Mindfulness Meditation Workshop
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What isn’t mindfulness

- What happened in the last couple of minutes?

- Mindwandering
  - Driving your car
  - “Listening” to music

Also include, what were you thinking about earlier?

Maybe, how many people thought about
1. Something that happened in the past—e.g., bad experience with a friend, roommate, significant other or bad experience academically in class, on a test, etc.
2. Something that may happen in the future—e.g., reviewing the list of everything you have to do today and this week, upcoming tests, homeworks, dates, etc.
3. Something going on now? If so, what did you notice?
What is mindfulness?

- “the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.”
  - Kabat-Zinn, 2003

- Eyes closed vs. Everyday experiences

Disentangle this quote
1. Attention
2. Nonjudgment/curiosity

Pure Awareness—like a mirror
Why mindfulness

- Proven to be efficacious
- Can be used at any moment
- Doesn’t cost you anything
What this can mean for stress, worry, depression, anxiety, low self-esteem, pain, frustration, anger.

How this relates to what they were thinking about earlier.
How to do mindfulness

- Paying attention
- Nonjudgmentally
- No right or wrong way to do mindfulness
I would like everyone to start this exercise by placing your feet squarely on the ground and sitting up in your chair so that your back is straight but not rigid. Make sure that your head feels square to your shoulders and place your arms in a comfortable position at your side. This posture helps us to stay alert and focused. There is nothing particularly difficult about doing a mindfulness exercise—it just requires your attention. So let’s begin by first noticing or paying attention to the fact that your body is actively sensing the environment. Notice that you can feel yourself sitting in the chair and you can feel your feet on the ground. Also notice that you can feel the clothes on your skin and perhaps your jewelry. Notice, too, that you might feel the bend of your knees or elbows. Now, gently close your eyes or locate a place in front of you, like the floor or wall, where you can fix your gaze. Notice as you close your eyes that your ears open. Take a few moments to pay attention to all of the sounds that you hear. (Take a short bit of time and list the different sounds that are present in the room, the blow of the heater, for instance, or the sound of your voice.) Just take this time to follow sound. (Allow a few more moments for focusing on sound.)

Now gently release your attention from sound. I would like you to place your attention at the tip of your nose and begin to notice the sensation of air moving in and out of your nostrils … paying attention to your breathing. You may notice that the air coming in through your nostrils is slightly cooler than the air moving out of your nostrils … Allow yourself to just gently follow your breathing, paying attention to the gentle easy air as it passes in and out … You may also notice the rise and fall of your chest. Be aware of the expansion and contraction, be your breathing … If you become distracted by your thoughts, just take a moment to notice where your thoughts took you, notice where your mind went, and then, without judgment, let go and return your attention to your breathing. If you get distracted
a hundred times, bring yourself back to your breath a hundred times. Now let’s just take the next few minutes to focus completely on breathing. (Allow several minutes for focused breathing.)

    Now I would like you to gently release your attention from your breathing and bring your attention back to hearing. Take a moment or two to be aware of the sounds that you notice in the room. (Allow a few moments for listening.) Now, releasing your attention from sound, gently focus on your body and how it feels to sit in the chair. Notice the placement of your feet ... and arms ... and head. Picture what the room will look like, me sitting here, the chairs and colors, and when you are ready, rejoin the room by opening your eyes.
Exercise 2: Listening to Classical Music

Get out of your mind and into your life. P. 113.
With your eyes open, take a moment to notice everything you see visually.

Start with the room. Lights, the walls, the equipment, the ppt, the size. Notice something you’ve never noticed before.

Move to noticing the people around you. The presenter, the head of the person sitting in front of you, the shoes of the person sitting next to you. Notice something you’ve never noticed before.

Move to noticing auditory things. The sound of my voice and specifically each word that I and speaking, the hum of the projector, the sound of the person snoring in the back. Notice something you’ve never noticed before.

Switch to noticing things with your other senses. The temperature of the room, the feel of the chair, the smell of someone’s lunch. Notice something you’ve never noticed before.

Notice things going on inside of you. The grumbling of your stomach and, without getting caught away with thoughts, your mind chattering away. Notice something you’ve never noticed before.

Come back to noticing the room with your eyes, ears, smell, and sense of touch.
Exercise 4: Mindful Eating

ACT made simple
Conclusion

- How can this be useful for you?

- What are your
  - Thoughts?
  - Questions?