw from it their own individual learnings, and tailor the key concepts and tools to their own requirements.

There are all sorts of things constantly going through our minds which colour our responses to, and ability to deal with, daily life. Most of these thoughts, feelings and reactions are habitual and automatic. In mindfulness, it is important to take a curious stance, rather than a judgemental one, as you observe your own behaviours and reactions.

Gentle self-awareness (as opposed to self-criticism) is essential for stress reduction and improved wellbeing. Mindful self-awareness allows you to respond instead of react.



# DISCUSSION & REFLECTION 1

**What makes you feel stressed?**

**How does it affect your:**

Energy levels and performance? emotions? relationships at home and work?

**What can happen when you're being unmindful or distracted?**



## DISCUSSION & REFLECTION 1 (Continued)

**What do you do or what strategies do you have to managing stress?**

**How does stress affect your lifestyle?**

eg exercise habits, what or when you eat etc

**What do you want to get out of this session?**



## THE MYTH OF MULTI-TASKING

- Giving partial attention to each task but not full attention to any of them
- More stressful & tiring, less efficient, more errors - driving & mobile phone use
- Stress makes you more vulnerable to distraction because it stress scatters the attention
- Uni-tasking: less stressful, more efficient, more satisfying



## **DISCUSSION & REFLECTION 2**

**Where or when do you tend to multitask?**

**Does it improve your efficiency, your mood, your relationships?**

**Come up with 1 personal and 1 work-related situation & viable alternative to multitasking.**



## DISCUSSION & REFLECTION 3

**What do you hold onto or can't accept (about yourself, others, a situation)?**

**How does that affect your stress levels?**

**If you decide to let go of or accept something over the coming week, notice how that makes you feel ...**



## DISCUSSION & REFLECTION 4

Of all the things we've covered in this session, choose **1 or 2** things you could include in your day or week, that would support your mental and physical wellbeing

Brainstorm several ways you could make this happen

The key is persistence so if you don't worry if you stuff it up - it doesn't have to be all or nothing. Just try again and be kind and encouraging to yourself.



# MINDFULNESS MEDITATION EXERCISE

## Mindfulness is attention training

### Benefits

You will notice positive changes very quickly, as well as long-term, cumulative benefits:

- Improved mental & physical energy & resilience
- Reduced stress & reactivity to issues
- More relaxed, rested & alert
- Improved attention, efficiency and performance
- Improved sleep

### Preparation & Posture

- Choose a regular time of day that you works best for you
- eg before breakfast; a lunchtime 'top up'; before bed to help you sleep
- Try 5 - 10 minutes, once or twice a day; before meals is best, to avoid sleepiness
- Sit comfortably on an upright chair, feet flat on the floor, hands resting in your lap, and your spine gently erect OR sit cross-legged if your prefer
- Wear comfortable, loose clothing
- A room that is warm but not stuffy, have enough fresh air
- A room that is not too bright or too dark - but anywhere will do!
- Let others know you don't want to be disturbed
- Put your phone on silent
- Set a timer or alarm so that you won't worry about falling asleep and so you don't need to keep checking the time
- Have a drink of water, go to the toilet.... whatever will let you then relax

**Don't wait for the perfect time and place to meditate - just do it!**

# MINDFULNESS MEDITATION EXERCISE

Your mind will wander - that's ok, it's normal!

When you notice that your attention has wandered off, or thoughts intrude, or a noise interrupts, then simply let go of those thoughts & just gently bring your attention back to your breath.

- Use an upright comfortable chair so your spine is relaxed & gently upright
- Sit in an open posture, feet flat on the floor, hands resting in your lap, eyes softly closed
- Take 3 slow, deep breaths in .... & out.... then let your breath find its own natural rhythm
- Become aware of your body in the chair ... feet in contact with the floor ...
- Starting with the feet, feel the sensations in the feet ...
- Slowly shift your attention as you scan through the parts of the body ...
- ... until you reach the top of your head
- Relax ... Gently let go of any tension you become aware of
- Notice how still & relaxed you feel
- Now become aware of the breath at the nostrils
- Let your attention rest gently with the breath for as long as you wish
- To finish, take a deep breath in and out, open your eyes & gently move into your day...

# A SUMMARY OF TOOLS & STRATEGIES

- Mindful meditation exercise
- Being mindful improves focus, calms the mind, relaxes physical tension, reduces stress
- Paying calm focused attention leads to clearer thinking, fewer errors, better communication
- Letting Go & Acceptance - notice if there are things you hold on to, how it influences your stress levels, & decide if you wish to let it go or accept it
- The Rapid Recharge & Refresh
- Micro-breaks
- Mindful Eating
- Regular, moderate exercise
- Eat well & regularly - the body & brain need good quality fuel
- Sufficient good quality sleep
- Do things you enjoy, with people you like
- Take time to be with and by yourself