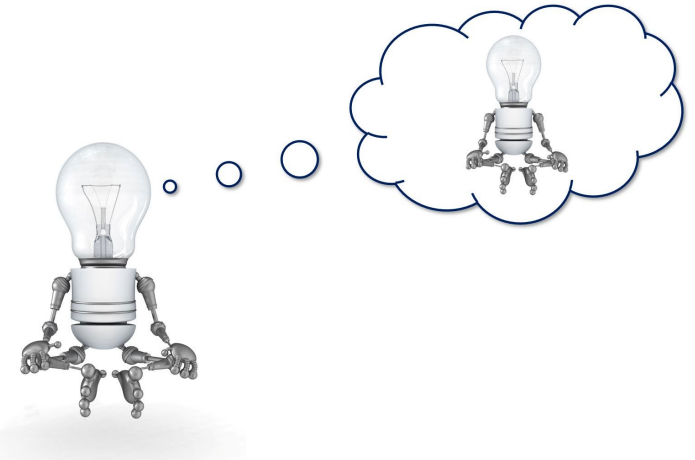


Lightbulb Moments

Insights into Mindfulness (No. 1 in a series of 18)

What is Mindfulness?



Mindfulness is paying attention on purpose, in the present moment, non-judgmentally to the unfolding of experience moment by moment.



Jon Kabat-Zinn, Professor of Medicine Emeritus and creator of the Mindfulness-Based Stress Reduction Clinic at the University of Massachusetts Medical School.

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Lightbulb Moments

Insights into Mindfulness (No. 2 in a series of 18)

Mindfulness is NOT

- 💡 Positive thinking
- 💡 A relaxation technique
- 💡 Going into a trance
- 💡 Trying to blank your mind
- 💡 A religion
- 💡 Group therapy



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Lightbulb Moments

Insights into Mindfulness (No. 3 in a series of 18)

Mind/essness (I)

- 💡 Breaking things, spilling things, clumsiness, accidents because of carelessness, inattention or thinking about something else
- 💡 Failing to notice subtle or not-so-subtle feelings of physical discomfort, pain or tension
- 💡 Listening to someone while doing something else at the same time
- 💡 Getting so focussed on goals that you lose touch with what you are doing right now
- 💡 Forgetting someone's name as soon as you hear it
- 💡 Getting lost in your thoughts and feelings



*If you do some or even most of these things at times, then
you are probably a normal member of the human race!*

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Lightbulb Moments

Insights into Mindfulness (No. 4 in a series of 18)

Mind/essness (II)

- 💡 Being preoccupied with the future or the past
- 💡 Eating without being aware of eating
- 💡 Having periods of time where you have difficulty remembering the details of what happened – running on autopilot
- 💡 Doing several things at once rather than focussing on one thing at a time
- 💡 Reacting emotionally in certain ways
- 💡 Daydreaming or thinking of other things when doing important things
- 💡 Allowing yourself to get distracted



*If you do some or even most of these things at times, then
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Lightbulb Moments

Insights into Mindfulness (No. 5 in a series of 18)

Coming to your Senses

Learning through mindfulness to approach experiences in new ways.

- 💡 Moment by moment non-judgmental awareness of **body sensations, thoughts and emotions**
- 💡 Formal meditation practice - **bodyscan, mindful movement, sitting practice**
- 💡 Informal practice - **awareness of present moment experiences during daily life**



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Lightbulb Moments

Insights into Mindfulness (No. 6 in a series of 18)



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Lightbulb Moments

Insights into Mindfulness (No. 7 in a series of 18)

Mindfulness at Work

- 💡 Recognise, slow down or stop automatic and habitual reactions
- 💡 Cope better and respond more effectively to complex or difficult situations
- 💡 Develop positive strategies for dealing with workplace stress and pressure
- 💡 See situations more clearly
- 💡 Enhance self-regulation
- 💡 Become more creative
- 💡 Improve task performance



