



*Universitat
Abat Oliba CEU*

Mindfulness: an effective tool for reducing stress

Olga Lasaga Millet, PhD

Objectives

- To detect stress in our lives and become aware of its consequences.
- To understand what it is and how to practice Mindfulness.
- To learn how to use this powerful stress-reduction tool and increase harmony in our lives.

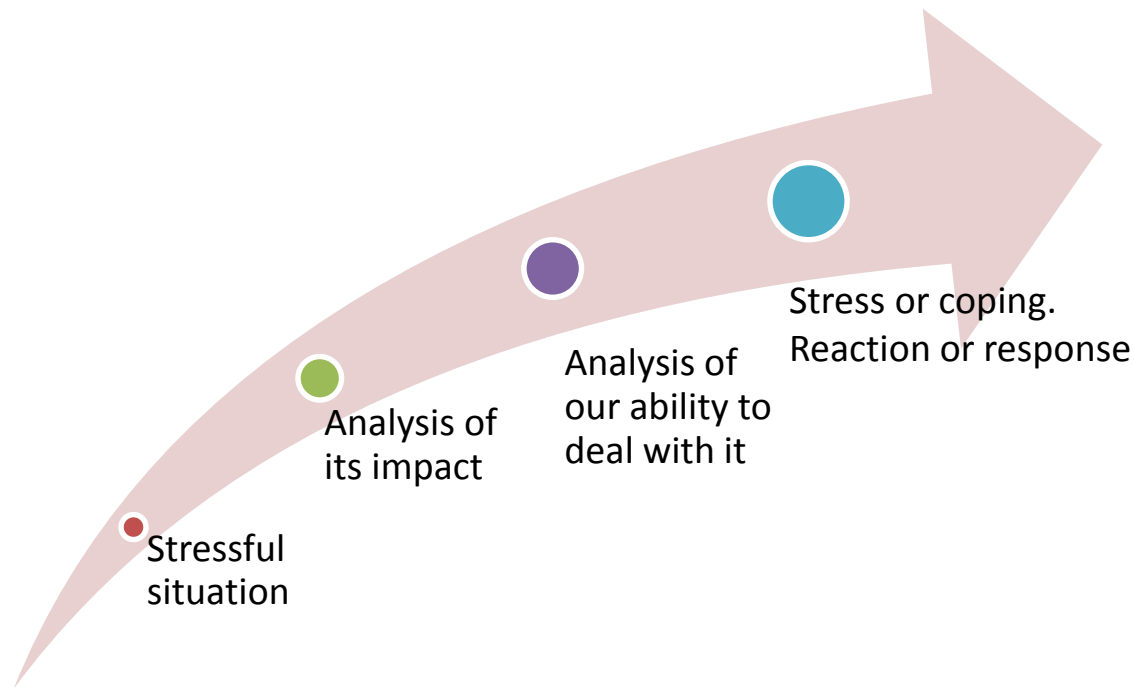


Have you ever felt like this?



Stress

Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being.
Lazarus, R.S. (1966)



