

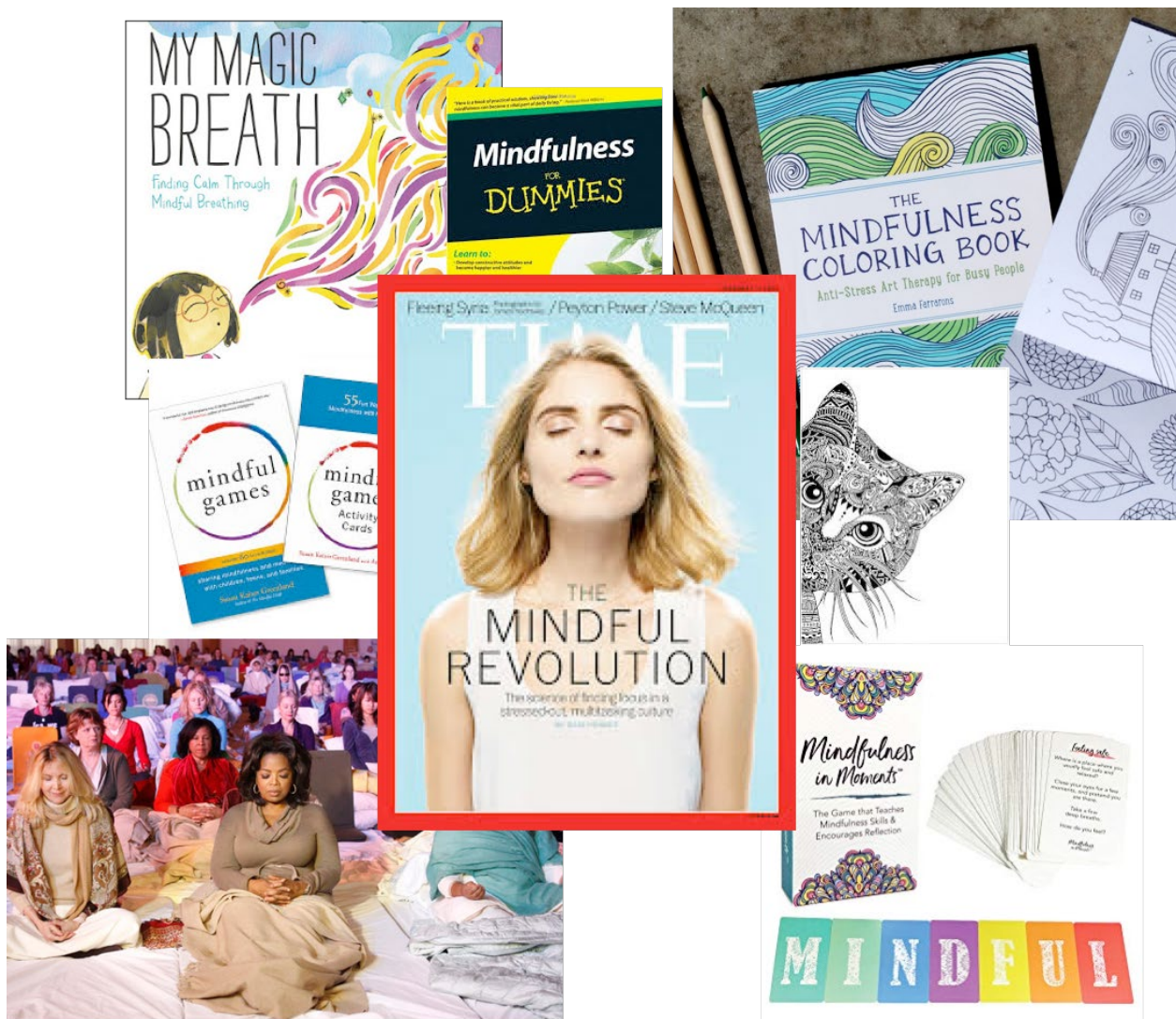
Mindfulness and Meditation