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Lightbulb Moments

Insights into Mindfulness (No. 8 in a series of 18)



Mindful Leadership

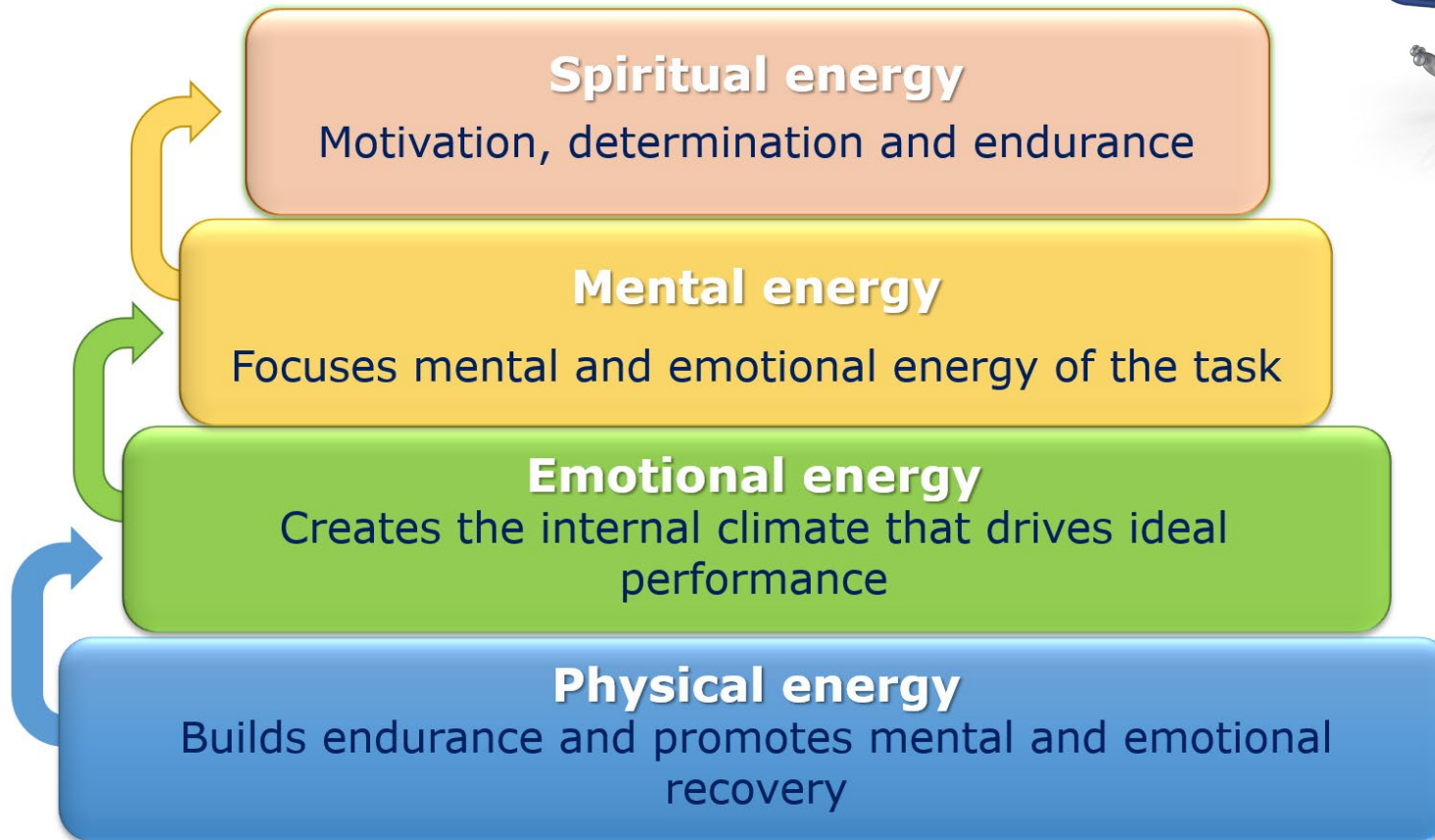
- 💡 Authenticity through self-awareness - being true to beliefs, values and principles
- 💡 More effective in understanding and relating to others
- 💡 Motivates toward shared goals
- 💡 Reduces stress, anxiety and conflict
- 💡 Improves communication in the workplace



