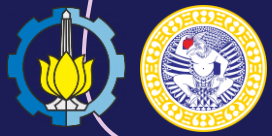




Mindfulness

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Taking the first steps: Choosing your learning method

Discovering and integrating mindfulness into your life is similar. The first stage in the mindfulness journey is to find out about mindfulness. Do you prefer to learn from just reading a book such as this one or to complement the experience with further support? If so, you may consider:

- ✓ An online course.
- ✓ A workshop.
- ✓ A course in person with a teacher.
- ✓ One-to-one coaching with an expert, on the phone or in-person.

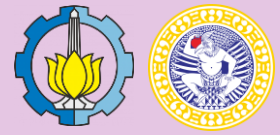




Worksheet 1-3

Deciding How I Want to Learn

<i>Method of Learning</i>	<i>Have I Tried this Learning Method Before? If so, for Learning What?</i>	<i>How Effective was the Learning Method for Me?</i>
Online		
Weekly group course		
Half-day workshop		
Weekend workshop		
One-to-one coaching		
Audiobook		
Anything else		



Two Concepts

Overcoming difficulties along the way

it's about becoming aware of your thoughts in a different way.

Accepting that the journey is the destination

- Far healthier to just live a mindful, balanced life and fully participate in what life has to offer.
- Mindfulness is present-moment awareness and can't happen in the future.
- Mindfulness isn't a special state of mind that you reach after reading lots of books or doing lots of courses.
- Mindfulness is counter-intuitive in some ways

Expectation Vs Management



Worksheet 1-5

Problems I Expect and Their Solutions

Difficulties I Expect with Practising Mindfulness

Examples: Lack of time, discipline, not sure what to do, lack of motivation, too excited about the process.

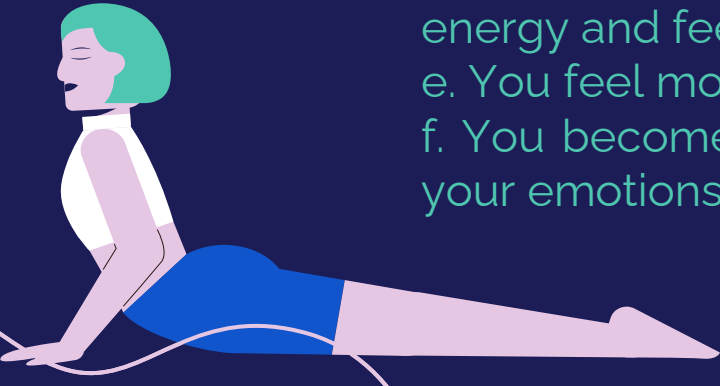
How I'm Going to Manage Them

Examples: Use my mindfulness diary, learn with a friend, do a course after reading the book, reward myself after a month of practice, try and practise before I preach about the benefits to others.

Enjoying the Benefits of Mindfulness

Feeling more in tune with your body

- a. You can begin to calm your mind.
- b. You can deal with suppressed emotions
- c. You can be more aware of any minor injuries or illnesses and take appropriate action if necessary
- d. You can more effectively ease physical tension that wastes energy and feels uncomfortable.
- e. You feel more grounded, centred and present.
- f. You become less automatically and negatively reactive to your emotions





Let's Practice For A While

- Sit or lie down in a comfortable position and take five deep, slow breaths. Be aware of the physical sensation of each breath as it enters and leaves your body.
- Notice the sensations in your feet during one full in-and-out breath.
- Be aware of the physical sensations in your lower legs for the next in-and-out breath.
- Continue moving your awareness up your body in this way: upper legs, hips and pelvis, lower torso, upper torso, upper arms, lower arms, shoulders, neck, head. 'Feel' each body part for one full breath cycle (in and out).
- Your mind is bound to wander off to other thoughts. When you realise this is happening, kindly and gently, with a smile, bring your attention back to where you left it, moving through your body.
- Finish by 'feeling' your body as a whole, for a few breaths. Experience a sense of affection towards your own body if you can. If you can't, that's okay – you can only do your best and see what happens.

