



Guided Notes for Trying to Change that Negative Loop of Self-Criticism and Perfectionism? Mindfulness Practices Can Help!

Created by Renée K. Van Norman, PhD

Guided Notes are designed for you to follow along and actively participate with the PowerPoint slides and webinar. You can make notes, write questions, expand your thinking on a topic, or doodle. These notes correspond directly to the content presented in the PowerPoint Slides.

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Today’s objectives

- Describe how mindfulness practices can work to interrupt unhelpful habit loops.
- Identify ways to start a mindfulness practice.
- Learn guided meditation practices.

Agenda

Set our intention
Mindfulness meditation techniques and practices
How a habit loop forms
How mindfulness can help interrupt unhelpful habit loops
Self-management for habit change

INTENTION SETTING

Right now, I will put aside my thoughts of...

by...

so, I can...



Five Fingered Peace Meditation

*Adapted From Five Good Minutes: 100 morning practices to help stay calm & focused all day long
By Jeffrey Brantley, MD and Wendy Millstine

Get into a comfortable position

If you're comfortable, close your eyes, gaze downward or gently focus on something in the distance

Take a deep breath in, and let it out

1. Touching your thumb to your index finger, travel back to a time when you felt a healthy exhaustion after exerting yourself physically, such as cleaning out the garage, rearranging your classroom, working out.
2. Touching your thumb to your middle finger, travel back in time to a loving exchange with someone special, such as reading a touching card, a peaceful moment with a student, a positive comment from a colleague.
3. "Touching your thumb to your ring finger, try to recollect the most caring gesture you ever received. Take this opportunity to truly accept this gift."
4. "Touching your thumb to your little finger, travel back to the most magnificent place that you've seen or dreamed about. Take this moment to absorb all the beauty that surrounds you."

"This five-finger relaxation is your ticket to building inner strength, harmony, and a sense of ease."

Definitions of Mindfulness

- "Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally."
 - Jon Kabat-Zinn
- "Paying attention with **openness, curiosity, flexibility and kindness.**"
 - Russ Harris

Mindfulness 101

Unfortunately, I was unable to get permission to use the infographic in the guided notes that I have in the presentation slide.

Here are some of the **BIG IDEAS**

BIG IDEA #1: This theory believes there are **6 primary emotions** frustration, anger, sadness, joy, fear, & surprise.

BIG IDEA #2: We **don't choose** to have these 6 primary emotions they are hard wired in us; **they are just reactions to life's events.**

BIG IDEA #3: What we do with them **IS** up to us! We get to choose what comes next.

BIG IDEA #4: We can choose path A or B:

- A. Add judgement and opinion which can often lead to pain and suffering **OR**
- B. Observe without judgement which can lead to mindful acceptance and often lead to less pain and suffering

Practicing Mindfulness

What Skills

- Observe
 - Wordless watching
- Describe
 - Put words to experience
- Participate
 - Jump in and do

How Skills

- Nonjudgmentally
 - Not “good” nor “bad”
- One-mindfully
 - One thing in the moment
- Effectively
 - Do what works

Notes:

How can you practice your how and what skills? What routine activities will you try?

Meditation as a Tool to Achieve Mindfulness

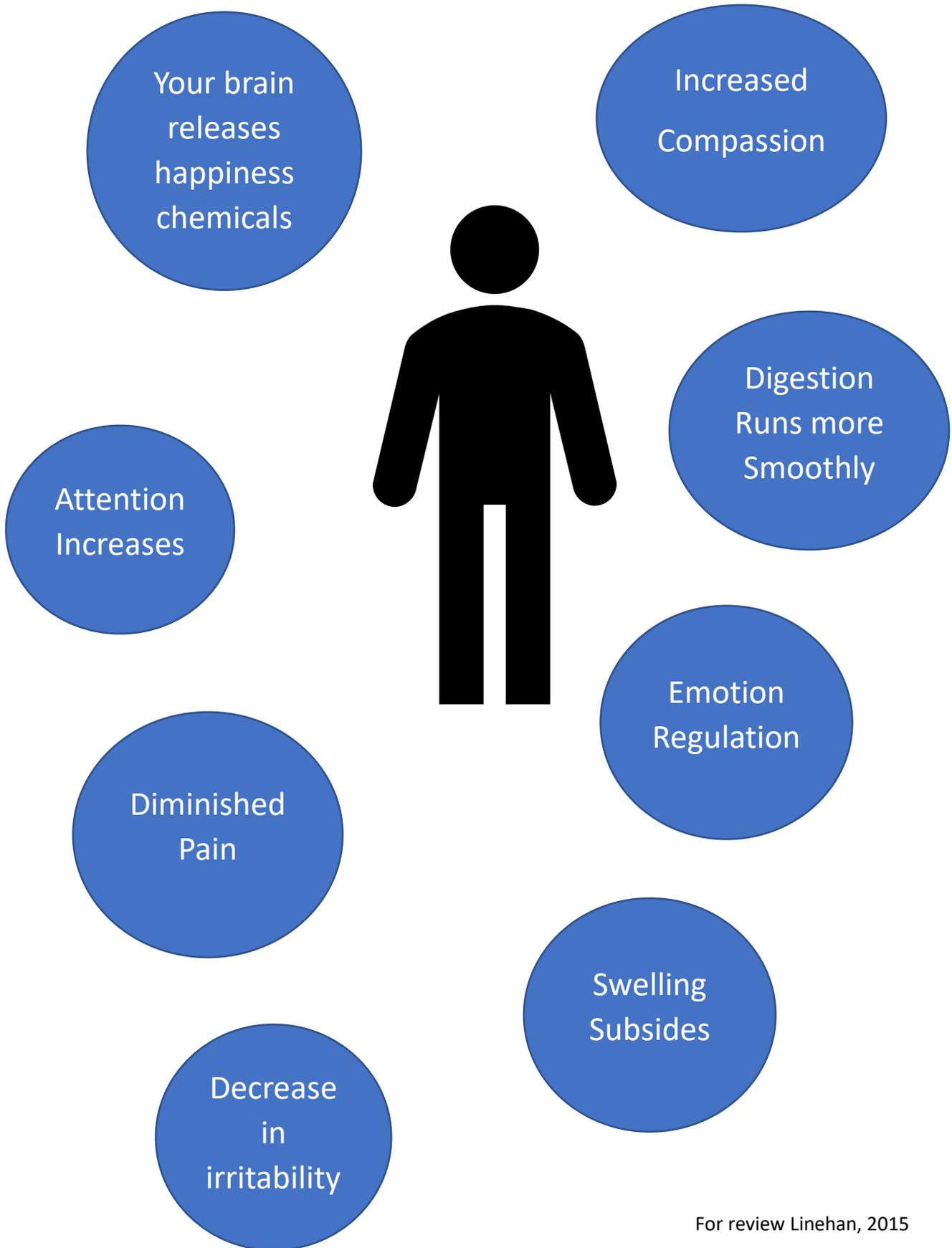
- “Meditation is a tool to achieve post-meditative mindfulness,”
- Ideally, as you practice meditation regularly, you’ll find yourself being more mindful, aware, and focused throughout the day. Ellen Langer <https://positivepsychlopedia.com/year-of-happy/how-to-cultivate-mindfulness/>