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Lightbulb Moments

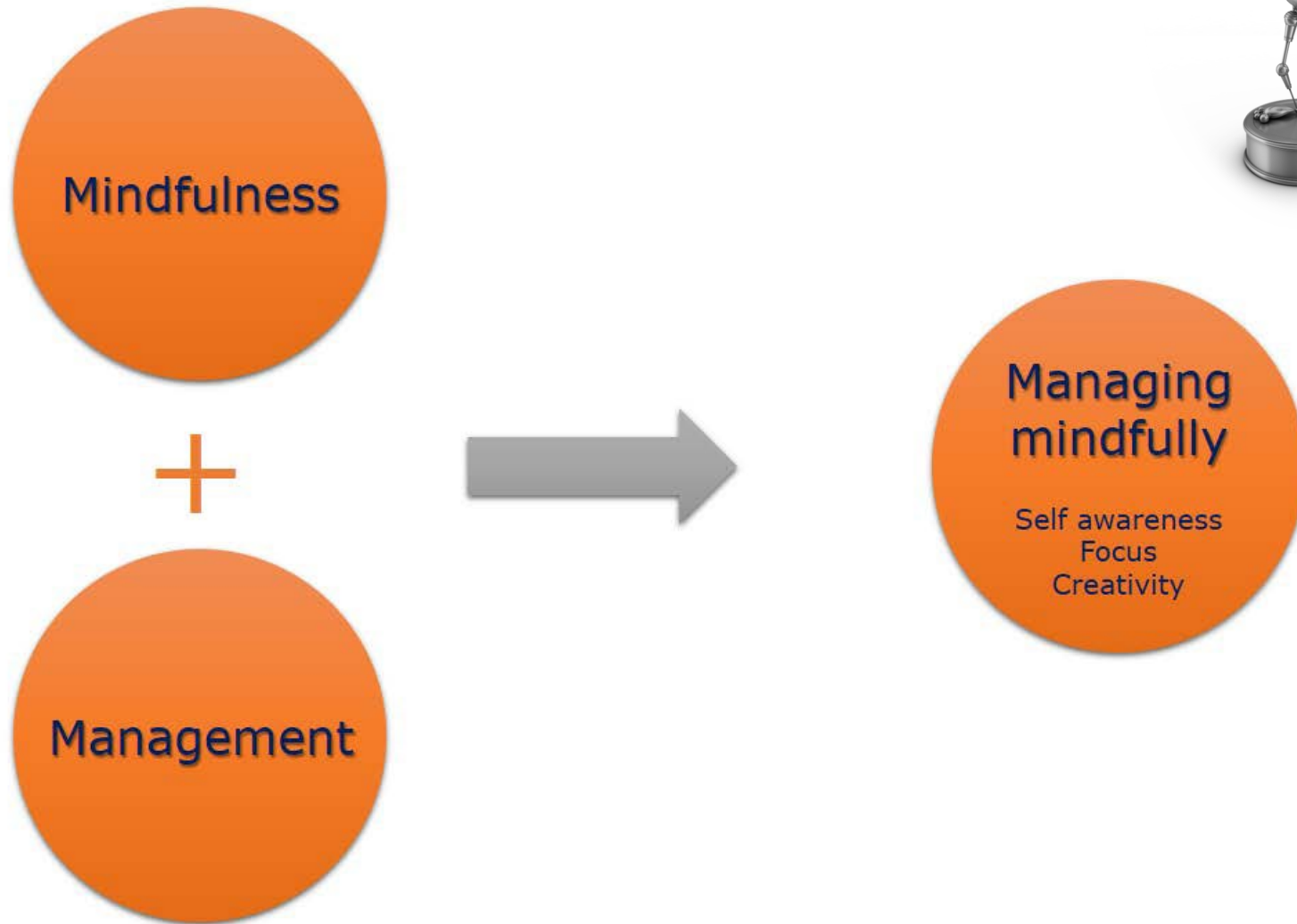
Insights into Mindfulness (No. 9 in a series of 18)



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Lightbulb Moments

Insights into Mindfulness (No. 10 in a series of 18)



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Lightbulb Moments

Insights into Mindfulness (No. 11 in a series of 18)

The Neuroscience of Mindfulness

Self awareness

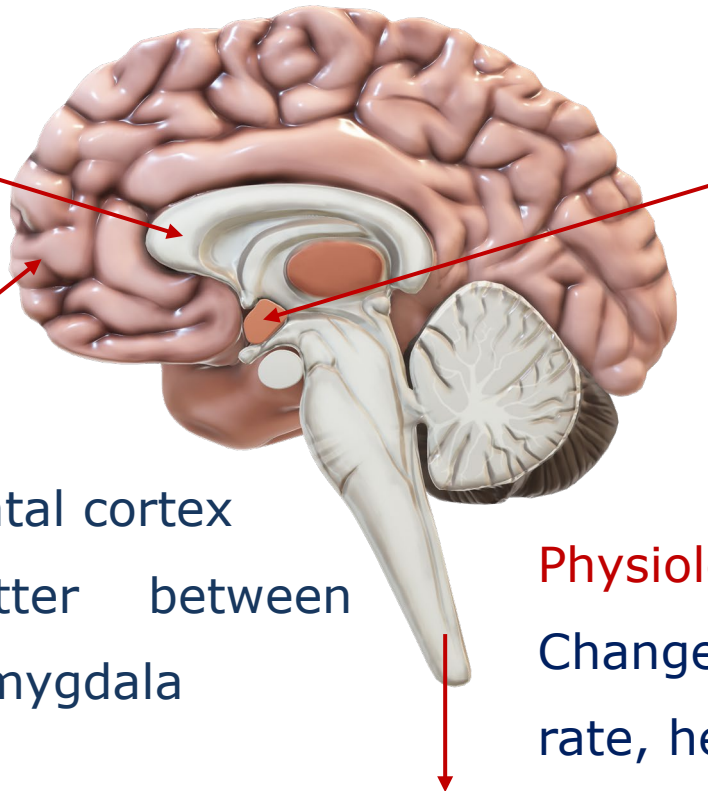
Greater activation
in the insula

Focus and memory

Strengthens left prefrontal cortex
increases white matter between
prefrontal cortex and amygdala

