

Take a Moment for Yourself:

How Mindfulness Can Help Reduce Stress
and Promote Wellness

Catch the Worksite Wellness Wave!

March 29, 2011

Sheraton Hotel & Conference Center

Burlington, Vermont

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Today's Intention

- What is Mindfulness?
- Experience Mindfulness Tools
- Benefits of Mindfulness at Work
- Bringing Mindfulness into Your Workplace
- *Mindfulness Tools for Health & Wellness*
- Resources

➤ **Cost of workplace stress... \$300 billion dollars a year in U.S.**

Wallach, H., Nord, E., Zier, C. Dietz-Waschkowski, B., Kersig, S., Schubach, H. (2007). Mindfulness-Based Stress Reduction as a Method for Personnel Development: A Pilot Evaluation. *International Journal of Stress Management*, 14, 188-198.

Mindfulness

Paying attention on purpose intentionally
in the only moment we have to live,
and non-judgmentally

Jon Kabat-Zinn, Ph.D.
Mindfulness-Based Stress Reduction Program

Mindfulness Practices

- Formal Practices:
 - ❖ The Body Scan
 - ❖ Gentle Yoga
 - ❖ Sitting Meditation – Awareness of Breath
 - ❖ Walking Meditation
- Informal Practices:
 - ❖ Mindful eating
 - ❖ Incorporating mindfulness into everyday activities

Mindfulness-Based Stress Reduction Program Research Findings

- Significant decrease in stress & anxiety
- Improvement in immune system
- New study (1/11) – increase of grey matter in the brain's region for learning and memory and decrease in area of brain for anxiety & stress
- Supports Neuroplasticity – ability to make new neurons or pathways in brain



"Let us surrender into our worker selves."

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Benefits of being mindful at work

- Develops both concentration and flexibility
- Respond not react to stressful situations
- Problem solving – see problems more clearly
- Creativity – opening to possibilities; insights
- Recognize and pay attention to limits
- Develop mindful communication skills
- Practice kindness toward self and others

Intentions for being mindful

- Awareness of Breath
- Brief Body Scan
- Stretching and Yoga
- Walking meditation
- Eating Meditation
- Being mindful in relationship with others
- Being mindful at home with family and friends

HANDOUT: Mindfulness Reminders

Mindfulness Program Opportunities

- Mindfulness Tools for Health and Wellness
 - 8 week program: body scan, yoga, sitting and walking meditation
 - Discussions of practices
 - Topics: stress reactivity & response, perception, communication...other
 - Home practice with four guided CDs
- A Taste of Mindfulness
 - 4-hour workshop
 - Samples of practices
 - Discussion of stress reactivity and stress response
- Customized Workshops

THANK YOU!

Resources:

- *Mindful*
- *Mindfulness-Based Stress Reduction as a Method for Personnel Development: A Pilot Evaluation*
- Mindfulness Reminders
- PowerPoint available online
- The Neshamah Center

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Peaceful Moments...