Jill Gomez, EdD, LISW-S, LICDC-S

Associate Professor
WHAT IF ??

The most important thing you did today was to take

Your next breath ......
WHAT IS MINDFULNESS?

- Acceptance
- Directing attention toward the present moment
- Being fully present
- Concentration
- Non-judgmental
- Mental exercise
- Movement toward well-being
MINDFUL LIVING LOOKS LIKE....... 

- Mindful Listening 
- Mindful eating 
- Mindful walking 
- Mindful exercise 
- Mindful driving 
- Mindful breathing 
- Mindful living
HOW STRESS AFFECTS YOUR BRAIN

IN THE LONG HAUL

- This response can weaken our health
- Disease
- Coronary heart disease
- Anxiety, insomnia, addictions
- Digestive disturbance
- Heart attack etc.
MEDITATION

- The antidote to stress
- Anytime we encounter resistance to the fulfillment of our needs and desires, our minds and bodies become activated.
- Any threat to our safety, happiness or self-esteem provokes physical and emotional reaction know as…

STRESS…..
MEDITATION

- During meditation the body shifts into a state of restful awareness
- Counterbalancing to the fight/flight response
- During meditation
  - Decrease HR
  - Normalization of BP
  - Reduce stress hormones, sweating etc
SHORT MEDITATION

- Let’s take a few minutes to relax your body and mind.

- We’ll begin with a few slow, deep breaths. Each time you breathe in: breathe all the way down into your stomach. Breathe in slowly through your nose, and feel your abdomen and lungs expand with air. After drawing in a long deep breath, allow your breath to flow back out through your mouth. Just let go of each breath, and with it, release any tension or stress you might have been holding on to. You might like to mentally repeat the word “relax” as you breathe out.

- Try this now, slowly draw in a deep breath. Don’t rush to breathe in, just gradually fill your lungs and abdomen with air, and when they are full, release that breath completely. You are beginning to feel yourself relaxing. Your breath will dissolve tension just as easily as warm water melts ice.

- Breathe in once again. Feel your body fill with air...and when you are ready, release the breath, let it flood out naturally. Breathe all the way out until your lungs are empty. Let’s draw in a third and final breath. Nice and deep, Feel yourself relaxing as you gradually release the breath.
TYPES OF MEDITATIONS

- Body scan
- Guided
- Using a mantra
- Returning to the breath
- Prayer
- Small group meditation
RESOURCES

- Jon Kabat-Zinn Guided meditations mp4 files
- Chopra Center free guided meditations
- Oprah and Deepak 21 day guided meditations
- Headspace
- Modes app developed by UC Professors
NAMASTE