

A Journey of Self-Discovery; More Peace, Less Stress



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Compassion

**Self*

**Others*

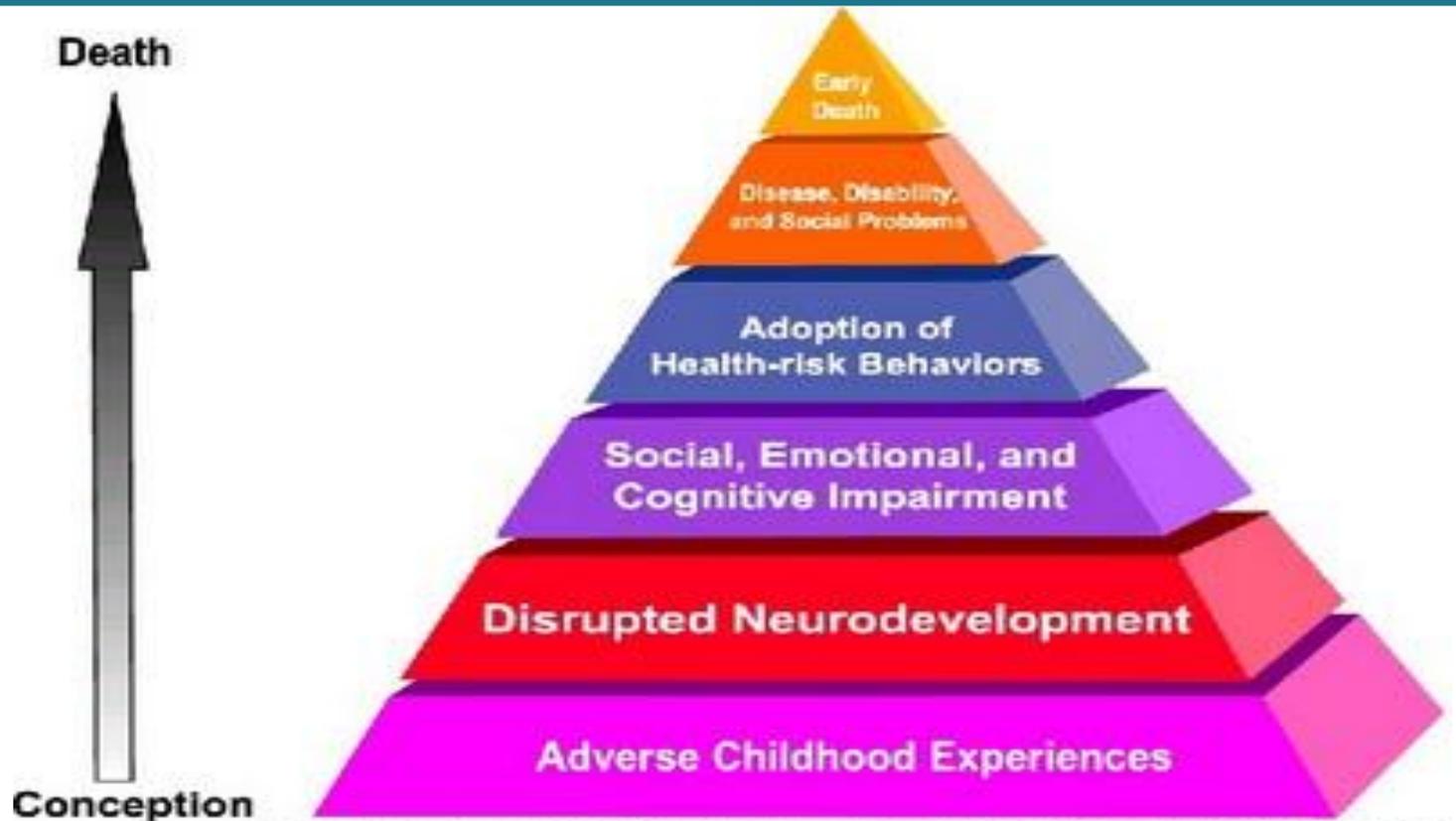
Genetics



Early Childhood Experiences



Adverse Childhood Experiences



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Habitual Thinking



Environment



'Thank you'



'Love and appreciation'



'You make me sick, I will kill you'

The Unruly Mind



Patience



Mindfulness

Paying attention in a particular way:
on purpose,
in the present moment,
and non-judgmentally.

