

Medical Weight Management Full/Modified Meal Replacement Program

We will begin promptly.

What you'll need for class today...

Something to write with and your "A Way In" Workbook, pages 48-53.

Session #7:

Introduction to Mindfulness



Mindful Minute

Relieving Stress Video Check In

Which skills from the relieving stress video did you practice this past week?

How does reducing stress impact your health goals?

-
- Successes/Wins?
 - Challenges/Struggles?
 - Questions?





“The mind is everything. What you think you become.”

Buddha

“Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone.”

Louis L'Amour

“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.”

Victor Frankl



What is mindfulness?

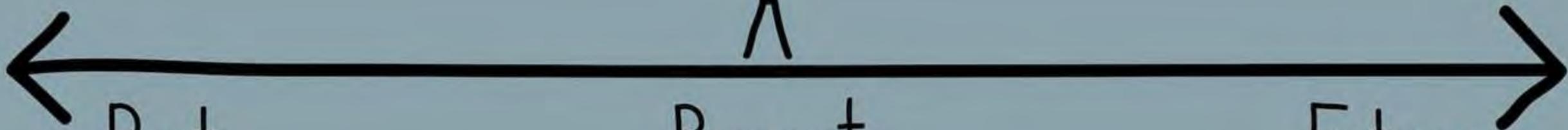
Psychological state of awareness

“Mindfulness means paying attention in a particular way...on purpose, in the present moment, and nonjudgmentally.” – Jon Kabat-Zinn

Your body is present.



Is your mind?



Past

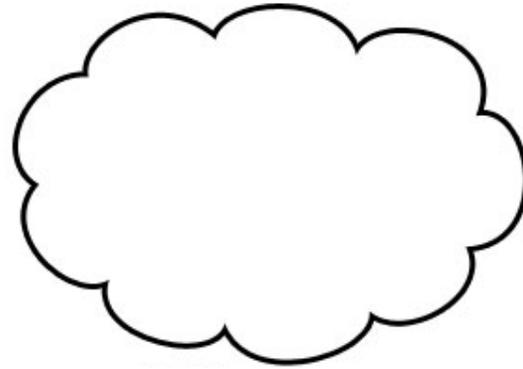
Present

Future



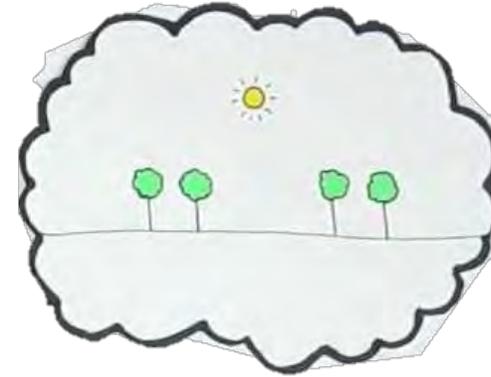
Mind-FULL

- Over-analyzing
- Rumination
- Judgment
- Preoccupied
- Daydreaming
- Multi-tasking



Mindless

- Autopilot
- Unaware
- Distracted
- Forgetful
- Carelessness
- Clumsiness



Mindful

- Aware
- Present
- Neutral
- Flexible
- Conscious
- Curious

Why practice mindfulness?

- Be more present for your life
- Feel more calm, focused, resilient
- Less physical stress on the body
- Reduce anxiety and depression
- Less acting out of habit / more out of choice
- Enhance sleep
- Improve communication with others



Mindfulness Practice can help if you suffer from:

- job, family, or personal stress
- excessive worry, anxiety, or panic
- feel “out of control” or “not in balance”
- headaches
- depression
- addiction issues
- disordered eating
- chronic pain or fatigue
- fibromyalgia
- irritable bowel syndrome
- heart disease, high blood pressure
- sleep disturbances
- grief and loss

Through
Mindfulness
you will
learn to:

- recognize your signs of stress
- feel your feelings without having to change them
- communicate more effectively
- understand how thoughts can increase or decrease stress
- manage your stress in the moment
- build self-confidence

