Realizing the Power of a Mindful Pause

Wellness Wednesday
March 16, 2022
Pain is inevitable. Suffering is optional.

Haruki Murakami
“...paying attention on purpose, in the present moment, and nonjudgmentally...”

—Jon Kabat-Zinn

(father of secular mindfulness—discovered the biological correlation, which led to modern-day brain science)
Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Viktor Frankl, Holocaust survivor
“For every choice we make we set a cycle of energy and consequence into motion.”
- Caroline Myss, PhD
What the Mindful Pause Makes Possible

Compassion
Lovingkindness
Sympathetic Joy
Equanimity
May you be Happy.

May you be Healthy.

May you be Safe.

May you Live with Ease.
Some of the Scientific Benefits of Mindfulness and Meditation

Evidence from Mayo Clinic clinical trials supports the effectiveness of mindfulness and meditation for various conditions, including:

- Stress
- Anxiety
- Chronic Pain
- Depression
- Insomnia
- High blood pressure (hypertension)

Preliminary research indicates that mindfulness and meditation can also help people with:

- Asthma
- Fibromyalgia

Mindfulness and Meditation can help you experience thoughts and emotions with greater balance and acceptance and:

- Improve attention
- Decrease job burnout
- Improve sleep
- Improve diabetes control
Ways to Pause

• FORMAL -- intentional commitment of time
  – Sitting
  – Bringing awareness to breath
  – Walking
  – Eating
  – Noticing Pleasant/Unpleasant/Neutral
  – Practicing sensory awareness
  – Doing Body scans
  – Doing Yoga

• INFORMAL – intentional way of life
  – Noticing nature
  – Washing dishes
  – Listening
  – Showering
  – Driving
  – Parenting
  – Communicating
“Neurons that fire together, wire together.”
Donald Hebb, Neuropsychologist