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Webinar Toolkit: May 2022

“Mindfulness for Stress Management, Easing Anxiety”



Your Facilitator



Lesa Burger

Executive Coach and
Advanced Breathwork
Practitioner

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What is Mindfulness?

Mindfulness is a frame of mind in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

In clinical and research contexts, mindfulness meditation is typically described as non-judgmental attention to experiences in the present moment.

Mindfulness

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MEANS PAYING
ATTENTION IN A
PARTICULAR WAY,
ON PURPOSE, IN THE
PRESENT MOMENT
NON-JUDGMENTALLY.

WWW.VERYBESTQUOTES.COM

JON KABAT-ZINN

Founder of the Mindfulness-Based Stress Reduction program at the
University of Massachusetts Medical Center.

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What Do We Pay Attention To When Being Mindful?

Body

(physical discomfort, pleasurable sensations, tweaks, aches, glows)

Sensory Experiences
(what we touch, smell, see, hear, taste)

Emotions

(moods, feelings, emotional states)

Thoughts

(memories, plans, images, chatter)

Tips for Beginners

Have warm feelings toward yourself – self compassion

Prepare yourself to observe and learn. Set your intention

Use your breath to settle and anchor yourself

Forgive your own lapses. Just invite yourself back to the present moment by focussing on your breath

Find a mindfulness App:
Calm
Insight Timer
Headspace
Buddhify

Thank yourself afterwards: gratitude

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6 Mindful Exercises to Try

Start the Day Mindfully

- Under the shower allow yourself to feel the water on your skin. Let the heat awaken your muscles and imagine your cares washed away with the water. Smell your shower gel. Turn the water cooler

Scan your body

- Scan your body from top to toe for any sensations of discomfort or tension. Attempt to soften to the sensations of discomfort. Next, scan your body for any sensations of comfort or ease.

Do one routine task mindfully

- Pick an action you do at the same time everyday and plan to do that action mindfully. For example, the moment you flick out your rolled up newspaper

Two mindful bites

- Try mindful eating for the first two bites of any meal Pay attention to the sensory experiences - the texture, taste, smell and appearance of the food, and the sounds when you bite into your food. Paying attention to your sensory experience in an experiential rather than evaluative way.

What one breath feels like?

- Try paying attention to what one breath feels like. Feel the sensations of one breath flowing into and out from your body. Notice the sensations in your nostrils, your shoulders, your rib cage, your belly etc.

Take a mindful moment to give your brain a break instead of checking your email.

- <http://www.donothingfor2minutes.com/>

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Watch our webinar to find out more about to find out more about the following videos:

1. "Mindfulness In Everyday Life" Jon Kabat Zinn with Oprah Winfrey
<https://www.youtube.com/watch?v=D5r2sBQM31k>
2. The Neuroscience of Mindfulness

Some suggested Apps worth downloading:



InsightTimer



Or visit: <https://positiveroutines.com/track-your-happiness-apps/> or
<https://en.softonic.com/top/deep-breathing-apps>

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Thank you for joining the session!

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<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

Up next month:



2022 Live Webinars
June

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Raising the Modern Child

Tuesday, 14th June at 2pm

Register on:
<https://event.webinarjam.com/register/62/og4loumr>

Your Facilitator



Tracy Helps
Clinical Social Worker

We look forward to seeing you there!