



SHARING MINDFULNESS WITH YOUR TEAM

Prep

Key point: Mindfulness is *experiential*: it changes your state (and eventually your ongoing traits) when you *experience* mindful moments.

To share the tools of mindfulness with others effectively you need to have experienced them yourself.

How?

- Try mindfulness workshops and self-paced resources from [Balanced You](#).
- Try practices offered at the [Mindfulness Northwest](#) website.
- Follow the instructions on **this handout** to try these tools. Try them when you have some breathing space and try them when you're stressed!

Delivery

Keep it simple:

Share the tools on this handout at a time, once in a while.

Make it personal:

Share how mindfulness has helped you. Give an example. Being vulnerable and even sharing something a bit embarrassing can help bridge the gap.

Make it optional:

These tools work best when people chose them and make them their own.

Make it ordinary:

Honor that people on your team already have tools and strategies for meeting stress. These are just a few more ideas to try out.

MINDFULNESS TOOLS

Awareness of Breathing - 1 to 10 minutes

Strengthens your ability to stay present and open - great for teams in the field

Find the breath in the body, wherever you feel it most easily. Attend to the sensations of breathing. When the mind wanders (it will!), gently bring it back to the breathing.



S.T.O.P. - 3 to 5 minutes

Responding to an upset mindfully

S - STOP - Stop talking, stop typing, stop texting, stop

T - Take a Breath - Slow it down, feel a breath

O - Observe - What are you feeling emotionally, in the body?

What stories are you telling yourself about what happened?

P - Proceed - Be curious about how to proceed *after* doing the STOP process. You'll be in a different space from where you started.



The Mindful Check In - 5 minutes

Helps you respond to and upset mindfully - great for those working with the public like bus drivers and transit employees.

Stand up, pause, tune in one by one to:

- 1) **Your Body** - How does it feel right now? Notice sensations. Tense areas, relaxed areas. Take a minute. Feel the breathing..
- 2) **Your Feelings** - How do you feel right now? Emotions here you can name? An overall feeling? Hard to find emotions, that's valuable to know too.
- 3) **Your Mind** - Take a step back inside your own head. What's happening? Strong repeating thoughts and stories? Sluggish? Scattered? Focussed?



Mindful Movement - 3 to 10 minutes

Moving the body with awareness grounds you in the present moment.

The body usually welcomes a stretch, make it mindful by slowing down and feeling the sensations as you move. Simple but powerful! Consider:

- Stretching mindfully
- Mindful Walking
- Simple yoga routines
- Tai Chi, Qi Gong, etc.

(no need to be an expert, just move your body with awareness)

Two Feet and a Breath - 30 seconds

Showing up for the next thing more mindfully.

Before opening a door, or opening a challenging email...

Feel your two feet on the ground

And take one mindful breath.

Research shows you'll show up in that new space or communication more fully.



SUFFERING
=
PAIN × **RESISTANCE**

What am I adding? - 3 seconds

Learning how to not make things worse with your own mind!

Starting to react to something or someone?

Ask yourself, "what am I adding?"

Are you refusing to accept what's happening? Making assumptions? Do you have the whole story? Can you find your curiosity? Can you accept, at least a little, that what's happening is happening? Here it is, now what?

BACKGROUND: WHAT IS MINDFULNESS, REALLY?

What is mindfulness?

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. - Jon Kabat-Zinn

Mindfulness is the awareness that arises out of intentionally paying attention in an open, kind, and discerning way.

- Shauna Shapiro & Linda Carlson



“Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.” - attr. to Victor Frankl

According to the research, what does mindfulness help with?

- Reduced rumination and worry
- Stress reduction and resilience
- Tools for being with chronic pain
- Better memory and focus
- Reduction of compulsive behaviors
- Enhanced emotional intelligence & compassion
- Being more open, engaged, and flexible.

-American Psychological Association

Am I mindful right now?

Are you

- paying attention to what’s happening now?
- curious about what’s happening?
- accepting of what’s happening?

Or

- Lost in the future or past?
- Resisting what’s happening?
- Reactive, angry, or fearful?

Being upset or distracted when things are hard to take is understandable. See if you can use the tools of mindfulness to get back to a more helpful place. Your health and everyone around you will thank you for it!



FOUR KEYS TO MINDFULNESS:

WILLINGNESS, CURIOSITY, KINDNESS, AND HONESTY

For more on mindfulness, including free practice recordings, check out the resources at [Mindfulness Northwest](#).