Realigned activity
of amygdala

Physiological effects,
Changes to breathing
rate, heart rate and blood
pressure

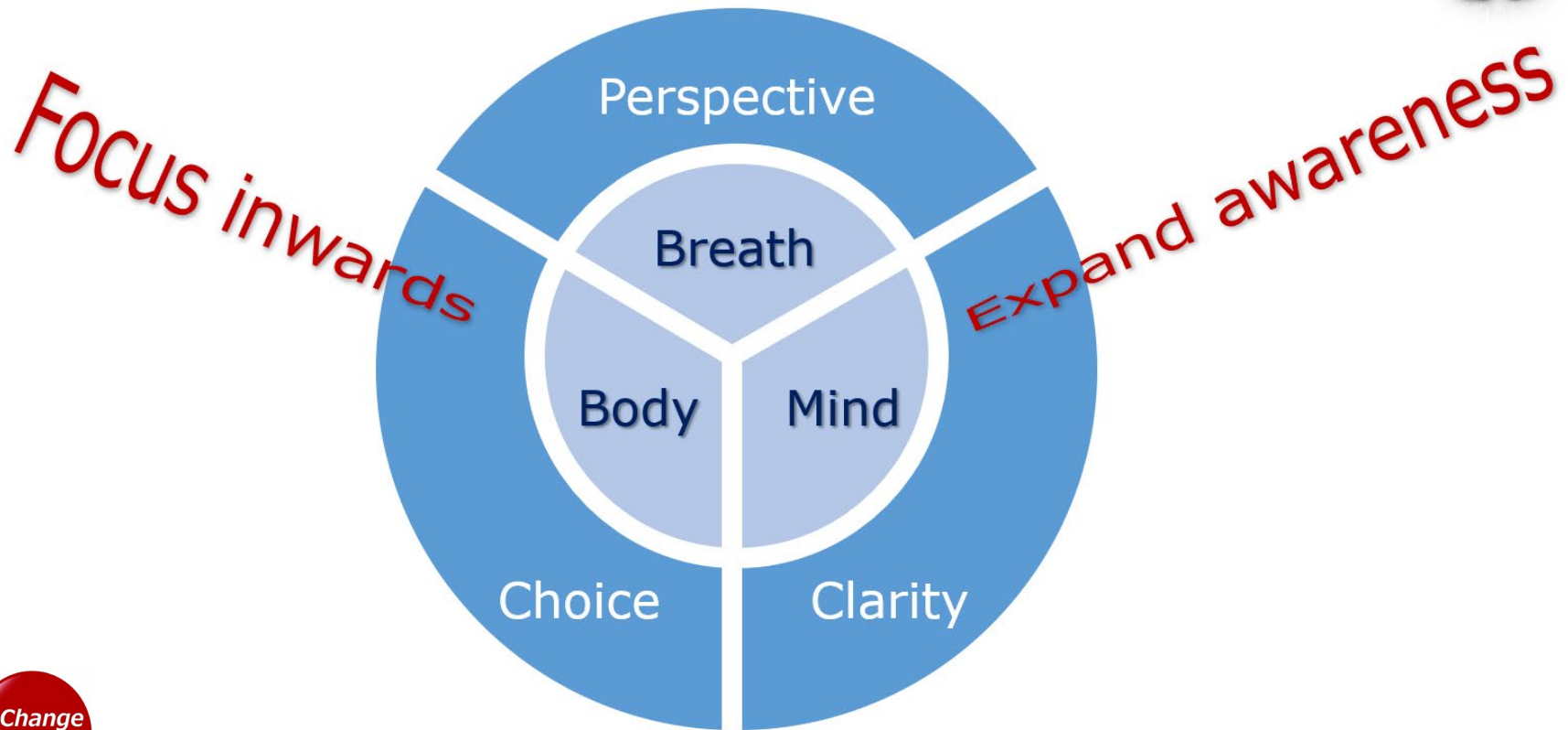


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Lightbulb Moments

Insights into Mindfulness (No. 12 in a series of 18)