-JON KABAT-ZINN, Ph.D

Mindful Awareness

Judgments

vs

**Non-judgmental
Awareness**

Mindfulness Based Stress Reduction

Mindfulness-based stress reduction and health benefits A meta-analysis

Paul Grossmana,* , Ludger Niemannb, Stefan Schmidtc,
Harald Walac

Results:

May help in a broad range of individuals to cope with clinical and non-clinical stress.

Emotional Regulation

**Mindfulness
practice leads to
increases in
regional brain gray
matter density**

Britta K. Hölzela,^{b,□}, James Carmody^c, Mark
Vangela, Christina Congleton^a, Sita M.
Yerramsettia,
Tim Garda,^b Sara W. Lazara

Decrease in Habitual Negative Thinking

Letting Go: Mindfulness and Negative Automatic Thinking

Paul A. Frewen Æ Elspeth M. Evans Æ
Nicholas Maraj Æ
David J. A. Dozois Æ Kate Partridge

Slow Aging Process

**Can meditation
slow cellular
aging?**

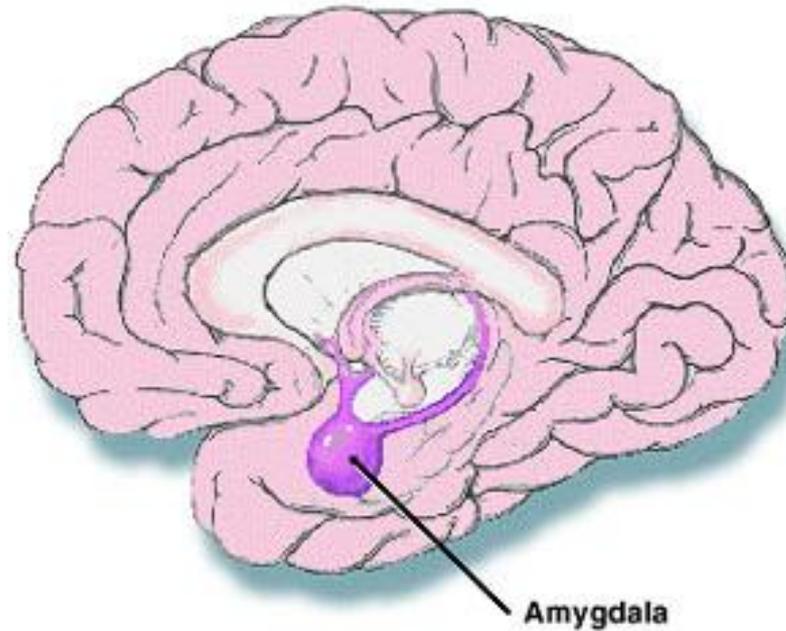
**Cognitive stress,
mindfulness, and telomeres.**

[Epel E](#), [Daubenmier J](#), [Moskowitz JT](#),
[Folkman S](#), [Blackburn E](#).

Ability to Handle Stress



Role of the Amygdala



Areas of the Brain that Affect:

- * Empathy
- * Self-Observation
- * Emotional Balance
- * Morality

–Daniel Siegal, M.D.

Give the Busy Mind a Break



Three Ways to Walk Down the Street

- * Ruminates on events that happened before you left.
 - * Worry about what will happen when you arrive.
 - * Pay attention to what it feels like to walk, breeze to hit your face, or how leaves fall from the trees.
- 

Informal Mindfulness

- ▶ When you awaken in the morning take a few moments to notice your breathing, how your body feels lying in bed, the appearance of the room, the temperature of the air, and the sounds around you.
- 

Mindfulness in Daily Life

- ▶ While brushing your teeth, pay attention to the physical motions involved and the taste of the toothpaste. When you shower, try to focus on the experience of thousands of droplets striking your body and the feeling of bathing. Notice the warmth of the water and the calming effect of the experience. When you dry yourself, try to actually feel the towel. Getting dressed, notice the colors and textures of your clothes and the feeling of putting them on.

Mindfulness in Daily Life

- ▶ Pay attention to the weather, the sounds and smells, and everything in your visual field as you head off for your day.