Meditation 101: A Beginner’s Guide Narrated By Dan Harris by Happify <https://youtu.be/o-kMJBWk9E0>

Notes:

Some Potential Benefits of Mindfulness & Meditation Practices



For review Linehan, 2015

Full citations in resources



Just Breathe Video by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)

<https://youtu.be/RVA2N6tX2cg>

Notes:

Four Square/Box Breathing

If you are able, sit up straight in a comfortable chair. Put your feet flat on the floor and relax your hands in your lap. You may overlap your hands or let them lie separately with palms facing up. The important factor is to maintain an aligned posture and to be at ease.

Close your eyes if you choose or gaze downward. Closed eyes meditations or breathing exercises should always be a choice.

Close your mouth and breath in slowly through your nose. Count to four if that is comfortable to you

as you inhale. Hold your breath for four seconds. You are not trying to deprive your body of oxygen but need to allow a few seconds for the air to fill your lungs. Concentrate on your belly and notice how it also moves when you inhale deeply.

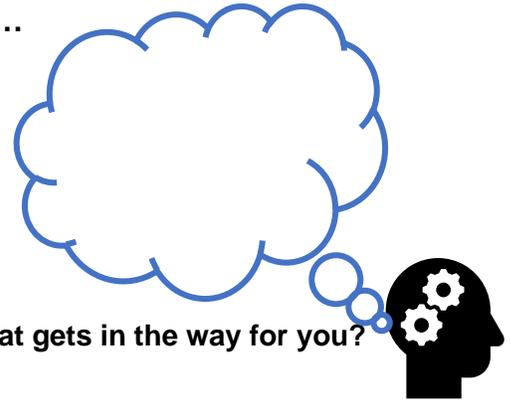
Open your mouth slightly and slowly exhale to a count of four. Hold the exhale to another count of four. Ideally, we would repeat the exercise for four minutes, but we'll do it for three times and perhaps you'll achieve a relaxed state, relieve any tension and settle any nerves.

So, on your own counts. Allow the air to fill your belly and notice how it passes over your chest. Continue your box breathing for 3 more rounds. Or until you hear my bell ring.



Things that can get in the way of mindful/meditation practice...

1. No time to practice
2. Can't get comfortable
3. Don't know why I would practice
4. All or nothing thinking
5. Lose concentration, "Not doing it right", Monkey Mind



What gets in the way for you?

Intention for Practice

Strategies for Getting Unstuck

What is your intention?

- Why do you want to practice? _____
- What are your values around practice? _____
- What do you hope to gain? _____

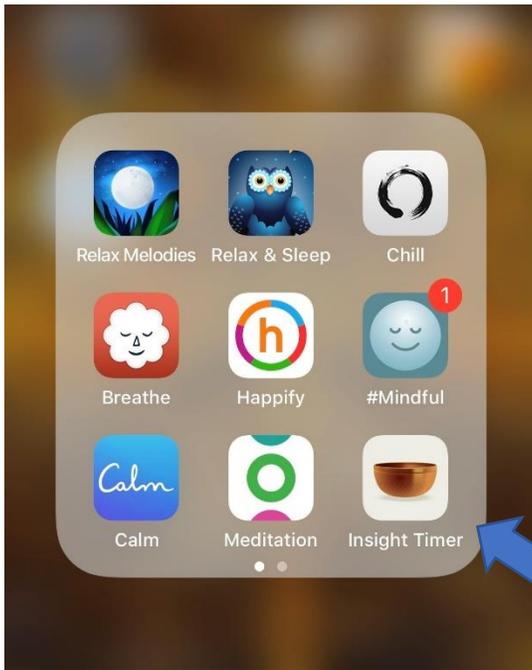
Recommendations for Meditation Practice

Strategies for Getting Unstuck



- Set up a regular practice time
- Few times per week; 10 – 15 min
- Find a comfortable position (highly individualized)
- Straight back, relaxed neck, chin slightly tucked in
- Hands on lap or knees
- Set an intention
 - Be clear on your reason for practicing (e.g., stress reduction, more peace, joy)
 - Make a commitment, practice with intention
- Recommendations for Meditation Practice
Strategies for Getting Unstuck
- Take it one day at a time
 - Recommit missed days
 - Be patient, have self-compassion
- Proceed mindfully
 - Resume your day with mindful awareness





Insight Timer App

1,000+ Free Meditations

Improving Concentration in Meditation & Meditation Timer

1. Sitting for longer periods of time in meditation
2. Receiving one-on-one guidance about your practice
3. Studying different techniques for focused attention
4. Finding environments that are quiet and conducive for meditation
5. Attending a concentration meditation course
6. Having a strong intention to release mental distractions, thoughts, plans and concerns during meditation