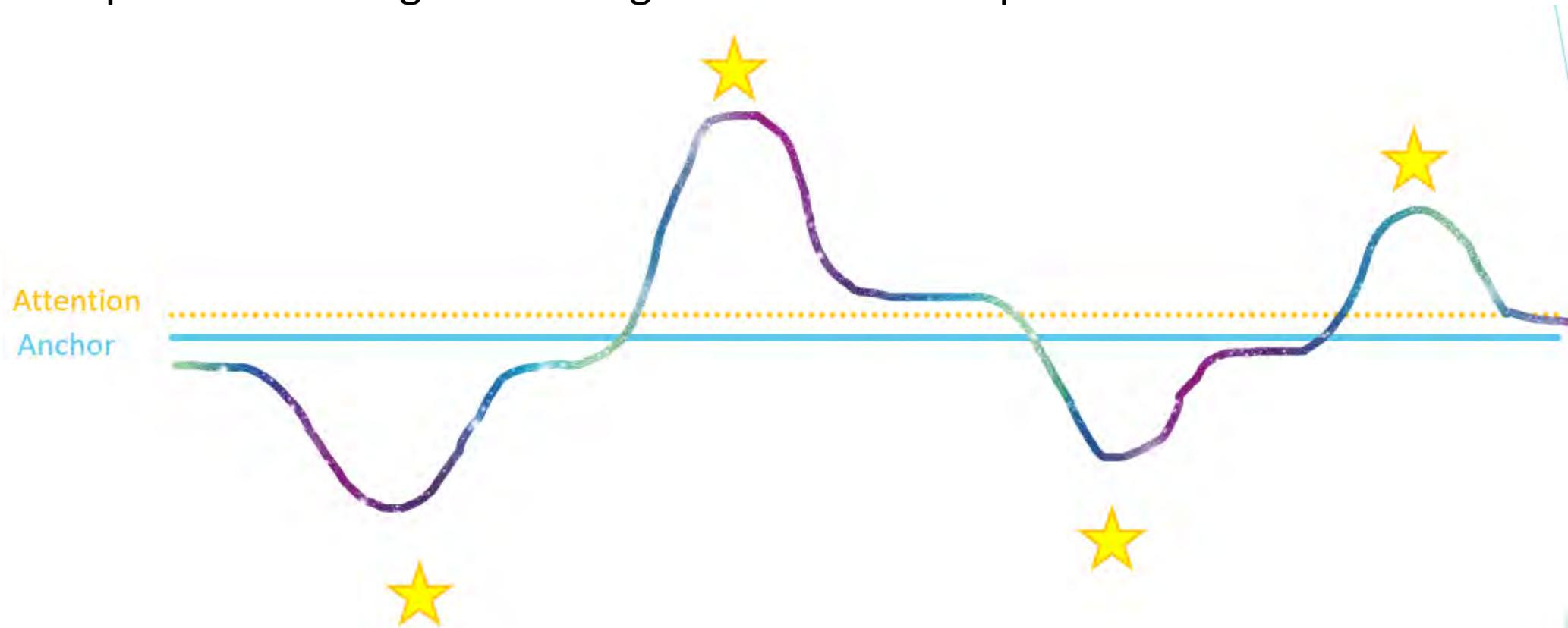
How to practice mindfulness

- Choose an anchor in the present moment
- Bring your attention to this anchor
- Get distracted
- Notice it
- Bring attention back
- Repeat



The Magic Moment

Gives us practice starting over with grace and self-compassion



- The expectation of your attention is represented by the dotted orange line.
- The wobbly line represents your actual attention pattern.
- The stars represent you bringing your attention back to the anchor. These are the Magic Moments!