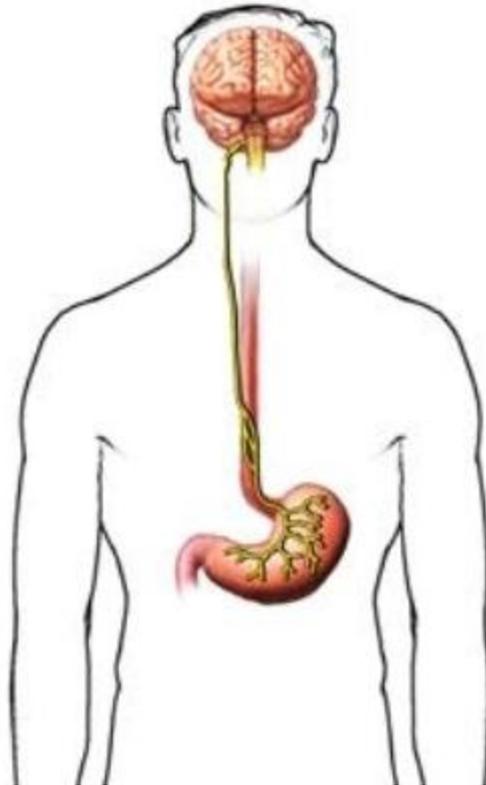
Mindfulness in Daily Life

- ▶ When you eat pay attention to the smell of your food. Pay attention to the taste of one bite of your food, the sensation of chewing, and the sensation of swallowing. Avoid reading or watching tv during the meal. Stay in the moment with each part of eating.
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Goldmine Under Your Nose



Vagus Nerve

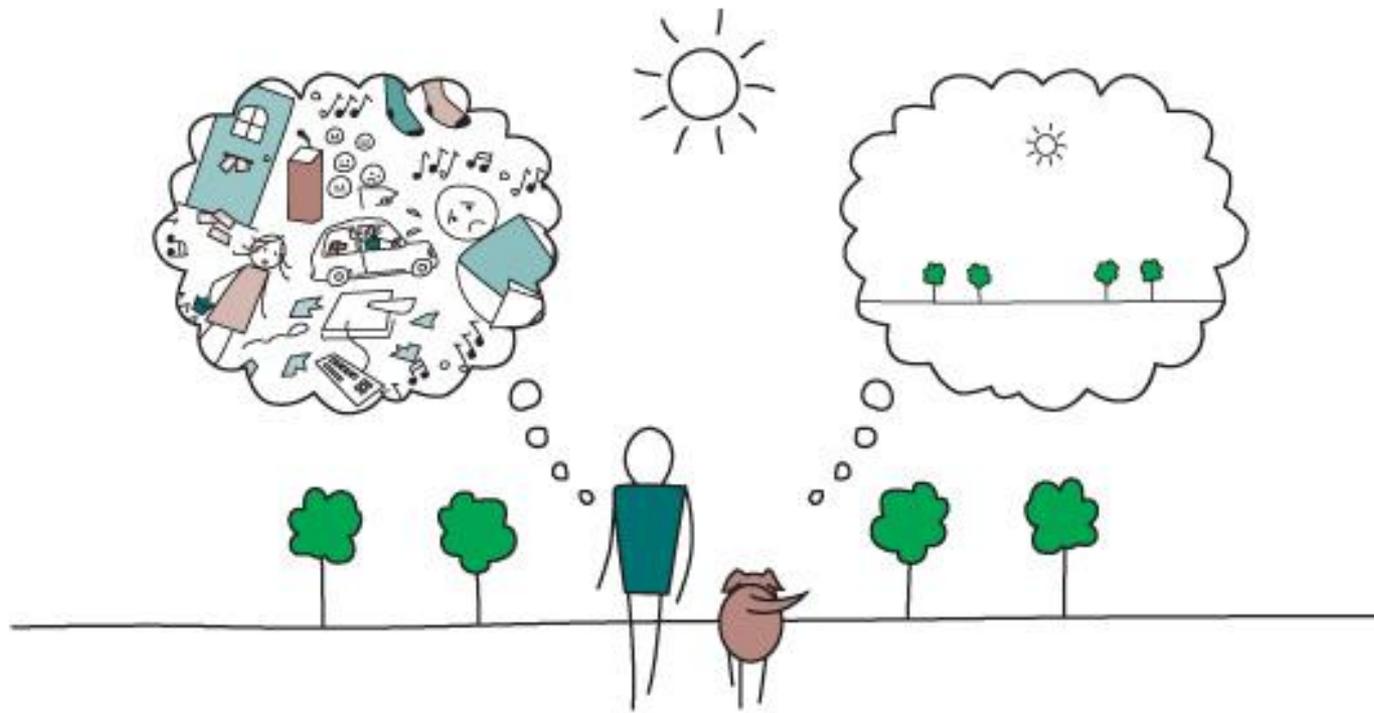




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Mind Full, or Mindful?