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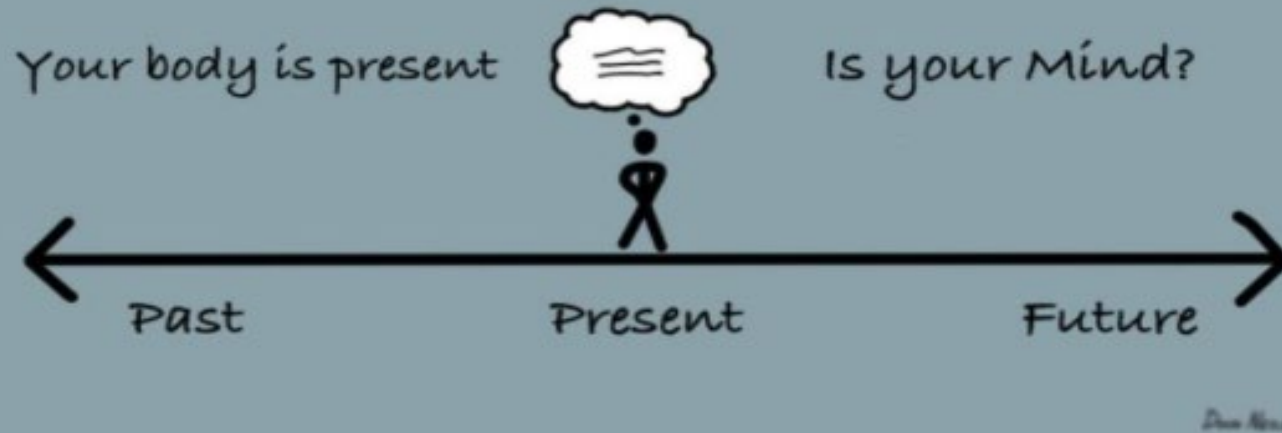
Mindful eating exercise