Open or Closed Attention

We can practice
how we choose
to pay attention
to the current
moment

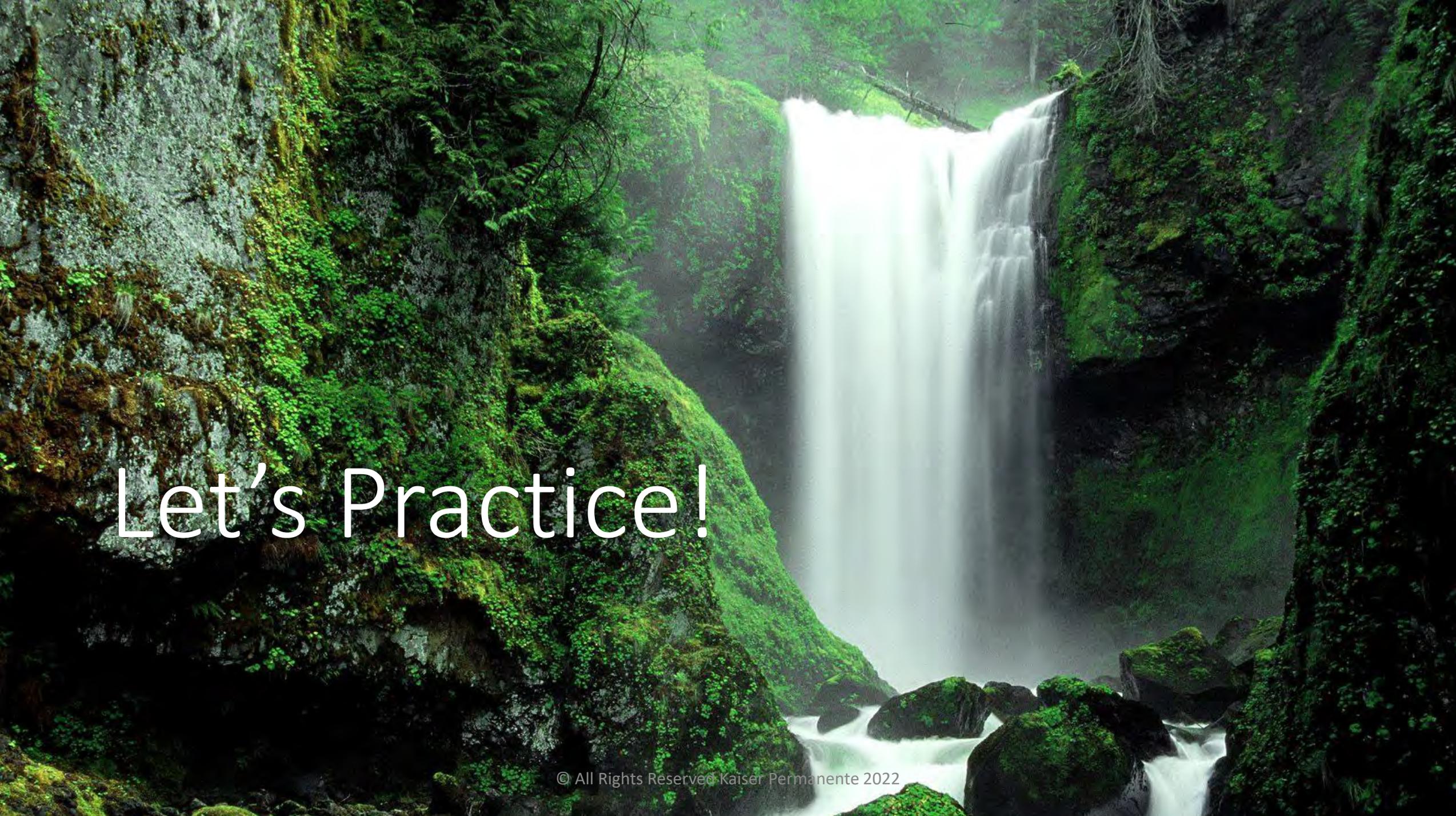
Open Attention –
opening our
awareness to
whatever comes
in to focus.

- Things you can notice include:
thoughts, emotions, body sensations,
or things that come into your vision
- Anchor becomes noticing

Closed Attention
– focusing on an
anchor and
working towards
letting
distractions go

Group Questions

- What are your initial thoughts about Mindfulness?
- What would stop you from practicing mindfulness?
- How do you think practicing Mindfulness can help you with weight maintenance?



