



Presentation: Mindfulness: What, Why, & How?

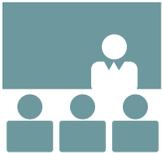
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About this presentation:

In this 60 minute workshop you will learn about the science and practical application of mindfulness. This evidence-based skillset that is available to all of us has been proven to:

- Improve productivity
- Reduce blood pressure
- Improve sleep
- Decrease anxiety and depression
- Improve immune function



About this handout:

This handout will give you my resources, recommended reading materials, and a place to write down action items and notes for future learning and application.



Thank you for your time:

Thank you for the gift of your time. It is my intent to provide you with valuable resources and information in exchange for your time. I encourage you to use the webinar as an opportunity to practice mindfulness. Notice when your mind is distracted, and come back to the material as quickly as possible.



Noteworthy TED Talks on Mindfulness:

Louie Schwartzberg: Nature. Beauty. Gratitude.
Andy Puddicombe: All it takes in 10 mindful minutes
Judson Brewer: A simple way to break a bad habit

Go to: www.ted.com

Books to learn more about mindfulness:



Sources:

Alterations in Brain and Immune Function Produced by Mindfulness Meditation, Davidson, Richard J. PhD; Kabat-Zinn, Jon PhD; Et. al. Psychosomatic Medicine: July 2003- Volume 65- Issue 4- p 564-570

A Mindfulness Based Stress Reduction Workbook; Stahl, Bob PhD.; Goldstein, Elisha PhD.; New Harbinger Publications, Oakland, CA. 2010

Notes:

1. What is Mindfulness?

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2. Why do we practice?

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3. Uncontrolled Stress Response Causes:

4. Neuroscience Simplified:

Lizard Brain- _____

Mammal Brain- _____

Human Brain- _____

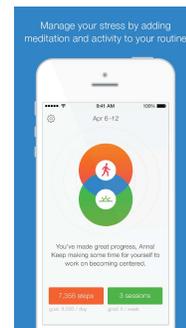
5. Formal Mindfulness Skills Include: _____

6. Informal Meditation Skills Include: _____

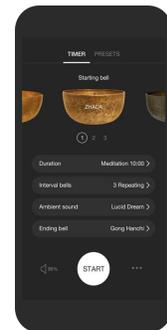
Useful Smart Phone Applications:



10% Happier



Centered



Insight Timer

Notes:
