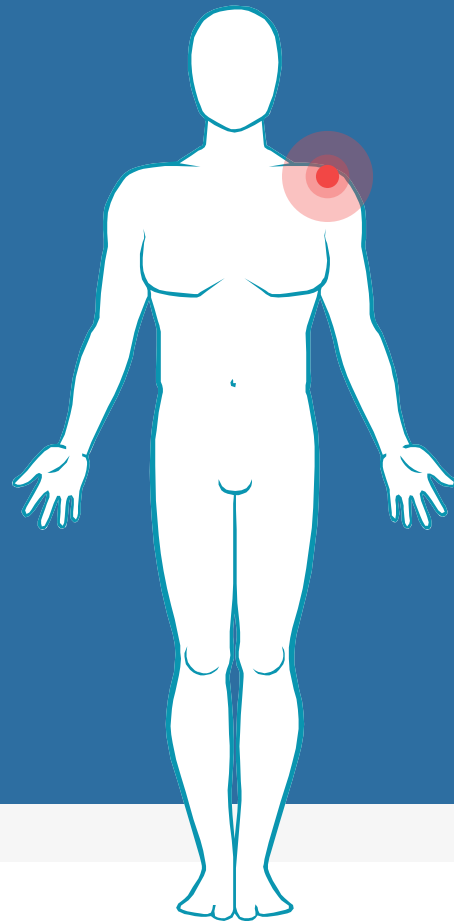


# On-Call

## 103: Digital Toolkit of Health Literacy Resources

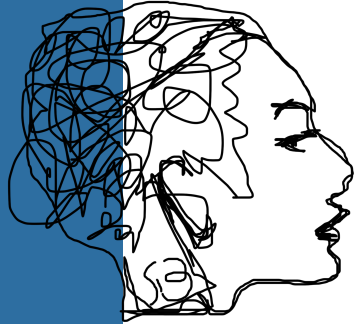
Mindfulness As Stress Management Strategy



# 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

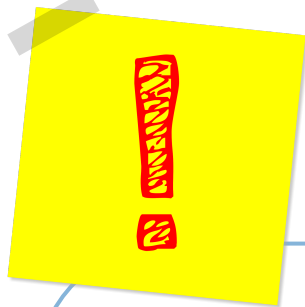
- ▶ Mindfulness is an approach to life that places an emphasis on **focusing attention in present moment**
- ▶ Mindfulness can be also described as a technique of relaxation that aims to help you achieve a state of mind that is featured by **purposeful paying attention to the present moment**

## 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

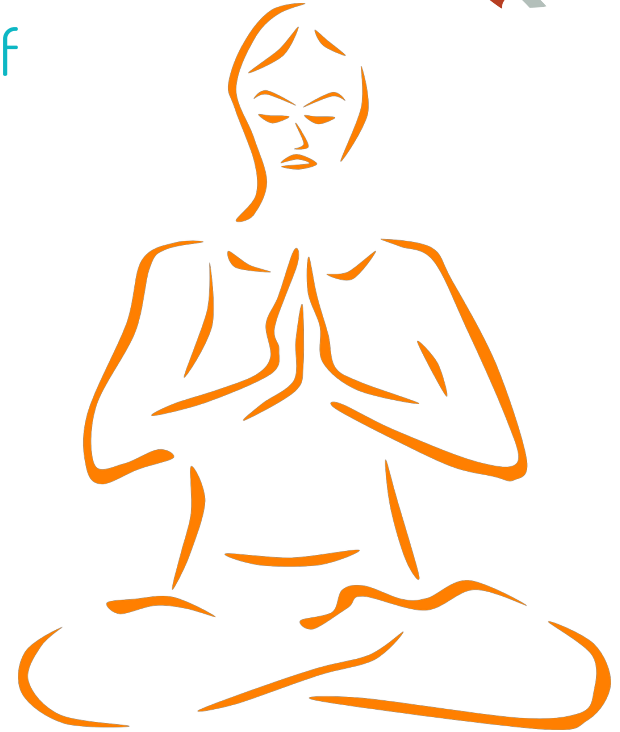
# MINDFULNESS MEDITATION

- ▶ 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 belief system



## MINDFULNESS 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.





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