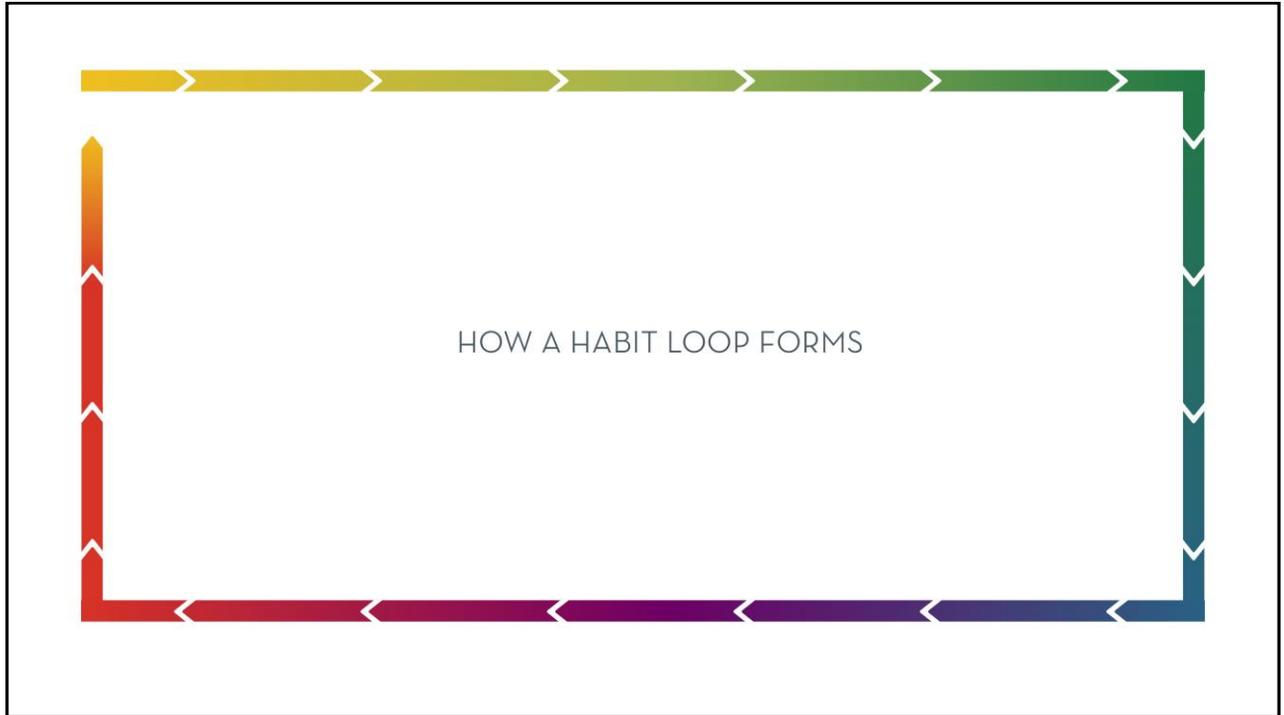
Brief Review

1. Many different definitions of mindfulness
2. Meditation one way to cultivate mindful awareness
3. Many benefits to mindfulness practices
4. Breath as an important part of meditation practices
5. Many ways to practice meditation, improve practices & concentration

