

**SELF-CARE PART 1:  
FOCUS,  
MINDFULNESS AND  
MEDITATION**

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**GOAL OF  
THIS  
WORKSHOP**

- 1) To gain a beginners understanding of what mindful meditation is, and how it works.
- 2) Learn about the key benefits of mindful meditation
- 3) Practice several different forms of mindful meditation, as it **can only be learned experientially**.

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**AGENDA**

- 1) Moment of Mindfulness
- 2) Stop & Jot ,or, Small Group breakouts
- 3) Video: (3:43) Your Brains Default Mode
- 4) Key benefits of Mindful Meditation
- 5) Why and how it works
- 6) Application: experiential learning / practice

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Focus on  
your breath

Just this one  
breath...

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### FOCUS . MINDFULNESS . MEDITATION



- WHAT DOES MINDFULNESS OR MEDITATION MEAN TO YOU ?
- HAVE YOU USED ANY TECHNIQUES TO INCREASE YOUR FOCUS, OR, HAVE YOU PRACTICED MINDFUL MEDITATION BEFORE ?

**STOP & JOT:** PLEASE WRITE DOWN YOUR ANSWERS TO THE ABOVE QUESTIONS.

**SHAREOUT:** CONSIDER SHARING WHAT YOU KNOW ABOUT THIS TOPIC WITH THE GROUP (OR YOUR CLASS) USING THESE QUESTIONS AS A GUIDE – (1 MINUTE)

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### VIDEO

[HTTPS://YOUTUBE/FACTiRA2QHK](https://youtu.be/FACTiRA2QHK) (3:43 MIN)

DAN HARRIS: HACK YOUR BRAIN'S DEFAULT MODE WITH MEDITATION | BIG THINK




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**BENEFITS OF MINDFUL MEDITATION**



**SCIENTIFIC DATA SHOWS THE FOLLOWING BENEFITS (AS DISCUSSED IN THE VIDEO):**

- BOOST CONFIDENCE, EMPATHY AND IMMUNE SYSTEM
- LOWER BLOOD PRESSURE AND STRESS
- GROW GREY MATTER IN KEY AREAS OF YOUR BRAIN ASSOCIATED WITH SELF-AWARENESS AND COMPASSION
- SHRINK GREY MATTER ASSOCIATED WITH STRESS, ANXIETY AND DEPRESSION
- AND MUCH MORE.

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**RUBY'S TOP 5 BENEFITS**

- 1) Improves learning memory and self-awareness
- 2) Lengthens your attention span
- 3) Increases self-management/mental discipline
- 4) Decreases feelings of loneliness
- 5) Reduces stress and anxiety

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**FORMULA FOR SUCCESS:**  
**UNDERSTANDING + APPLICATION = RESULT**

- 1) ARRIVING – YOU ARE HERE IN THIS MOMENT
- 2) GATHERING – GATHERING YOUR MIND BACK TO FOCUS ON ONE THING
- 3) EXPANDING – EXPANDING YOUR FOCUS

*\*AS WE PRACTICE, IF IT FEELS LIKE TOO MUCH, FREE TO STOP\**




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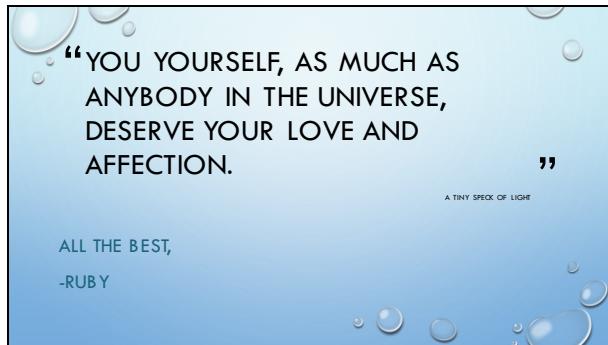
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