



Wellbeing
for
individuals
and
organisations

Liz O'Brien

MINDFULNESS, WELLBEING, & RESILIENCE

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INTRODUCTION

A practical and experiential workshop using discussion, reflection and mindfulness tools.

This series of workshops gives you a range of practical skills using a mindfulness-based approach, to support you in providing high quality client care without burning out. We'll be exploring ways to manage stress, and support mental and physical wellbeing and resilience in a complex and high pressure work environment.

You'll be able to use the simple but powerful mindfulness tools in ways that you can apply 'on the go' in your work and personal situations.

There are all sorts of things constantly going through our minds which colour our responses to daily life, and ability to deal with it. Most of these thoughts, feelings and reactions are habitual and automatic, and they're harder to deal with when we're tired or stressed.

Mindful self-awareness allows you to respond instead of react.

That's why the cornerstone of our work together is mindfulness-based stress reduction and self-care.

As you observe your own behaviours and reactions, try to take a curious stance, rather than a critical one. Gentle self-awareness (as opposed to self-criticism) is essential for stress reduction and improved wellbeing.

So let's do it!

A SUMMARY OF TOOLS & STRATEGIES

- Mindful Meditation exercise
 - trains the attention, calms the mind, relaxes physical tension, reduces stress
- Paying calm focused attention leads to clearer thinking & fewer errors
- The Rapid Recharge & Refresh, & micro-breaks to recharge
- Mindful Eating (or mindful anything ...)
- Perception & Stress
- Regular, moderate exercise
- Good nutrition: 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



DISCUSSION & REFLECTION

What makes you feel stressed?

How does it affect your:

energy levels? ability to think clearly, make decisions? emotions? sleep? physical health?

What do you do to manage your stress?



DISCUSSION & REFLECTION

What, if any, exercise do you currently do?

what motivates/prevents you? how could you build in incidental exercise to your day?

Do you eat a regular & balanced diet?

what gets in the way of eating healthily or regularly?

Do you get enough good quality sleep?



DISCUSSION & REFLECTION

Do you have good support and connectedness?

When you eat well, sleep well, exercise enough, and take time out what do you notice about your: energy, sleep, focus, mood?

Which 1 of these would make the most difference to your wellbeing?

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!

How to Meditate

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 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
- 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
- Relax, & be aware of how relaxed you feel
- To finish, take a deep breath in and out, open your eyes & gently move into your day...