

Mindfulness for Well-Being

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Mindfulness based Stress Reduction Programme

Mindful Leadership



An Experiential Journey Of AI



A- kind attention

I - myself

Before this workshop

Set a Kind Intention for yourself

1. Patience
2. Curiosity
3. Beginner's Mind
4. Non-judging
5. Trust the Process
6. Letting Go
7. Be Kind to Yourself
8. Acceptance

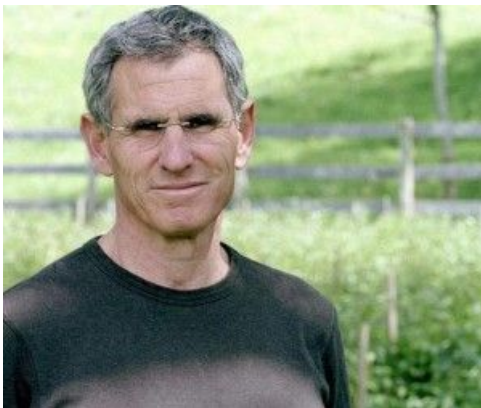
Agenda

Part I – Mindfulness Essentials

- What is Mindfulness
- Benefits of Mindfulness

Part II – Mindfulness Tools

- Mindful Movement
- Mindful Way of Managing Emotion
- Mindful Listening



Mindfulness means

paying attention in the present moment

non-judgmentally,

In order to cultivate inner wisdom and compassion

Jon Kabat-Zinn

What is your weather in this moment?





A



B



C



D



E



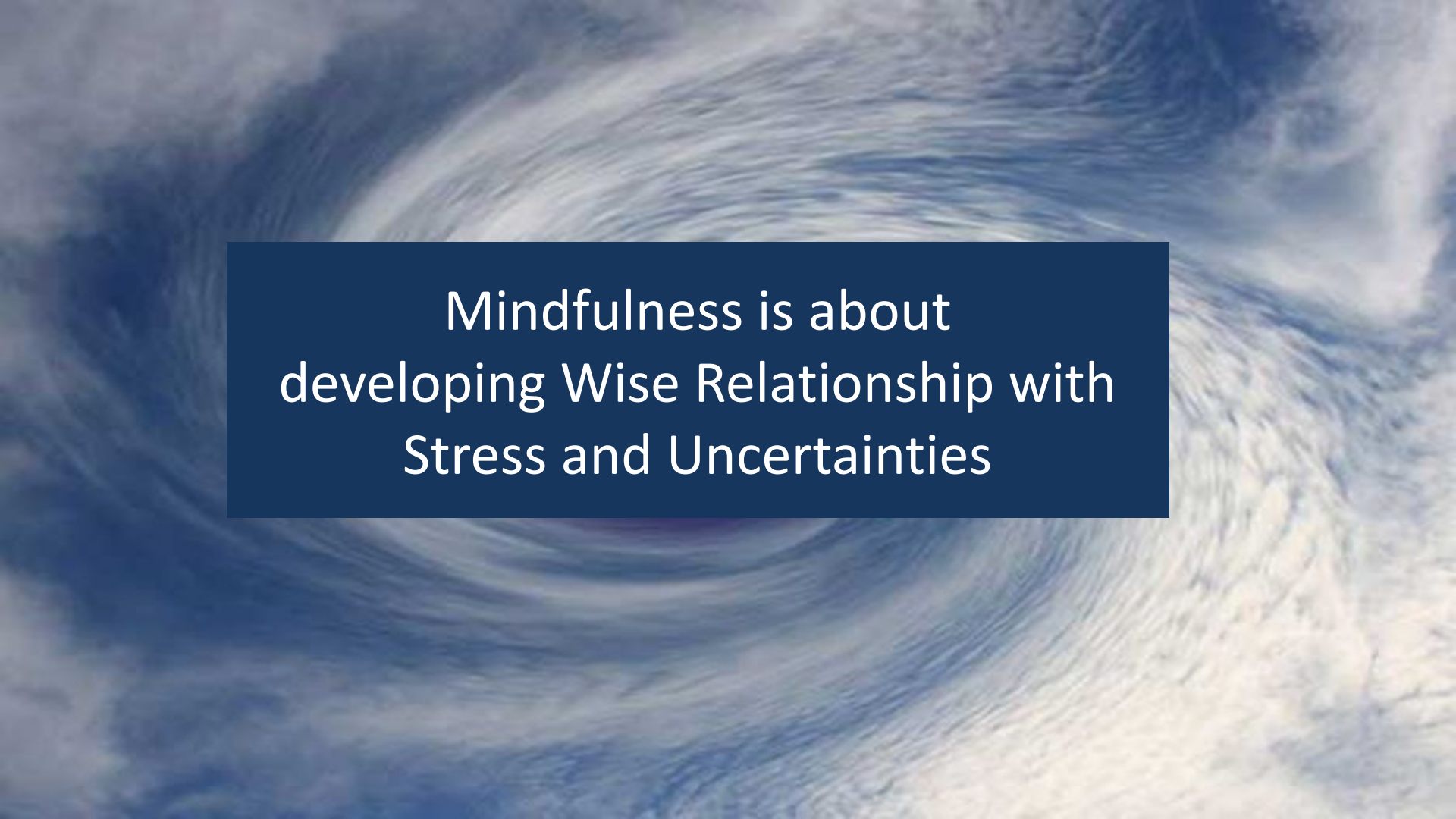
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G