Mindfulness as an Adaptive Response

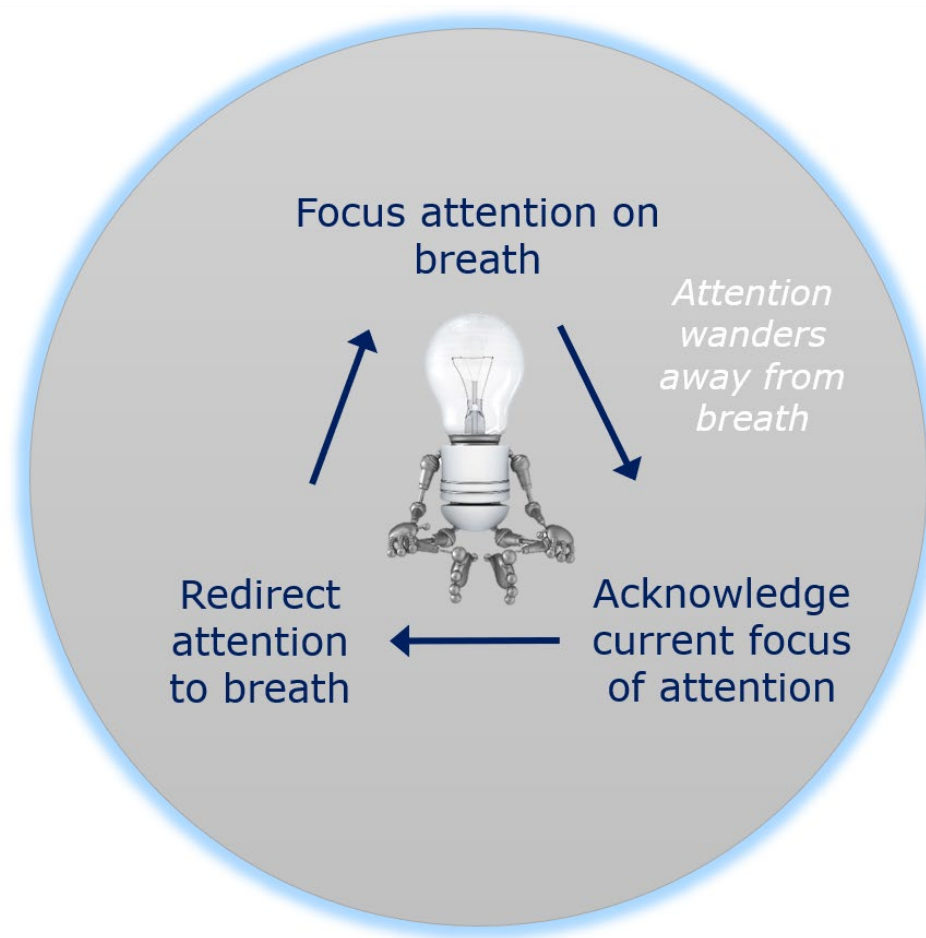


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Insights into Mindfulness (No. 13 in a series of 18)