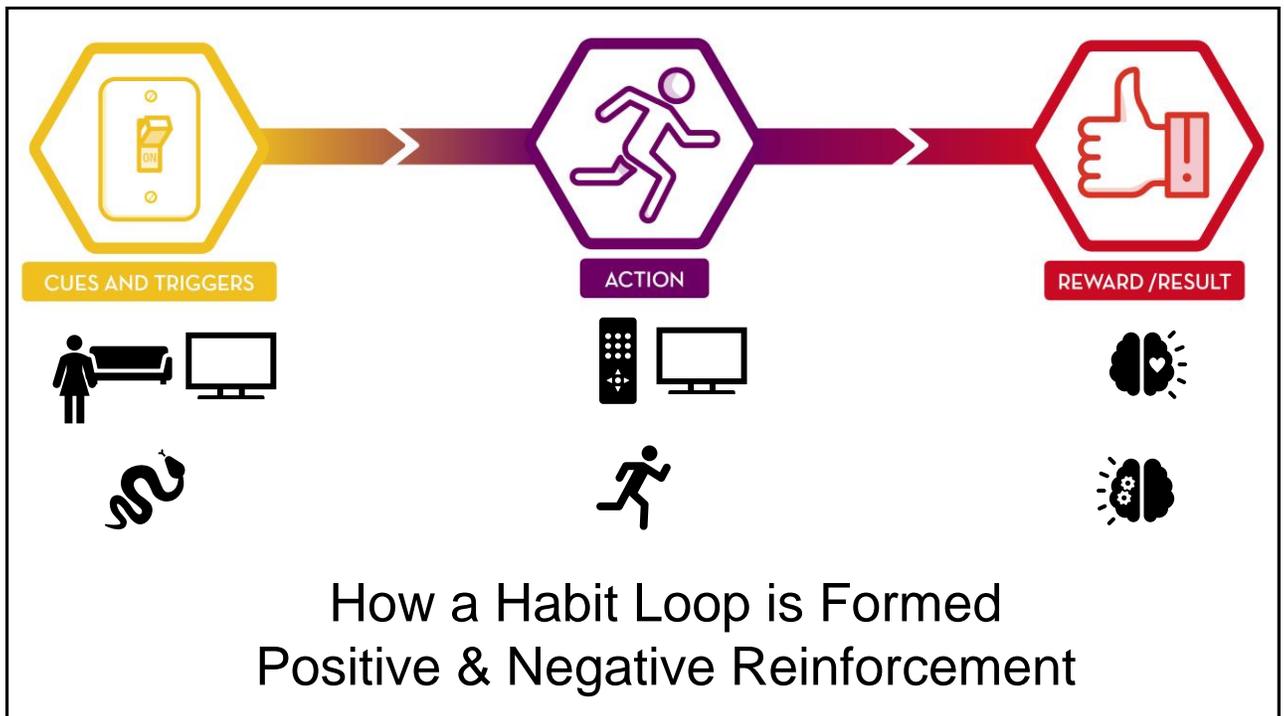


Calm App Timed Mindfulness

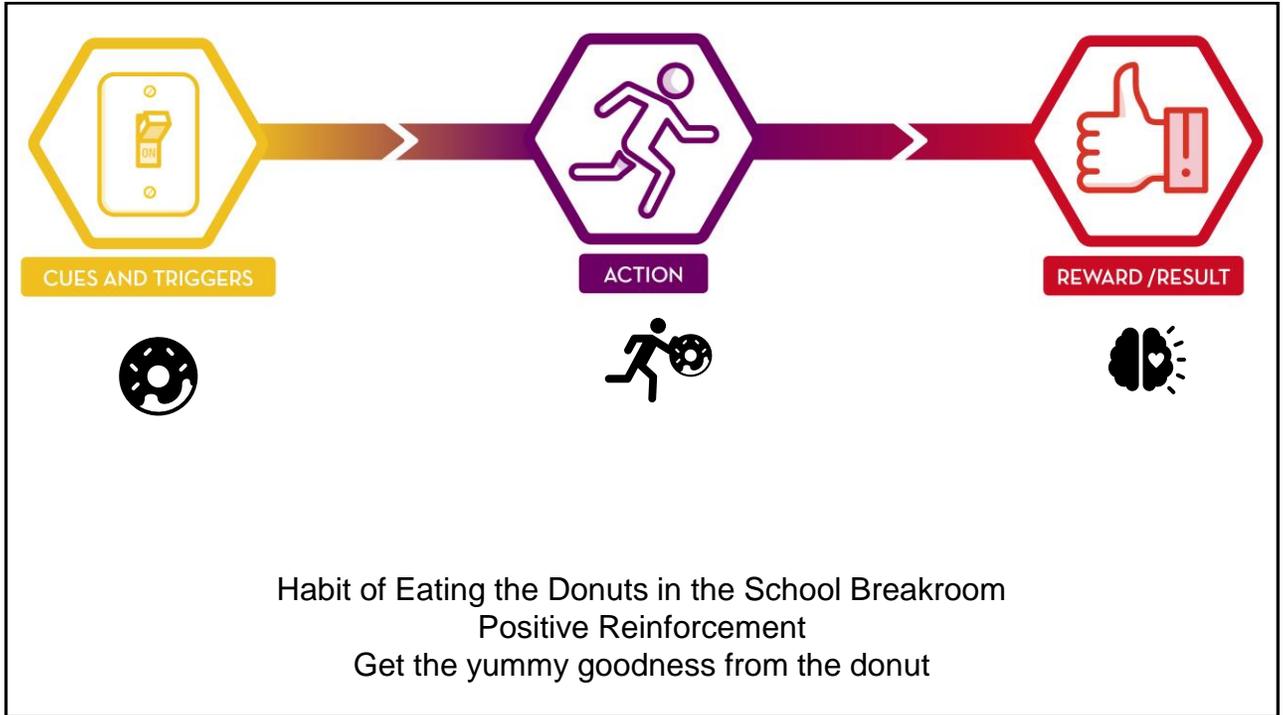
Reminders Throughout Your Day!



