


**SELF-CARE PART 1:
FOCUS,
MINDFULNESS AND
MEDITATION**

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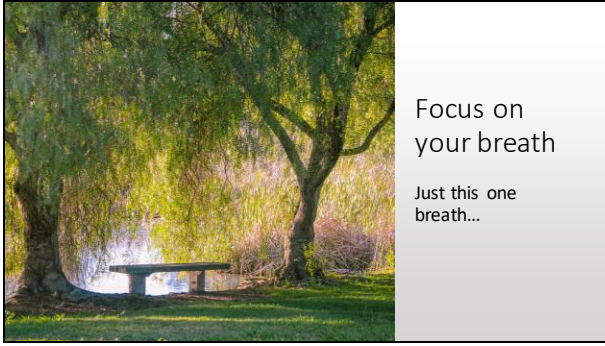


GOAL OF THIS WORKSHOP

- 1) To gain a beginners understanding of what mindful meditation is, and how it works.
- 2) Learn about the key benefits of mindful meditation
- 3) Practice several different forms of mindful meditation, as it **can only be learned experientially.**

AGENDA

- 1) Moment of Mindfulness
- 2) Stop & Jot ,or, Small Group breakouts
- 3) Video: (3:43) Your Brains Default Mode
- 4) Key benefits of Mindful Meditation
- 5) Why and how it works
- 6) Application: experiential learning / practice



FOCUS . MINDFULNESS . MEDITATION




- WHAT DOES MINDFULNESS OR MEDITATION MEAN TO YOU?
- HAVE YOU USED ANY TECHNIQUES TO INCREASE YOUR FOCUS, OR, HAVE YOU PRACTICED MINDFUL MEDITATION BEFORE?

STOP & JOT: PLEASE WRITE DOWN YOUR ANSWERS TO THE ABOVE QUESTIONS.


SHARE OUT: CONSIDER SHARING WHAT YOU KNOW ABOUT THIS TOPIC WITH THE GROUP (OR YOUR CLASS) USING THESE QUESTIONS AS A GUIDE – (1 MINUTE)

VIDEO

[HTTPS://YOUTU.BE/FACTIRA2QHK](https://youtu.be/factira2qhk) (3:43 MIN)
DAN HARRIS: HACK YOUR BRAIN'S DEFAULT MODE WITH MEDITATION | BIG THINK



BENEFITS OF MINDFUL MEDITATION



SCIENTIFIC DATA SHOWS THE FOLLOWING BENEFITS (AS DISCUSSED IN THE VIDEO):


- BOOST CONFIDENCE, EMPATHY AND IMMUNE SYSTEM
- LOWER BLOOD PRESSURE AND STRESS
- GROW GREY-MATTER IN KEY AREAS OF YOUR BRAIN ASSOCIATED WITH SELF-AWARENESS AND COMPASSION
- SHRINK GREY-MATTER ASSOCIATED WITH STRESS, ANXIETY AND DEPRESSION AND MUCH MORE.

RUBY'S TOP 5 BENEFITS

- 1) Improves learning memory and self-awareness
- 2) Lengthens your attention span
- 3) Increases self-management/mental discipline
- 4) Decreases feelings of loneliness
- 5) Reduces stress and anxiety

FORMULA FOR SUCCESS: UNDERSTANDING + APPLICATION = RESULT

- 1) ARRIVING – YOU ARE HERE IN THIS MOMENT
- 2) GATHERING – GATHERING YOUR MIND BACK TO FOCUS ON ONE THING
- 3) EXPANDING – EXPANDING YOUR FOCUS



AS WE PRACTICE, IF IT FEELS LIKE TOO MUCH, FEEL FREE TO STOP