Self-Regulation of Attention

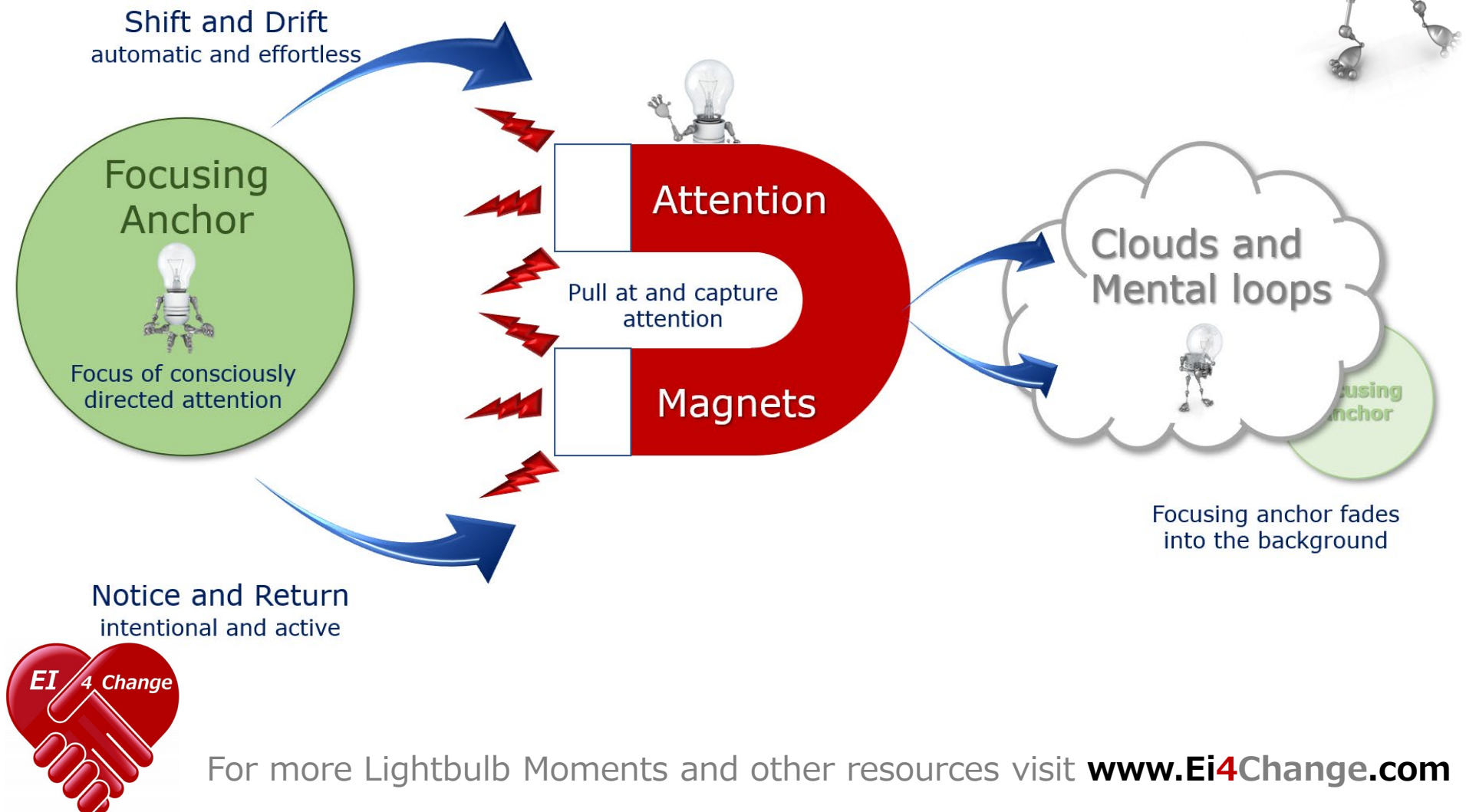


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Insights into Mindfulness (No. 14 in a series of 18)

The Attention Cycle



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Insights into Mindfulness (No. 15 in a series of 18)

As you practise Mindfulness it becomes apparent that the mind will have its say in all that you do.

The mind thinks just as the heart beats!

You will notice:

Judgements = likes or dislikes.

Associations = memories, stories, comparisons.

Emotional interrelationships with thoughts.

Thoughts don't occur singularly or without some emotional component.

Commentary = your thoughts comment on all your experiences.



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Lightbulb Moments

Insights into Mindfulness (No. 16 in a series of 18)



Tips for Developing Mindfulness

- 💡 Be consciously present - what's going on around you?
- 💡 Work on a single task at any one time
- 💡 Slow down to speed up
- 💡 Recognise the importance of stress - respond wisely and appropriately rather than adding to the difficulty, as you perceive it, through habitual reactions
- 💡 Show gratitude and appreciation
- 💡 Develop humility – accept your limitations, appreciate others, rediscover a sense of wonder



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Lightbulb Moments

Insights into Mindfulness (No. 17 in a series of 18)

Accept What You Can't Change

- 💡 Accept who you are
- 💡 Accept your mistakes (and those others make)
- 💡 Cut down on energy draining criticism (self and others)
- 💡 Enjoy your short comings
- 💡 Achieve a clarity of mind for those areas that you want to improve upon



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Lightbulb Moments

Insights into Mindfulness (No. 18 in a series of 18)



Insights into Mindfulness

- ☞ Deal with one thing at a time
- ☞ Accept the power of stress
- ☞ Be grateful and humble



*The great thing about Mindfulness Practice
is that you can't get it wrong!*



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