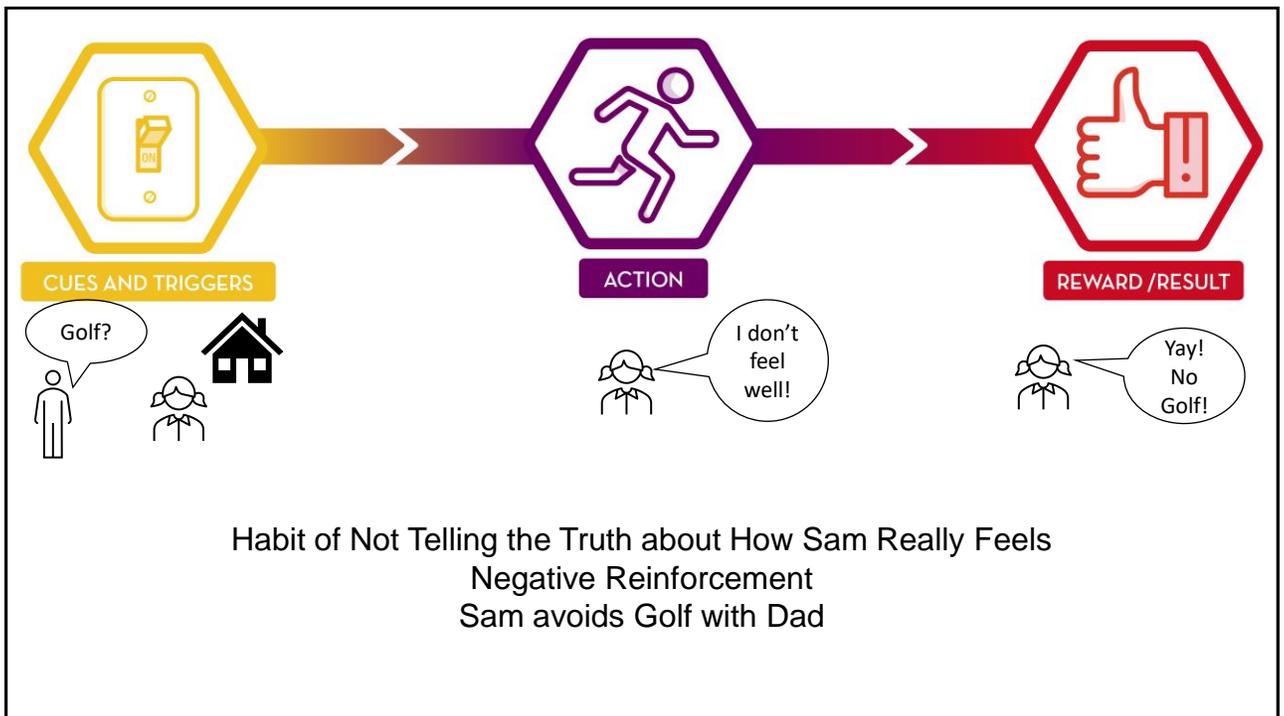
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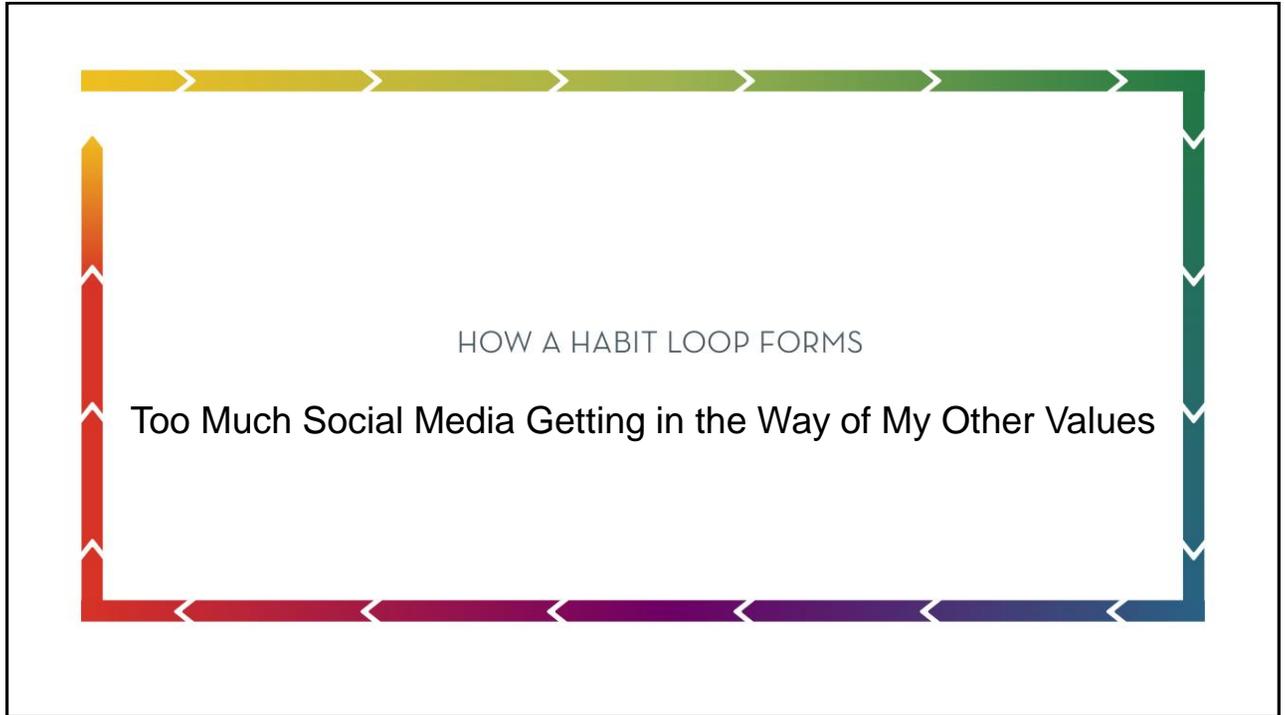
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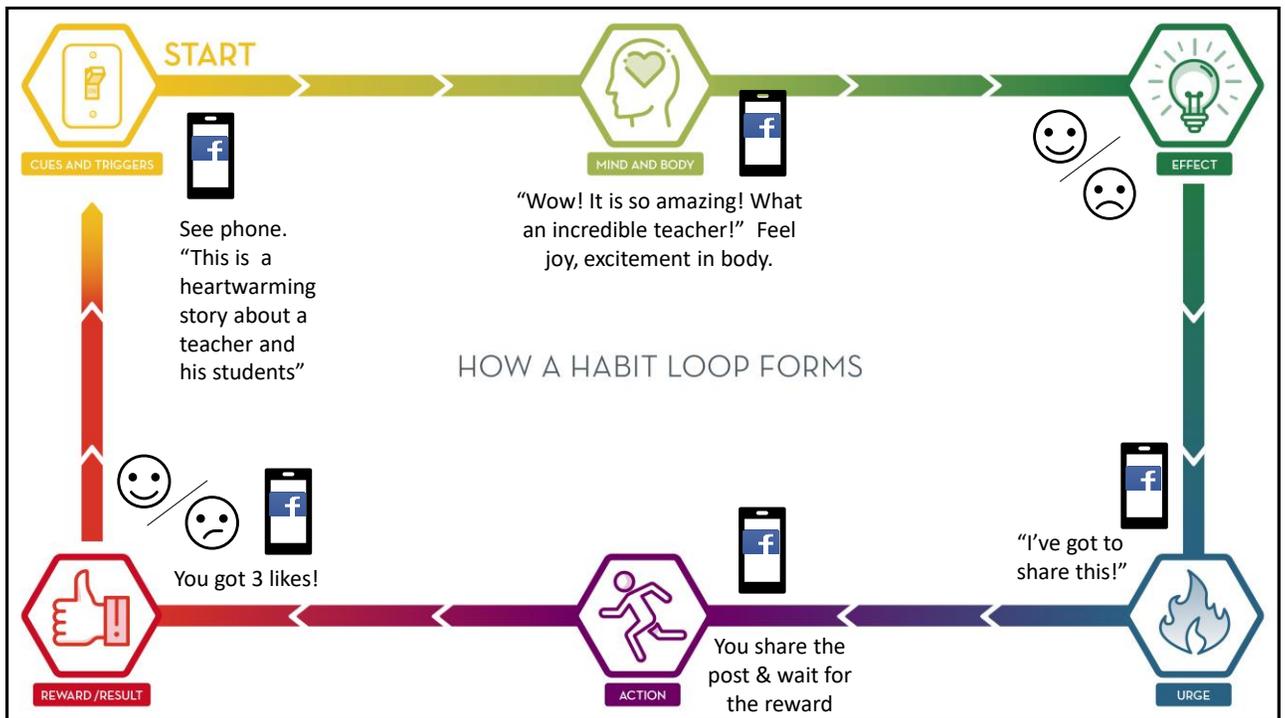
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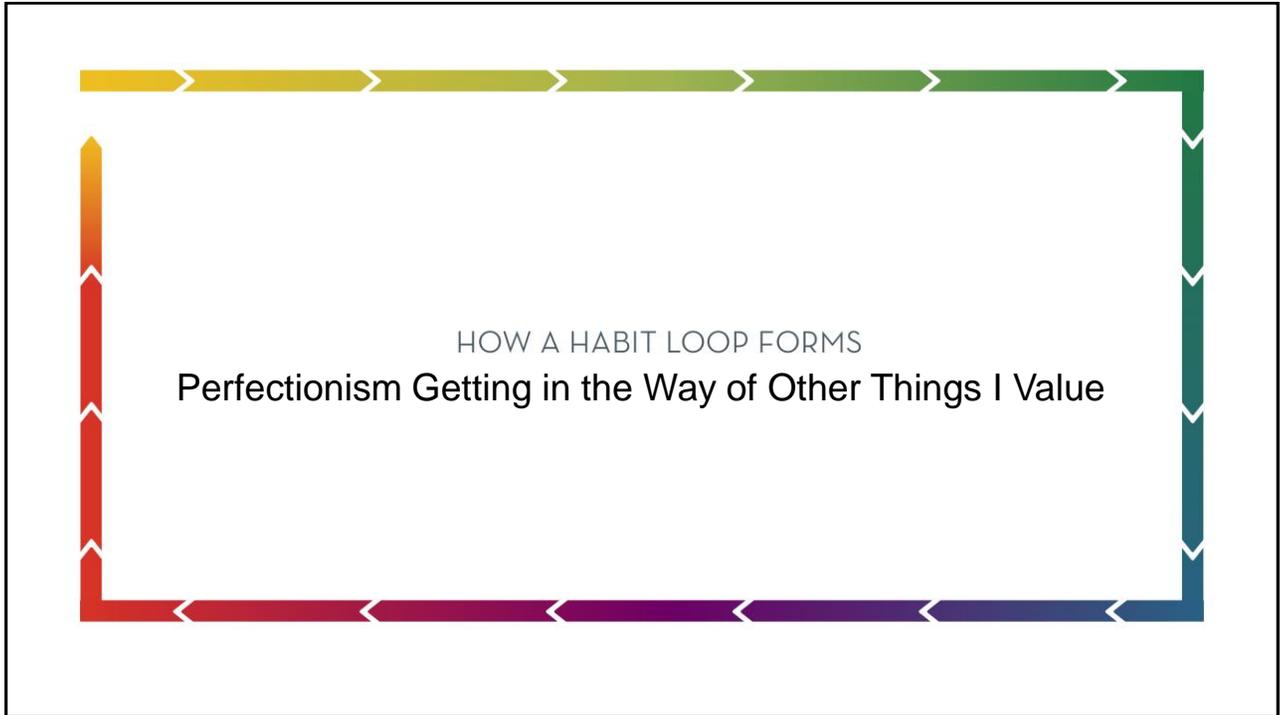
