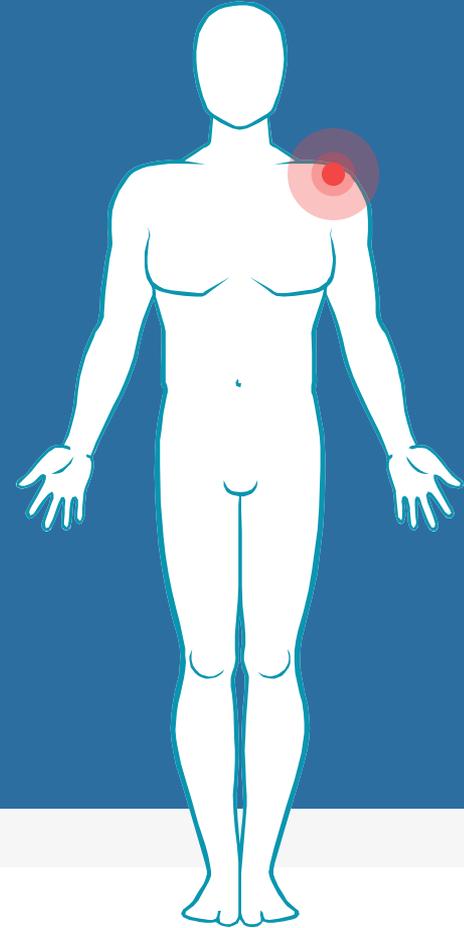


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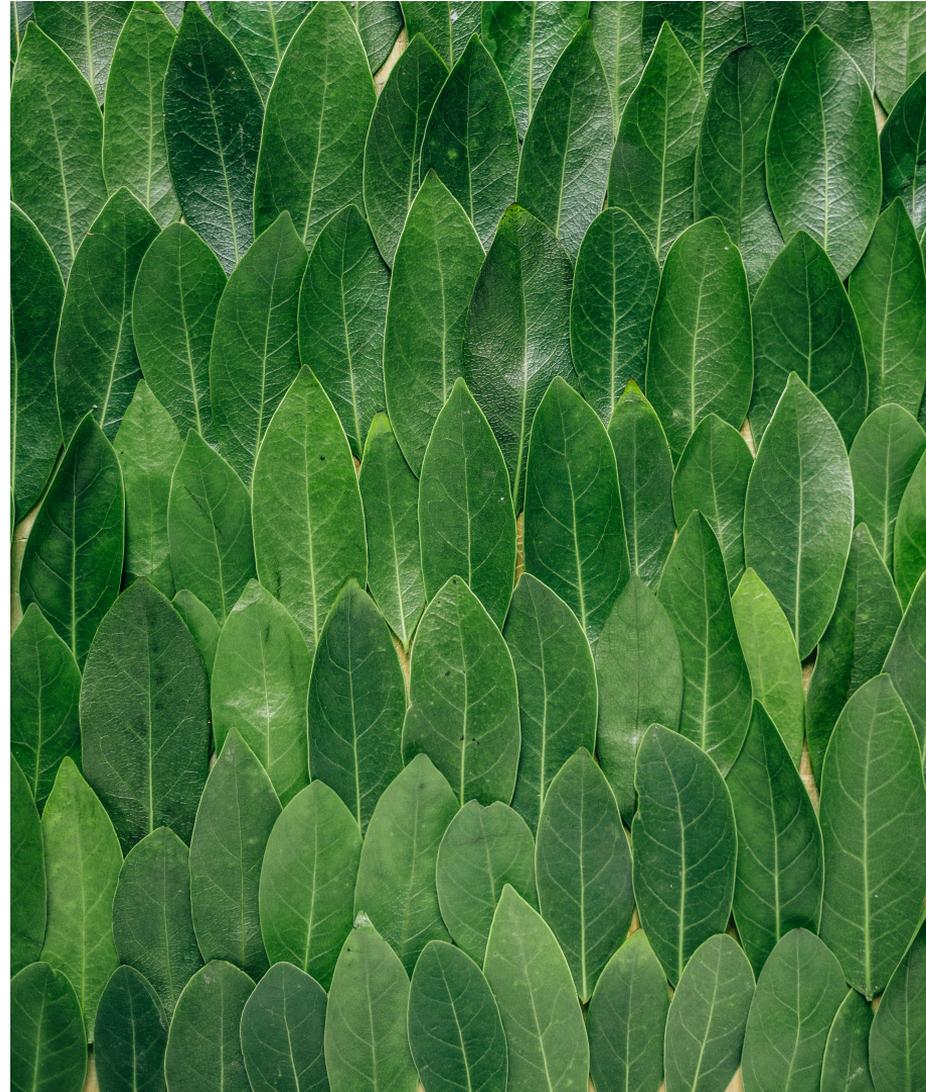
103: Digital Toolkit of Health Literacy Resources