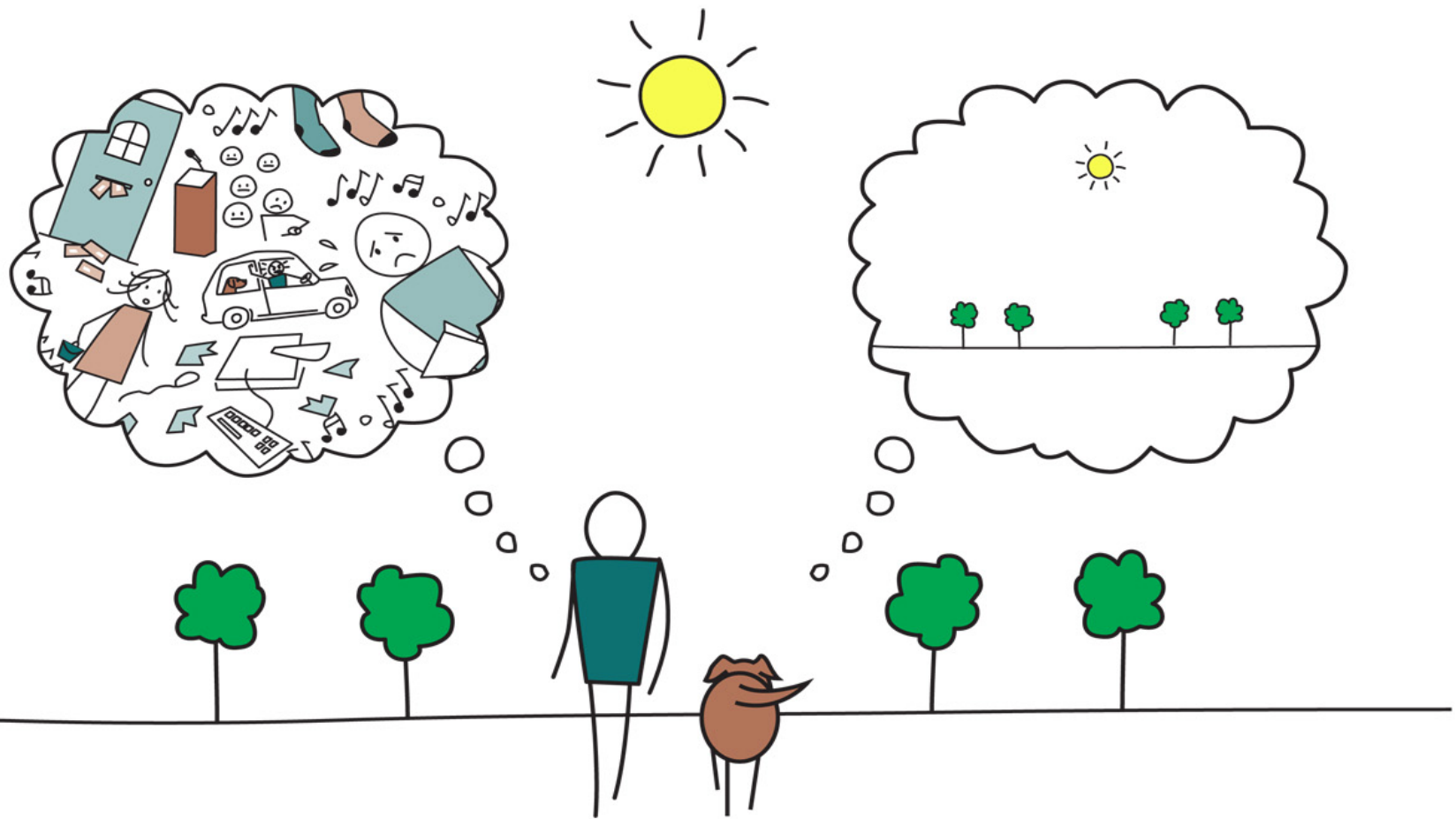


Myths about mindfulness & meditation

1. Meditation is not a religion
2. You don't have to sit on the floor or a cushion (but you can if you want to!)
3. Meditation does not take a lot of time
4. Mindfulness is not complicated
5. Meditation is not a relaxation exercise

What is mindfulness?





Mind Full, or Mindful?

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A night landscape with a starry sky and snow-covered mountains. The sky is dark blue with a bright, hazy band of light (the Milky Way) stretching across it. The mountains are dark and silhouetted against the sky. The foreground is a flat, snow-covered field.