H



Mindfulness is about
developing Wise Relationship with
Stress and Uncertainties

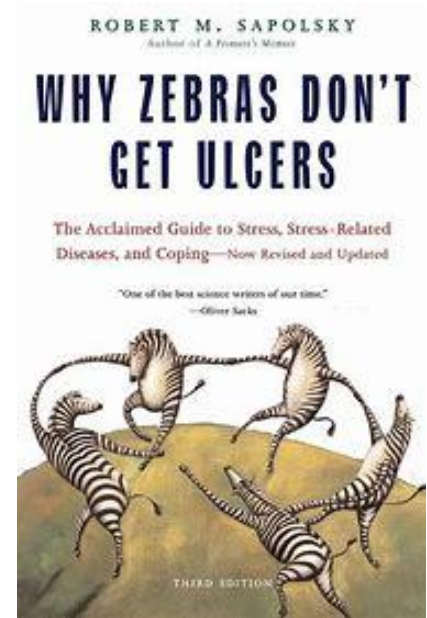
Common Phenomenon

- ✧ Overthinking
- ✧ Multi-Switching
- ✧ Action Addiction



Benefits of Mindfulness

- ✧ Enhance Attention
- ✧ Improve Sleep
- ✧ Improve Communication
- ✧ Reduce Stress
- ✧ Increase Emotional Intelligence
- ✧ Enhance Immune System and Overall Health
- ✧ Anti-aging



II.THREE Mindfulness Exercises for Well-Being

1 2 3



Returning to the Body



Feel the Bodily Sensations

Feel the Rhythm

No Judgment

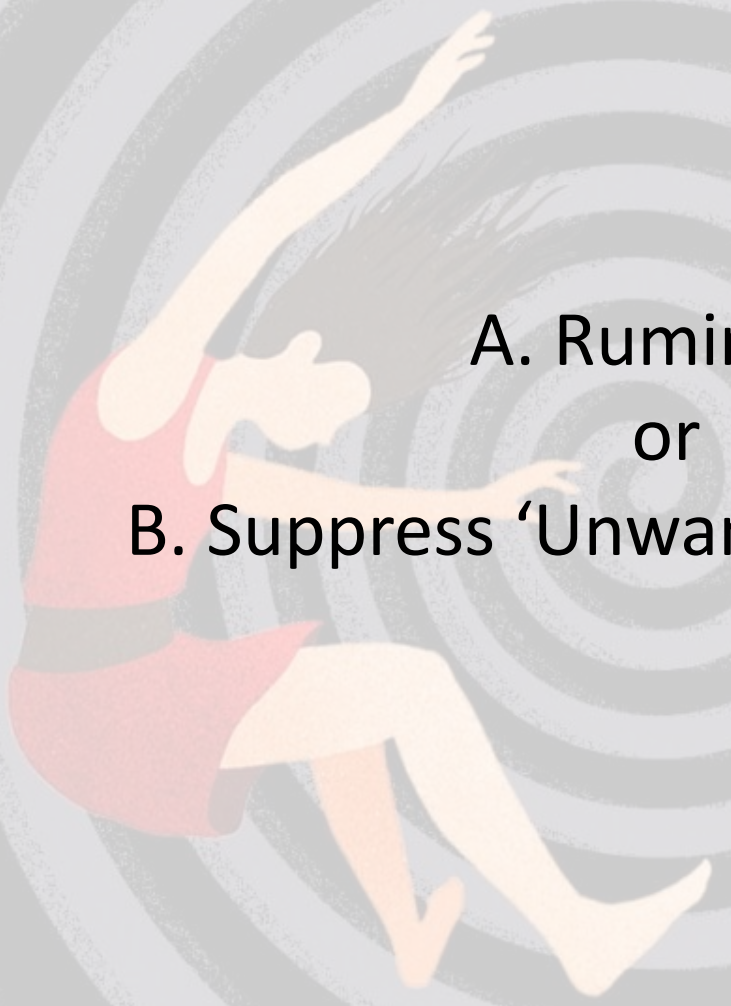
Be Curious

Reflection



2

Mindful Way of Managing Emotions

An illustration of a person with long dark hair, wearing a red sleeveless dress, falling or diving into a series of concentric gray circles that create a tunnel-like effect. The person's arms are outstretched, and their head is tilted back. The background is a solid light gray.

A. Ruminare
or
B. Suppress 'Unwanted' Emotions

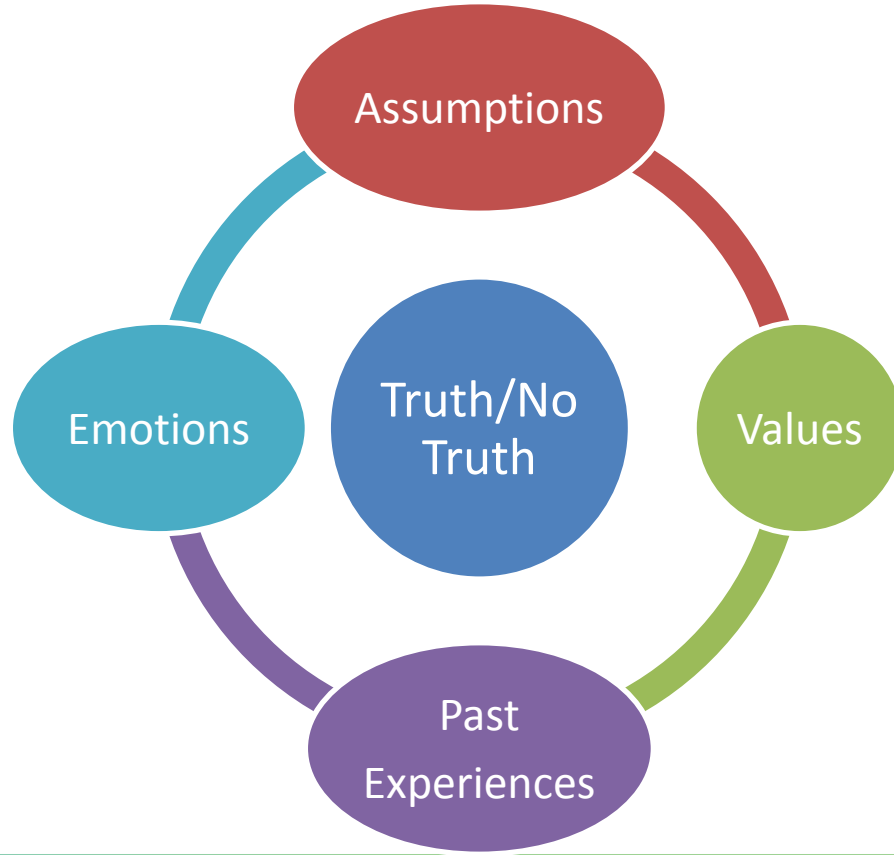
John is late for school

He worries about the mathematics class

He is not confident in managing the class well

He doesn't know why classroom management is the responsibility of a school's security guard