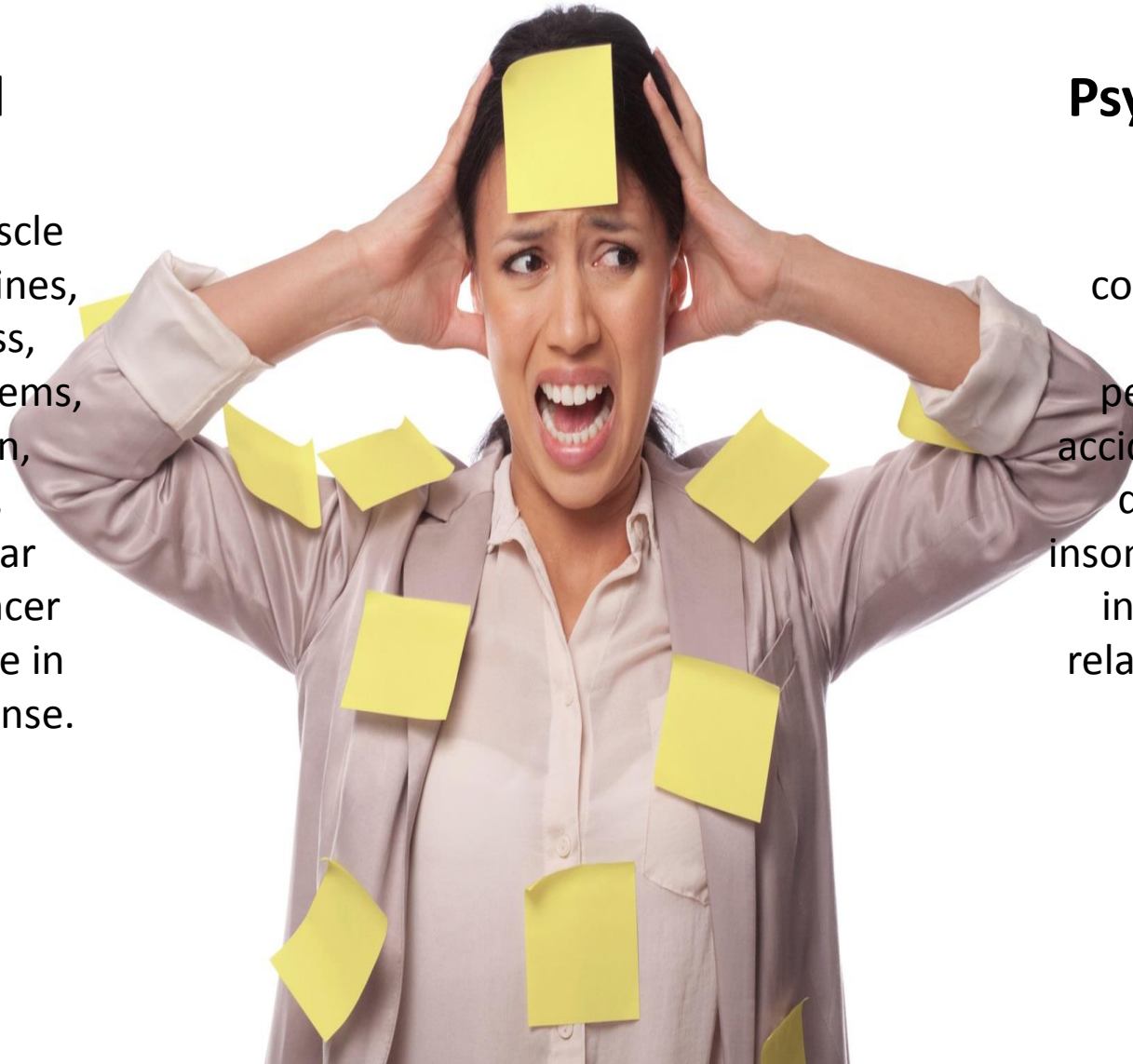
Effects of stress

Physical

Insomnia, muscle tension, migraines, mental illness, digestive problems, hypertension, back pain, cardiovascular disorders, cancer and a decrease in immune response.

Psychosocial

Lack of concentration, reduced performance, accidents, anxiety, depression, insomnia, impaired interpersonal relationships and burnout



Are we victims or creators?

Mindless Attitude

Unconscious

Autopilot

1. Accelerated life
2. Looking around us
3. Thinking about the past and future
4. Refusing to recognize our thoughts and feelings
5. Negative attitudes and thoughts
6. Confusion and insecurity
7. Stress, anxiety and depression
8. We are victims