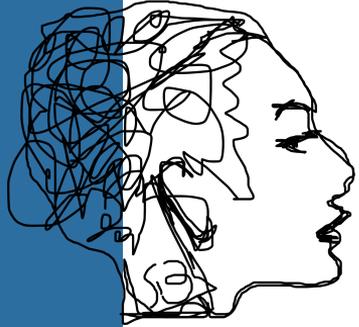
Mindfulness As Stress Management Strategy



IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is Mindfulness
- ▶ Why is Mindfulness effective in managing stress
- ▶ What is Mindfulness Meditation, and how to practice it
- ▶ How to practice different forms of Mindfulness in everyday life in order to reduce stress level





MINDFULNESS

- ▶ Mindfulness is an approach to life that places an emphasis on **focusing attention in present moment**
- ▶ Mindfulness can be also described as a technique of relaxation that aims to help you achieve a state of mind that is featured by **purposeful paying attention to the present moment**

COMPONENTS OF MINDFULNESS

In relation to dealing with stress, mindfulness involves:

- ▶ Self-awareness
- ▶ Focus on the present
- ▶ Acceptance of feelings and thoughts
- ▶ Observation of sensations in your body



BENEFITS OF MINDFULNESS

- ▶ You become more aware of your thoughts
- ▶ It makes your stress response less impulsive
- ▶ It turns on the ‘being’ instead of ‘doing’ mode of your brain
- ▶ You become more aware and sensitive to the needs of your body
- ▶ It reduces the activity in part of your brain responsible for stress response
- ▶ You remain more focused on present activities
- ▶ You better control your actions to avoid stressful situations

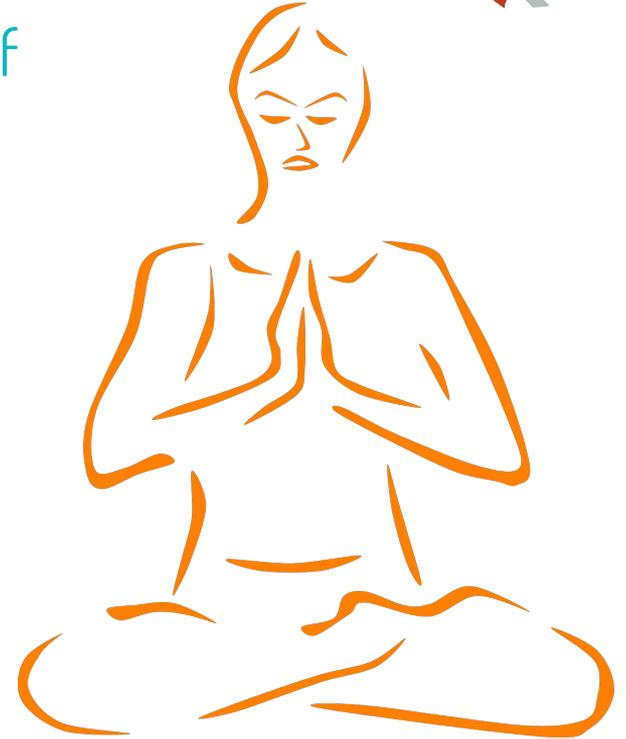
MINDFULNES MEDITATION

- ▶ Mindfulness is most often practiced as a form of meditation
- ▶ Mindfulness meditation doesn't have to be related to religion, it can be practiced by anyone with any believe system



MINDFULNES MEDITATION – do it yourself

- ▶ Sit down in comfortable position.
- ▶ Focus your thoughts on the present moment.
- ▶ Concentrate on your breath. Try listening to the sounds around you, recognising smells, think of sensations in your body.
- ▶ When stressful thoughts come to your mind, let them flow. Stay calm and focus on breathing.



You don't feel like meditation is for you?

You can practice mindfulness by any activity that you perform, while being fully present.



HOW TO PRACTICE MINDFULNESS IN EVERYDAY LIFE?

Combine mindfulness with some form of physical activity, and alone time. You can try it while:

- ▶ washing dishes,
- ▶ ironing clothes,
- ▶ repairing a car,
- ▶ gardening
- ▶ taking a walk, etc.

Focus on what you see, how you feel, what smells do you recognise or what sounds do you hear.

HOW TO PRACTICE MINDFULNESS IN EVERYDAY LIFE?

The key to mindfulness is to focus on present, and quite internal voices that make you analyse or criticise everything.

Do you often experience stress?

– Mindfulness can help to **S.T.O.P.** it!

While experiencing stressful situations, practice this easy S.T.O.P. technique to develop your skills of mindful stress management:

- ▶ **S**low down
- ▶ **T**ake a break
- ▶ **O**bserve – think of what you are feeling? what is a reaction of your body? what are your thoughts?; Only then,
- ▶ **P**roceed.





ON CALL



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