ExPlorations in Mindfulness

foundations in mindfulness and meditation

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

Stress and the bad things that come with it are the number one reasons people choose to integrate a meditation or mindfulness practice into their lives. There are many risks associated with stress while there are many physiological and psychological benefits associated with mindfulness. The three types of meditation practices covered in this program are “single point of focus”, “open monitoring”, and “affective or intentional meditation”.

“Mindfully acknowledging our emotions and taking responsibility for our reactions lets us recognize more options, choose wiser responses and take control of our behavior.” -Dr. John Yates

# NOTES:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

Mindfulness and meditation training

 **Session Lexicon:**

**Meditation** – Stillness; the entire process of quieting your mind and retaining that mindful awareness for a length of time.

**Mindfulness** – Awareness; being aware of your thoughts and sensations without judging them and a heightened awareness of the things happening around us.

**Stress** (the silent killer): The non-specific response of the organism to any pressure or demand.

**Stressors**: Internal (thoughts) and external (nearly getting hit by a bus) experiences in which your body responds the same way.

# Reflections from your meditation practice:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |