



Participant Guide

Mindful Self-Awareness

Overview

Mindfulness is intentionally observing our thoughts and feelings in the present, non-judgmentally. This seminar is primarily an experiential training where you will have an opportunity to try different mindfulness techniques.

With practice, mindfulness can help us get out of autopilot and be more in the moment. Over time, you will feel more focused and calmer. Mindful self-awareness can help us gain perspective, listen better, and step back to consider decisions more clearly and intentionally, rather than reactively.

Seminar Length: Approximately 1 hour



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Program Overview

- What is mindfulness
- The case for mindfulness
- How can I use mindfulness
- Practice a mindful check-in, mindful breathing, and body scanning

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“What lies behind us and what lies before us are small compared to what lies within us.”

- Ralph Waldo Emerson

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Definition

What is Mindfulness?

- Mindfulness is being fully aware of what is happening in the moment, without filters or the lens of judgment.
- Mindfulness can be brought to any situation and involves cultivating awareness of the mind and body in the here and now.

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Mindfulness is about being fully aware of and open to what is happening in the moment, without passing judgment on it. You can bring mindfulness to any situation by:

- Cultivating awareness of mind and body
- Living in the here and now

Why Mindfulness?

The Case for Mindfulness

- What we call the mind actually shapes the brain
- Interventions based on repetitive, positive experience may be restorative and therapeutic
- Thoughts, words and actions shape our behaviors
- Mind directly affects the body

An ounce of practice is better than tons of theories

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Mindfulness can bring you closer in touch with your psyche, and help you ...

- Identify the causes of suffering
- Alleviate stress and overcome anxiety

Take advantage of the brain's flexibility and plasticity

- Interventions based on repetitive, positive experiences can be therapeutic and restorative
- Nothing is set in stone

Mindfulness techniques can also help you ...

- Recognize your habitual thinking patterns and responses
- Directly relate to your life
- Step out of the trap set by your own thoughts

Mindful Check-In

Practice: Mindful Check-In

- Gets you in touch with how you're feeling – physically, mentally and emotionally

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Check-In Journal

Mindful Check-In Journal

- Take a moment to write about any thoughts, feelings and sensations you became aware of while checking in

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Mind and Body

Mind-Body Connection

- 250 mindfulness-based stress-reduction programs in major medical centers
- The mind uses the brain to create and better itself
- Mindfulness can help you achieve resilience, self-regulation and wellbeing

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Stress

How are stressful situations affecting your life?

How is stress and anxiety over . . .

- Other people affecting your life?
- Work affecting your life?
- The world affecting your life?
- Sleeplessness affecting your life?
- Bad habits affecting your life?



Reflect on the following questions. Notice whatever comes up in your thoughts, feelings and sensations.

How are stress and anxiety over other people affecting your life?

How are stress and anxiety over work affecting your life?

How are stress and anxiety about the world affecting your life?

How are stress and anxiety about sleeplessness affecting your life?

How are stress and anxiety about bad habits affecting your life?

Take a moment to reflect on everything you wrote in this exploration. Do you recognize a pattern?

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"The body says what words cannot"

- Martha Graham

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Body

Mindfulness of the Body

- Helps you learn what your body needs and doesn't need to thrive
- Brings awareness to whatever you're feeling in the moment
- Listen to the wisdom of the body; it will show you where physical tension, thoughts, and emotions lie

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Body Scan

Practice: Body Scan

- People generally experience only three types of sensations: **Pleasant** – **Unpleasant** - **Neutral**
- As your practice of body scanning deepens, your awareness of more subtle feelings and sensations grows

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R.A.I.N. Technique

Change the internal dialog from "Why me?" to
"I don't like this, but I can handle it."

- R Recognize when a strong emotion is present
- A Allow it and acknowledge that it is there
- I Investigate the body, emotions and thoughts
- N Non-identity with whatever is there

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Take a moment to write about whatever came up for you mentally, emotionally, and physically during this exercise. What did you feel?

Stress?

Elation?

Joy?

Any other emotions?

Anxiety?

Sadness?

Anger?

Self-Inquiry

Mindful Self-Inquiry

- Discover what's really setting off strong emotional reactions
- Non-identification can take power away from the mind's stories
- Seeing your story as impermanent can help you loosen the grip of your own mind traps
- Gain new perspective and the freedom to choose an appropriate response

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Tiny Habits

What tiny habit will you change?

- Considering your mindful techniques and journal reflections, what small changes will you commit to?
 - Start ridiculously small, be specific
 - Find an anchor routine
 - Celebrate!

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Confidential Life Balance Solutions at No Cost To You

Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

employees.concernhealth.com 800 -344-4222

Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

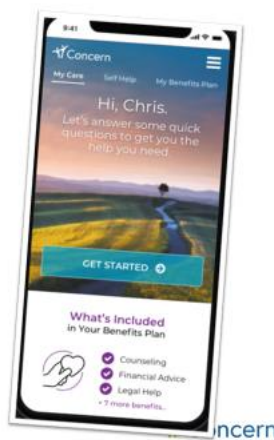
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Concern's Digital Platform

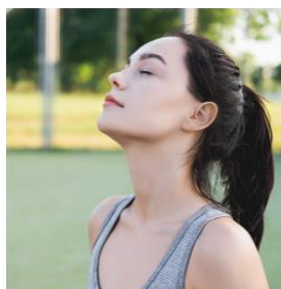
Accessible from your phone, tablet, or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

eM Life App.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to an entire suite of evidence-based live and on-demand mindfulness solutions.

- It Can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!
Questions? Comments?

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>

