

# A Course in Mindful Living and Practice



## **What is mindfulness?**

“Paying attention in a particular way: on purpose, in the present moment, and non-judgementally”

*Dr. Jon Kabat-Zinn*

## **What is mindful living?**

Mindful living is bringing mindfulness to everyday activities so that you are aware of what you are thinking, how you are feeling, and how you are acting. Being aware in this way allows you to make better choices for yourself and for the people around you.

## **What is mindful practice?**

Mindful practices train our attention so that we can live mindfully. We will be examining a number of practices in the course. Some take only a couple of minutes to do, and can be done informally throughout the day. Others take 10 minutes or more, and require regular practice to experience the benefits.

## **How can mindfulness help in daily living?**

Mindfulness has been proven to reduce the impact of stress leading to improvements in physical and emotional health. It is used in the treatment of anxiety and depression, to support cancer and cardiac patients, and help people experiencing complex mental health issues.

## **How can mindfulness help in the workplace?**

Developing a mindfulness practice has been shown to increase the grey matter in your brain, improving memory, and increasing the capacity for focus and attention. These cognitive shifts can increase your effectiveness in work. Mindfulness helps develop your emotional intelligence leading to better relationships with your colleagues.

## **What is required from you?**

- Show up
- Be willing to experiment
- Examine what happens with a friendly curiosity
- Make a commitment to experiment with the mindful practices at home
- Ask questions
- Share the merit

## **Who is the instructor?**

Iseult White

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## **Format of Course**

The theory of mindfulness is presented through experiential exercises. Each week we will spend time exploring a mindfulness practice, discuss our experience of the practice, and look at how we can incorporate these practices into daily life, both at home and at work.

## **Course Outline**

### **Week 1: Begin at the beginning**

Introduce the basic concepts of mindfulness through experiential exercises and discussion.

### **Week 2: A mind full of thoughts**

Explore strategies to develop awareness of thoughts and how they impact our contact with the present moment.

### **Week 3: Getting off the emotional roller coaster**

Explore strategies to develop awareness of feelings and how we distance ourselves from them in the present moment.

### **Week 4: Giving myself a break**

Learn about why self-compassion is good for emotional and physical health, and look at how it relates to mindfulness.

### **Week 5: Meeting the Present Moment**

Having explored mindfulness for a couple of weeks we will revisit the present moment, and examine how contact with the present moment impacts our perception of our experiences.

### **Week 6: Giving other people a break**

Learn about how having compassion for others is good for emotional and physical health, and learn how we can use a mindfulness practice to help develop our compassion.

## **Mindful Practices**

- Centred Breath
- Big Heart/Big Mind
- Letting Go into OK
- Four minute breathing
- Supported Meditation in TAT® pose
- Body Scan
- Mindful Movement
- Seated Meditation
- Compassion meditation
- The Mindful Metre