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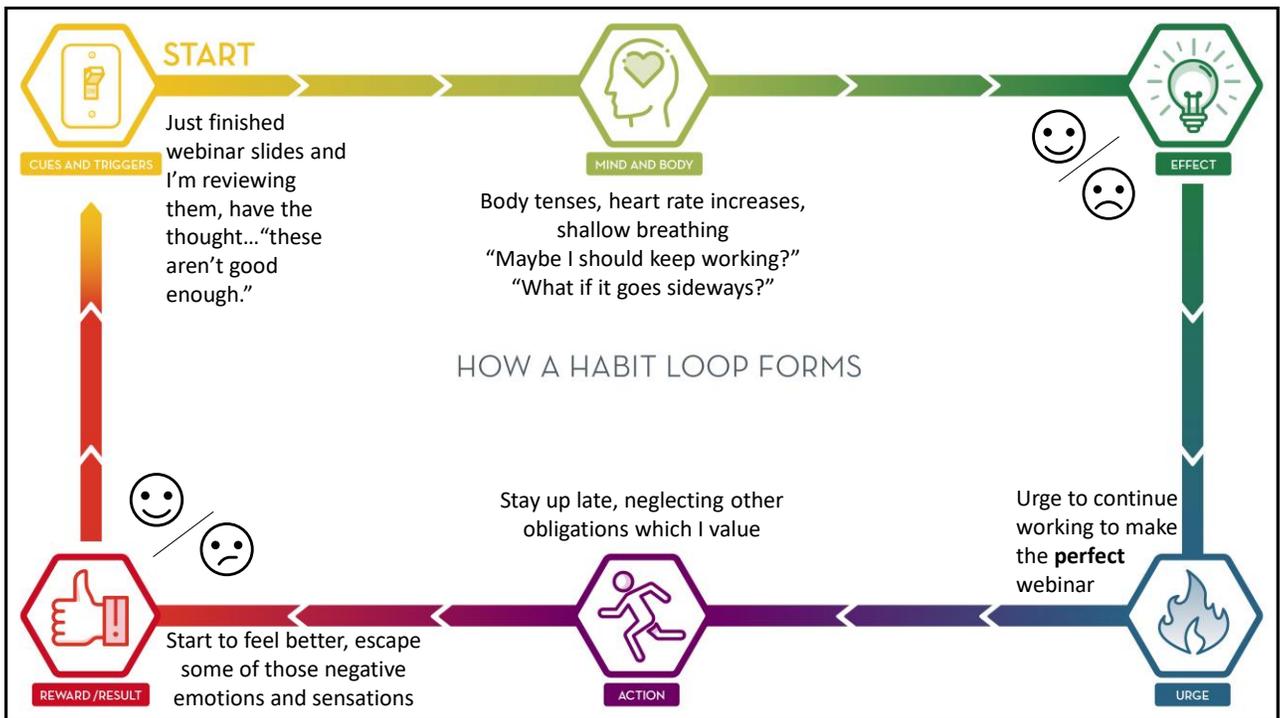
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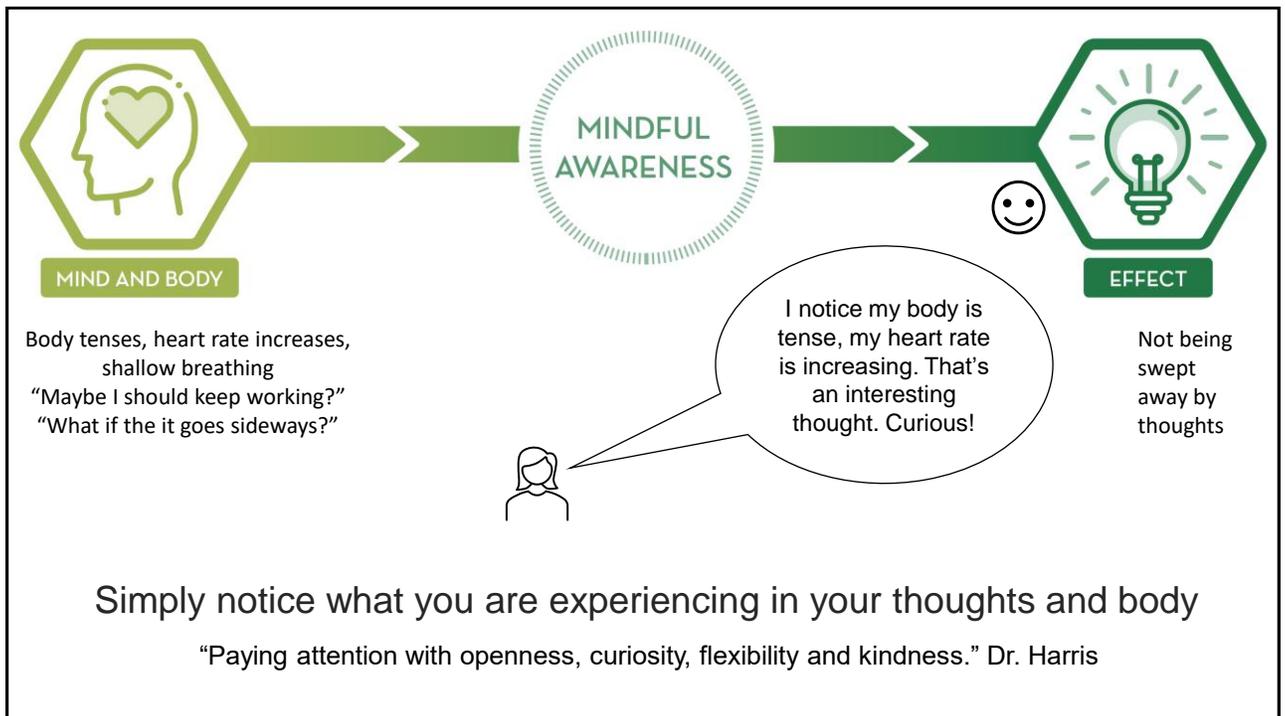
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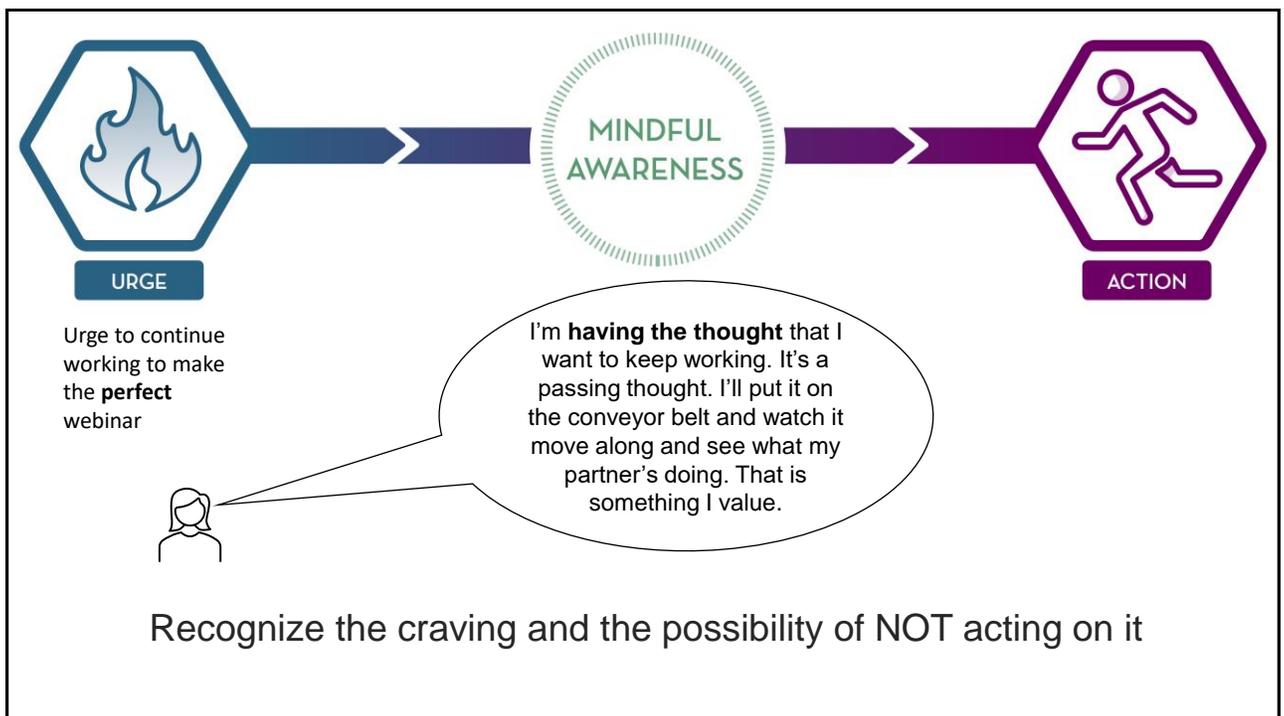
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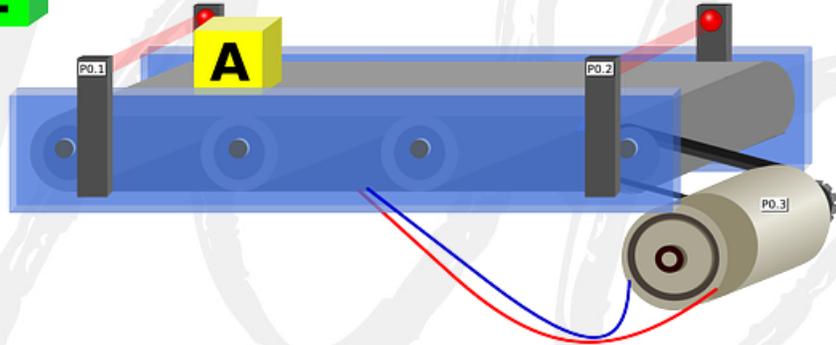