Coming to your senses



- Breathe in slowly through your nose and allow your belly to fill with the breath

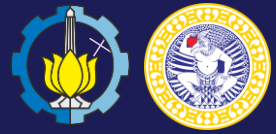
Notice five objects you can see around you.

Repeat Step 2 but this time with five sounds

Do the same process again but with five different scents.

Try the process this time with five different tastes

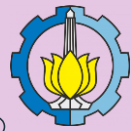
5 minutes meditation



Sit on a park bench or any other public place, every day, for five minutes.

Practice just looking ahead as people walk past for those five minutes (even if you're tempted to look at the people, just keep looking ahead).

Do this daily for a couple of weeks and see what effect it has on the rest of your life.



Being negative: it comes naturally



Bias Negativity

Here is where mindfulness comes in to help. Instead of simply reciting positive thoughts to drown out negative ones, it's more effective to become aware of those negative thoughts and put them into perspective



Humans have evolved to survive, and, therefore, to avoid danger to do this.

Worrying about it won't make the problem go away. Mindfulness helps you to manage your negativity bias and prevents you from getting stuck in repetitive negative thinking





02

Using mindfulness for emotional health

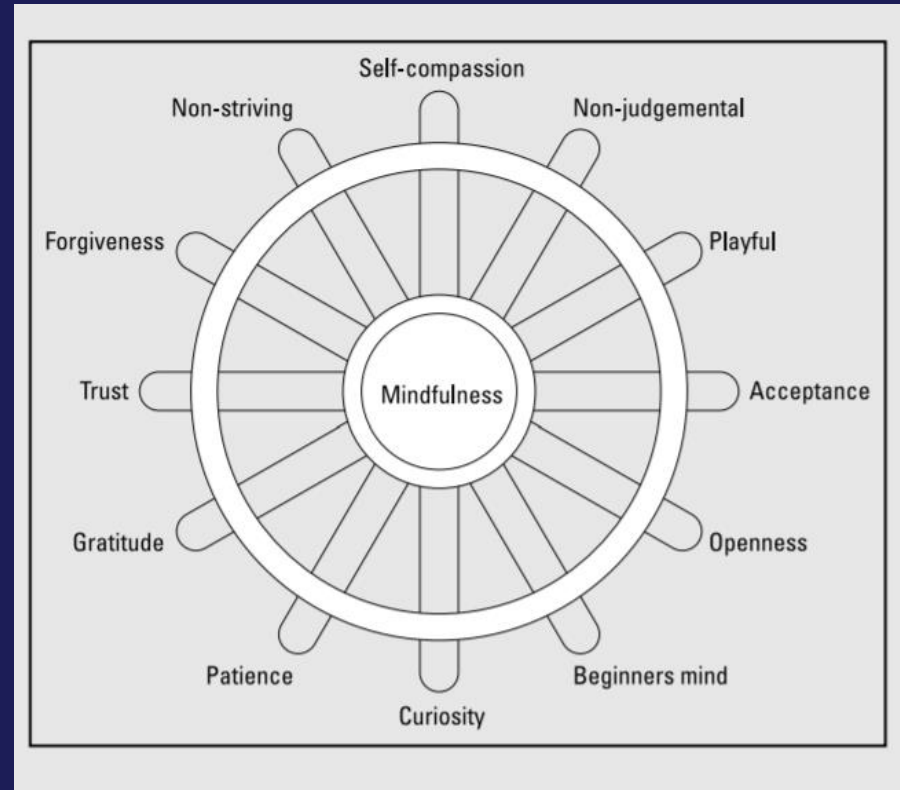
Understanding the nature of emotions



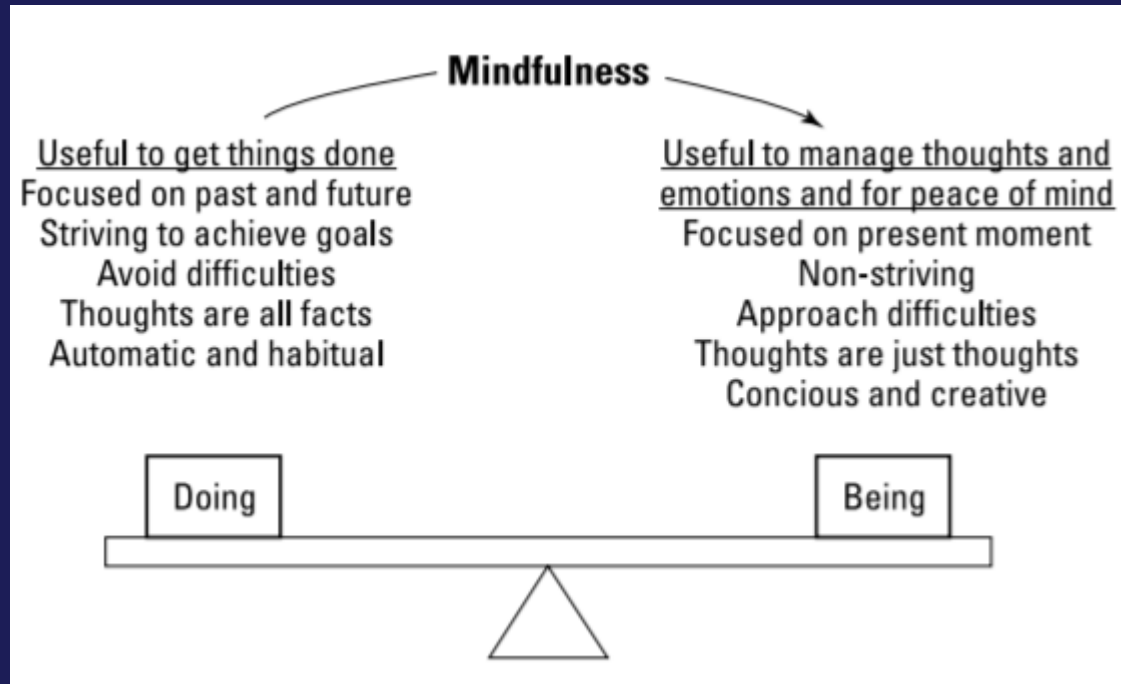
Understanding the nature of emotions

- +
 - Awareness:
 - Self-compassion:
 - Curiosity:
 - Acceptance:
- - Openness
 - Being Yourself

Preparing Yourself for Mindful Living

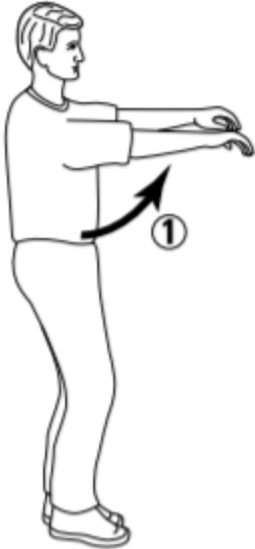


Balancing Doing and Being in Your Life

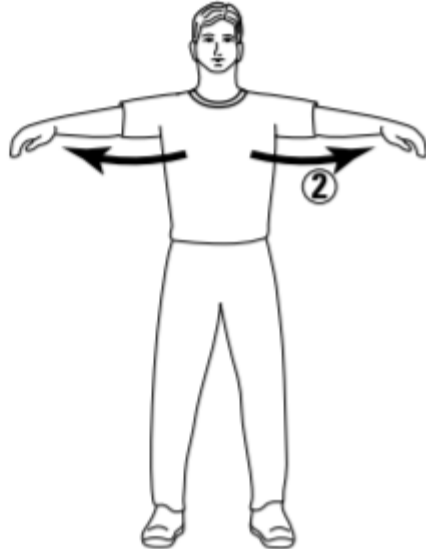


Practice Again!