STOP

S- Stop

T- Take a mindful breath

O- Observe

P- Proceed mindfully

7

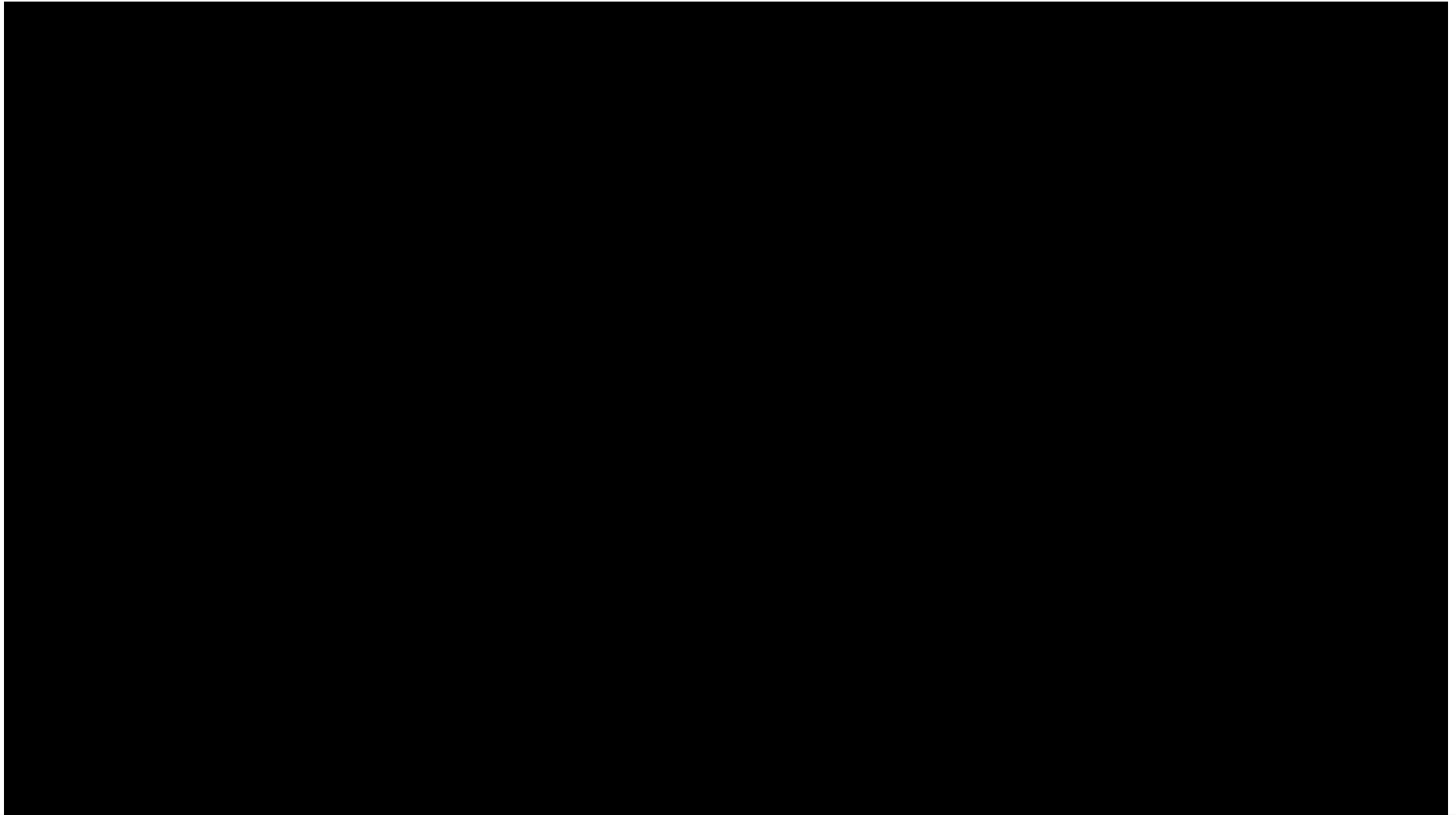
The challenges of the disengaged mind

Wilson, et. al., 2014





Mindfulness : A hole in the road



Benefits of mindfulness

1. Decreased stress
2. More focus and productivity
3. Easier teamwork
4. Improved job satisfaction and engagement

Integrating mindfulness into the workday – Individuals

1. Set a clear intention
2. Use short mindful exercises
3. Embrace single-tasking
4. Finish one task before moving to the next
5. Increase awareness of your energy patterns
6. Identify how long you can work without a break



Integrating mindfulness into the workday – Workplaces

1. Review use of meeting time
2. Create celebratory experiences
3. Create responses to stress triggers
4. Tackle it as a team
5. Avoid multitasking
6. One meeting owner shares the agenda beforehand
7. Stay focused (use “parking lot” for off-subject topics)



When can you invite
a mindful moment?

Objectives

1. Understand benefits of mindfulness and meditation
2. Learn simple and quick skills of mindfulness
3. Gently challenge culture of “busy”
4. Learn ways to integrate mindfulness practice into the work day

We want your feedback!

Please navigate to the following link or use the QR code below to complete a very brief (one minute or less) survey about your experience. Your feedback will help shape our efforts to support you all moving forward.

eapworkshopfeedback.urmc.edu





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