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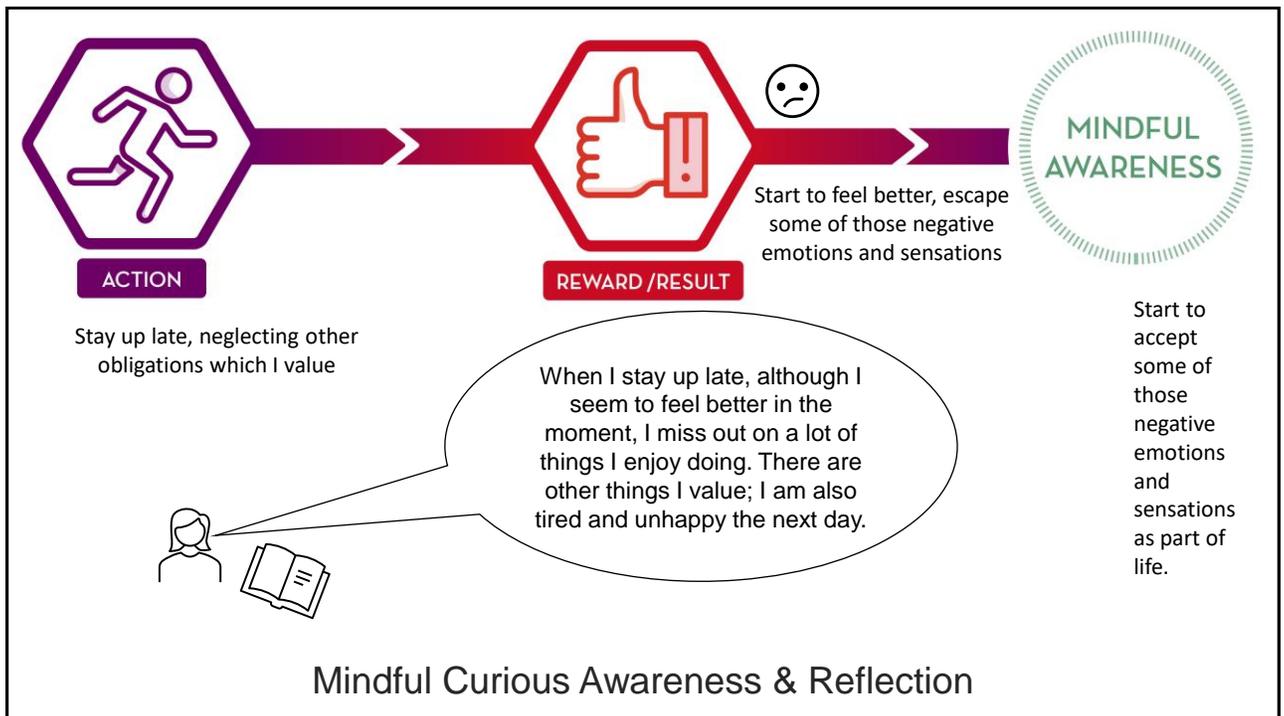