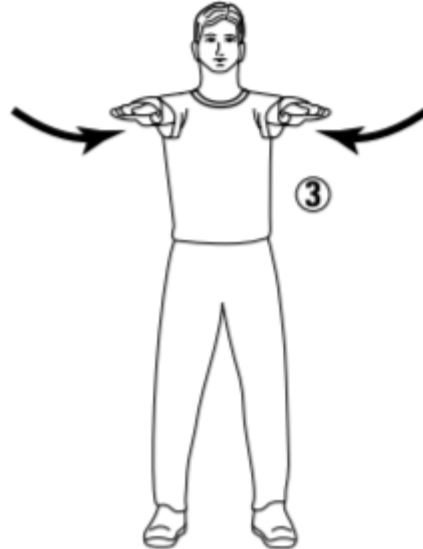
Breathe in and
raise your arms



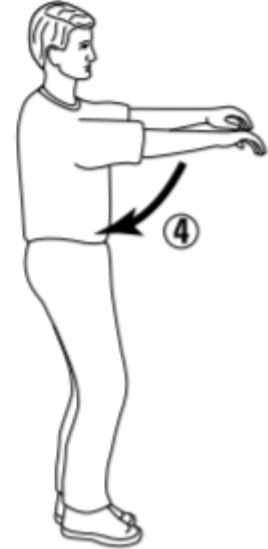
Breathe out and
open your arms out



Breathe in and
bring your arms in

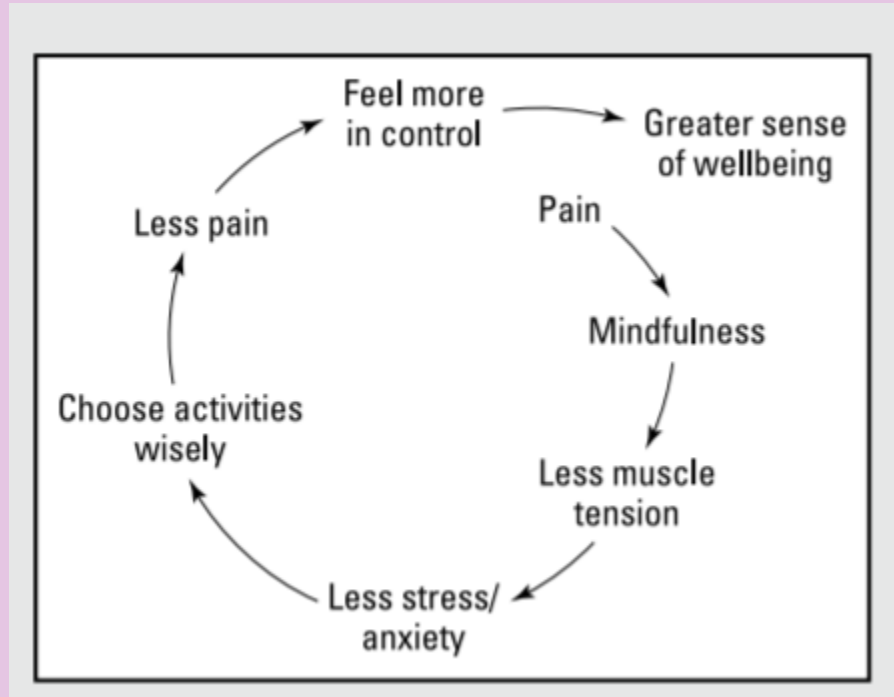


Breathe out and
bring your arms down



Enjoying the Rewards of Mindfulness

Enjoying the Rewards of Mindfulness



Using Mindfulness with Positive Psychology

Positive emotion



Feelings such as joy, hope, curiosity and love fall into this category.

Engagement



When your attention is fully focused on a task, hobby, work or person, you go into a state of mind called flow.

Meaning

dedicating yourself to a cause that's bigger than yourself

Relationships



Positive relationships form the core of a life of wellbeing (e.g. your friends, family, colleagues – people you regularly interact with)

Accomplishment



Achieving a goal that's valuable to you contributes to your wellbeing

Practical Exercises

Concentrate **1**
~~~~~

**2** Inhale  
~~~~~

Exhale **3**
~~~~~

**4** Feel  
~~~~~



Improving My Wellbeing in Five Areas

- What activities do you enjoy and need to do more of?
- Think about activities that you've done in the past that make you feel fully connected. Is it a sport, a particular hobby or a job? What activities absorb your attention?
- Do you have several positive relationships, with your friends or family? Tell us 😊
- How does the work you do every day help others?
- What small acts of kindness can you do that other people would appreciate?
- Do you feel that you're moving towards achieving your dreams in life? What small steps can you take to achieve them?



Thanks!

Do you have any questions?
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