Thoughts are not facts





Headache

Busy mind

Lump in throat

Heavy heart

Tense muscles

Churning stomach

Lack of Energy in the limbs

Restlessness

Sweating

Trembling

Sitting with Difficult Emotion

1. Back to Bodily Sensations
2. Embrace all Feelings



The Guest House by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,

still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

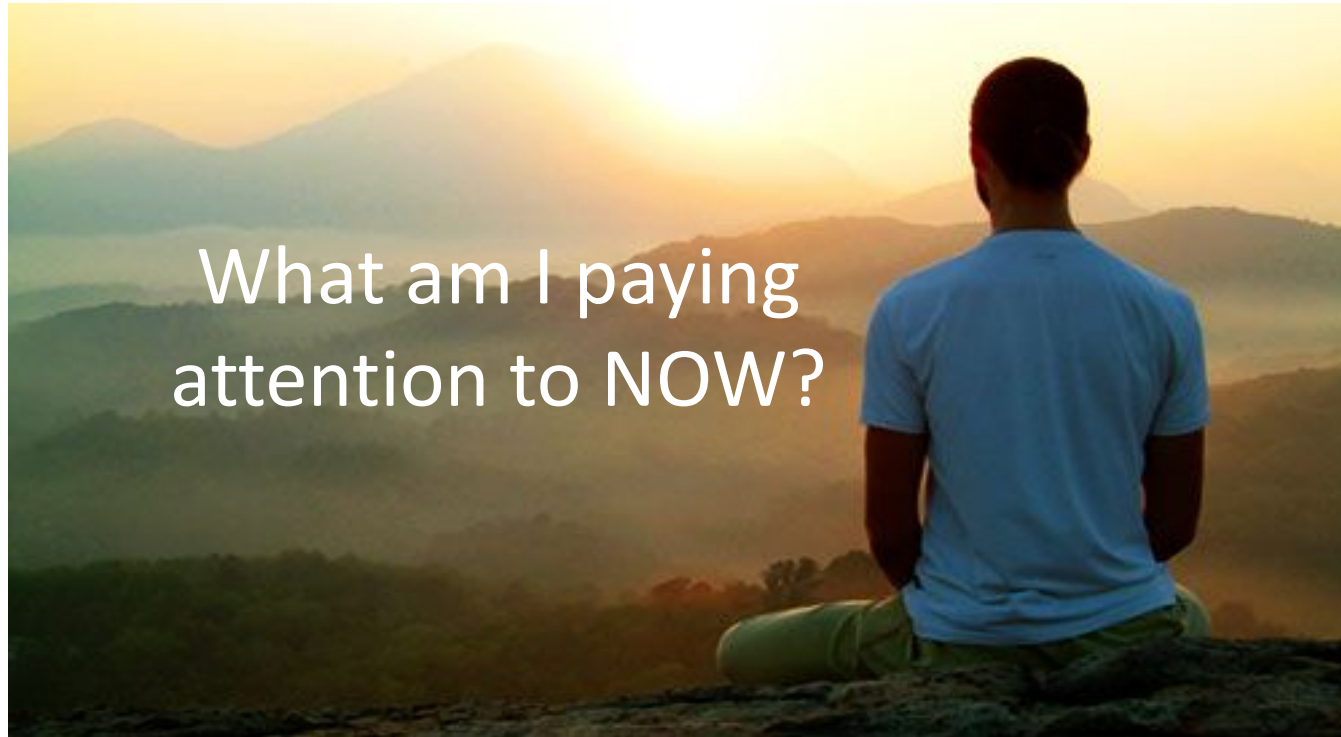
Reflection



3

Mindful Communication

- Listen with Curiosity and Kind Intention
- Pay Attention to the Sharer and Myself



Reflection

The background of the slide is a soft-focus photograph of a natural landscape. In the foreground, there is a dense patch of green grass. Beyond the grass, a calm body of water stretches across the middle ground, reflecting the light from the sky. The background is heavily blurred, emphasizing the word 'Reflection' in the center.

Loving Kindness Meditation

The background of the slide is a soft-focus photograph of a natural landscape. In the foreground, there is a dense field of green grass. Beyond the grass, a calm body of water, possibly a lake or a wide river, stretches across the middle ground. In the far distance, a line of trees and hills is visible under a pale, overcast sky. The overall color palette is muted and natural, with various shades of green, blue, and grey.

Return Again

Return again, return again
Return to the land of your Soul
Return again, return again
Return to the land of your Soul

Return to what you are, return to who you are
Return to where you are
Born and reborn again
Return again, return again,
Return to the land of your Soul
Return again, return again
Return to the land of your Soul...

Music and Lyrics : Schlomo Carlebach