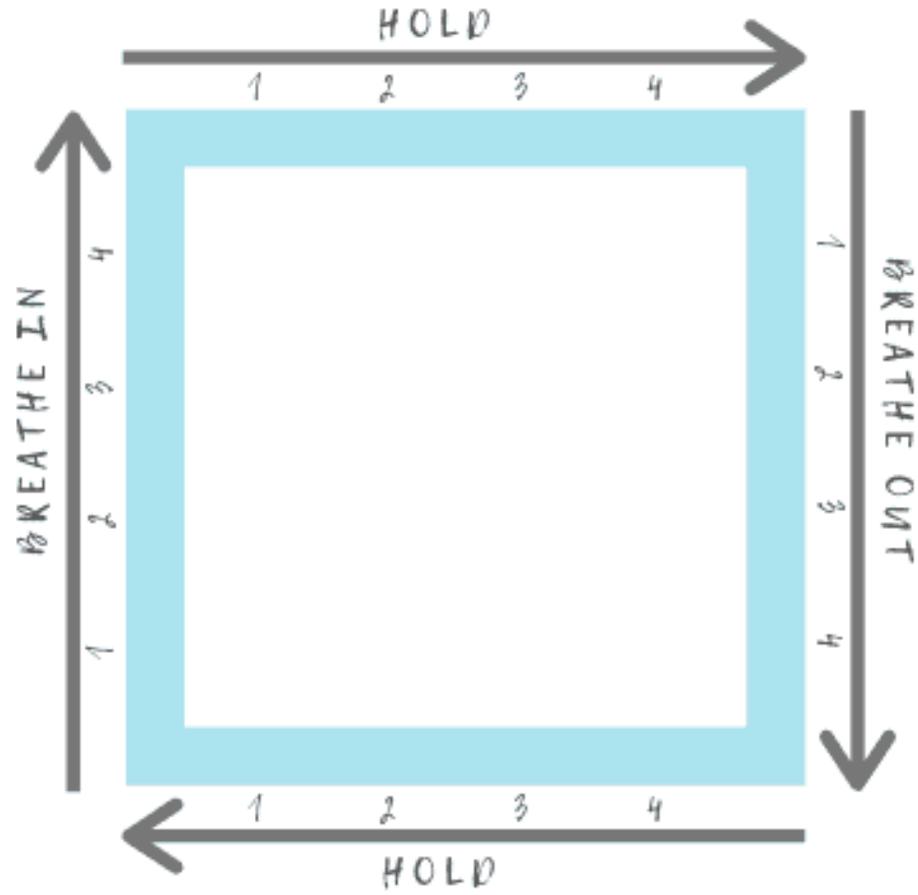
Let's Practice!



Finger Tracing

5-4-3-2-1 Grounding





5-4-3-2-1 Grounding

Long Mindfulness Activities



Body Scan



Mindful
Eating



Breath
Awareness



Guided
Meditation



Group Questions

- What was the experience of practicing different mindfulness activities like for you?
- Did you have any difficulty staying with any the exercises?
- What do you miss out on when you're trapped inside your mind?



Resources for practicing mindfulness at home

Headspace

Insight
Timer

Sanvello

Calm

Simple
Habit

OMM



Calm is one of the top apps for meditation and sleep. And helps you build resilience and mental fitness by using:

- guided meditations,
- self-care programs taught by world-renowned experts,
- bedtime stories narrated by celebrity guests,
- mindful movement videos, and more.
- You can access Calm for a fee through purchase at app store on your electronic device.
- KP Members can receive the Calm app at no cost during the pandemic. To get started, visit kp.org/selfcareapps

Something to
think about...

What amount of time and
time of day could you
commit to practicing
mindfulness?



Questions?



Online Classroom Reminders

- Please have yourself on mute when you are not speaking.
- If you would like to share or ask a question, please use the chat box or raise your hand then unmute yourself.
- If connection is lost on my end, please give me about 15 minutes to reboot my router. If it takes longer than 15 minutes for me to return, that means there is an issue with the internet service in the area. We will resume class next week.
- Ensure that you are in a private room, by yourself to ensure the privacy of your classmates. If you are unable to be in a room away from others use headphones.