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Just this moment, just this task...



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LIVE LESS OUT
OF HABIT &
MORE OUT
OF INTENT.

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Self-Management for Habit Change

1. Specify a goal & define a behavior (action) to be changed
2. Self-monitor the behavior (action)
3. Set up new triggers (cues) and rewards for your new behavior
4. Go public with your commitment to change your behavior
5. Get an accountability partner
6. Continually evaluate your progress and adjust if necessary

Adapted from Cooper, Heron, Heward, 2020

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Building a Mindfulness/Meditation Practice			
Committed Action Plan			
Why do you want to build a new mindfulness/mediation practice? What do you value about a mindfulness/meditation practice? Social Media has taken over my life! I'm missing out on other things I value.			
What do you want? (Goal)	What action will get you there?	What gets in the way?	What strategy will get you unstuck?
Less Social media distraction in my life	When I feel the urge to post I will do a body scan and use the conveyor belt meditation	Leaving my phone out where I can see it all the time and boredom	Put my phone away at a certain time of day, find accountability partner, set up an initial reward system, find a hobby
Level of Commitment to your Goal 0 to 5 4			
5 = Totally Committed, Going to Start Today! 1 = I'll get around to it, eventually 0 = Not going to do it If less than 4, what would have to happen to get to a 4 or 5? Is that a goal?			

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Building a Mindfulness/Meditation Practice			
Committed Action Plan			
Why do you want to build a new mindfulness/mediation practice? What do you value about a mindfulness/meditation practice? I value stress reduction and want to increase the joy I experience in my life.			
What do you want? (Goal)	What action will get you there?	What gets in the way?	What strategy will get you unstuck?
A 5-min daily meditation practice	Installing the headspace app, finding a space to meditate, picking a time of day	Workload, quiet space, all or nothing thinking	Find accountability partner, use conveyor belt meditation, set up an initial reward system
Level of Commitment to your Goal 0 to 5 4			
5 = Totally Committed, Going to Start Today! 1 = I'll get around to it, eventually 0 = Not going to do it If less than 4, what would have to happen to get to a 4 or 5? Is that a goal?			

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Building a Mindfulness/Meditation Practice

Committed Action Plan

Why do you want to build a new mindfulness/mediation practice? What do you value about a mindfulness/meditation practice?

What do you want? (Goal)

What action will get you there?

What gets in the way?

What strategy will get you unstuck?

Level of Commitment to your Goal 0 to 5

5 = Totally Committed, Going to Start Today! 1 = I'll get around to it, eventually 0 = Not going to do it

If less than 4, what would have to happen to get to a 4 or 5? Is that a goal?

Resources

Brantley, J. & Millstine, W. (2005). *Five Good Minutes: 100 morning practices to help stay calm & focused all day long*. New Harbinger Publications

Brewer, J. (2017) *The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits*. Yale University Press.

Chiesa, A., & Serretti, A. (2011). Mindfulness-based interventions for chronic pain: A systematic review of the evidence. *Journal of Alternative and Complementary Medicine*, 17(1), 83-93. [Pain]

Davidson, R. J. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570. [Happiness chemicals]

Coleman M. (2019). *From Suffering to Peace: The true promise of mindfulness*. New World Library.

Human, E. Mindfulness 101 <https://erinhuman.com/>

Linehan, M. (2015). *DBT® skills training and handbook (2nd ed.)*. Guilford Publications.

Pradhan, E.K., Baumgarten, M., Lagenberg, P., Handwerker, B., Gilpin, A. K., Magyari, T., et al. (2007). Effect of mindfulness-based stress reduction in rheumatoid arthritis patients. *Arthritis and Rheumatism*, 57(7), 1134-1142. [wellbeing]

Specia, M., Carlson, L.E., Goodey, E., & Angen, M. (2000). A randomized, wait-list controlled clinical trial: The effect of a mindfulness meditation-based stress reduction program on mood symptoms of stress in cancer outpatients. *Psychosomatic Medicine*, 62(5), 613-622. [Digestion, irritability]

Williams, J.M.G. (2008). Mindfulness, depression and modes of mind. *Cognitive Therapy and Research*, 32(6), 721-733. [Emotion regulation, attention]

Meditations and Related Apps

Insight Timer <https://insighttimer.com/>

Hugh Byrne <https://insighttimer.com/hughbyrne>

Calm App <https://www.calm.com/>

Mindfulness Magazine <https://www.mindful.org/>

Headspace Meditation for Beginners <https://www.headspace.com/meditation/meditation-for-beginners>

Body Scan Meditation <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/> (Greater Good Science Center)

Mindful Activities for Adults and Children

http://www.healtheducationpartnership.com/resources/Bubbles_Leaves_and%20Worry_Trains_HEP_2016.pdf

Observe Describe One-Mindfully and Non Judgmentally

https://www.sparksinslp.com/uploads/1/3/6/0/13604797/mindfulness_exercises_1.pdf

Video

Judson Brewer TED Talk A simple way to break a bad habit <https://youtu.be/-moW9jvvMr4>

Just Breathe Video by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)
<https://youtu.be/RVA2N6tX2cg>

Meditation 101 for Beginners by Happify <https://youtu.be/o-kMJBWk9E0>

Other

Dr. Russ Harris <https://www.actmindfully.com.au/about-mindfulness/>

Jon Kabat-Zinn <https://www.mindfulnesscds.com/>