Mindful Attitude

Conscious

Manual Pilot

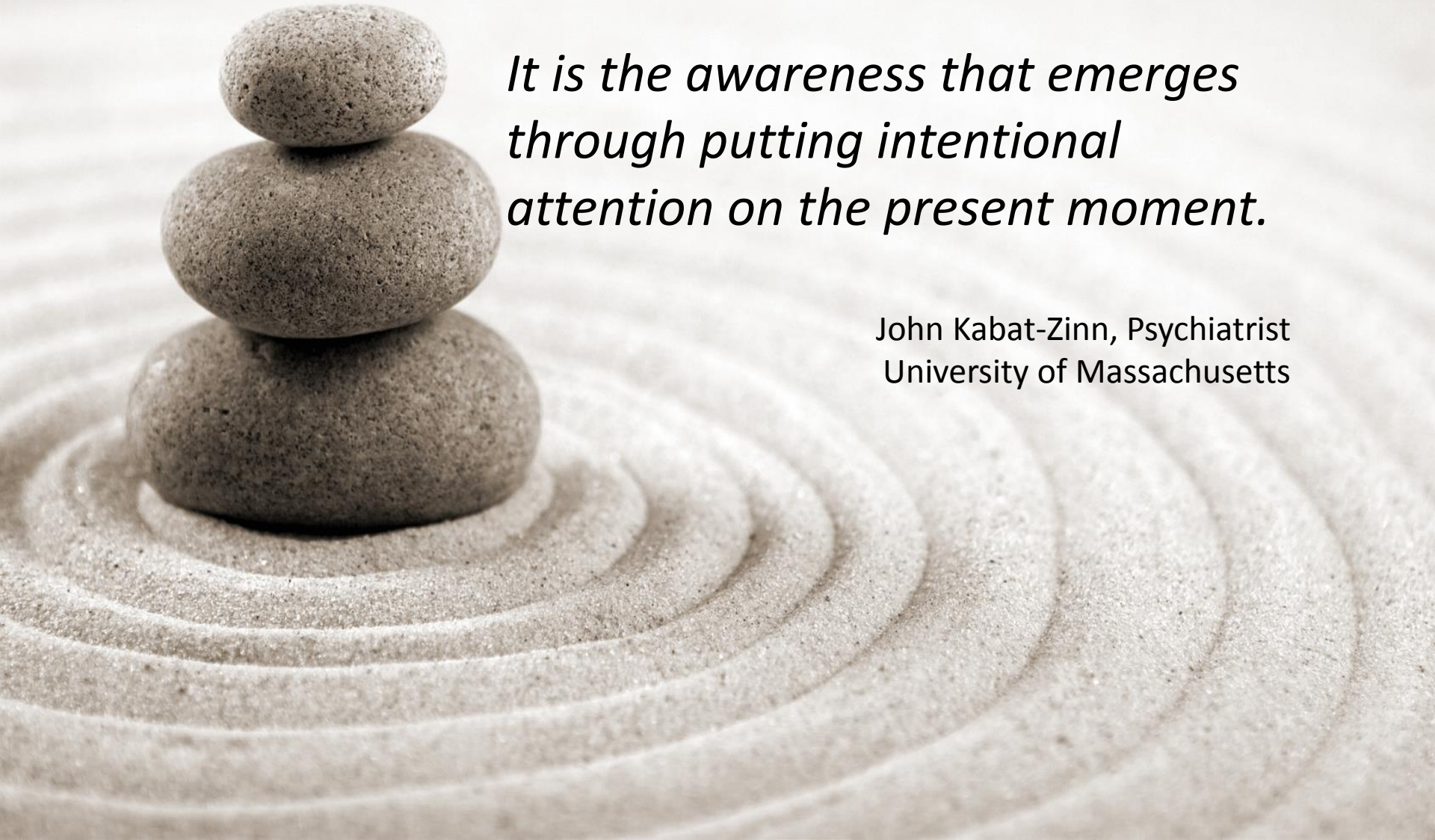
1. The life we want
2. Looking with our hearts
3. Live the present
4. Meet the real challenges of life
5. Positive thoughts and attitudes
6. Clarity of mind
7. Intelligent management of emotions
8. We are creators of our lives



What is Mindfulness?

It is the awareness that emerges through putting intentional attention on the present moment.

John Kabat-Zinn, Psychiatrist
University of Massachusetts



How can it help us reduce stress?



Mindfulness teaches us to decide how we respond to stressful situations.

“Between stimulus and response there is a space. In that space lies our ability to choose the answer. And in that response, our freedom and our growth is based.”
(Pattakos, 2008)

The keys to mindfulness

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- A silhouette of a person sitting on a log, looking out over a mountain range at sunset. The person is wearing a hat and is sitting with their back to the camera. The background is a vast landscape with rolling hills and mountains under a sky with warm, orange and yellow clouds. The sun is low on the horizon, creating a soft glow over the entire scene.
1. Attention
 2. The intention of living the present moment



*To switch attention
back to breathing*

*Not an
elaborative
awareness*

*Attention on
breathing*

ATTENTION

Focus attention
on the
immediate
experience of
the present
moment



*Do not change
thoughts, let
them go ...*

*thoughts, feelings,
and body sensations*

*to know where the
mind wanders
whenever it moves away
from breathing*

INTENTION

Commitment
and curiosity
about ...

Factors related to this attitude and commitment

*DO NOT
FORCE
THINGS*

ACCEPT

*GIVE IN TO
IT*

*HAVE
CONFIDENCE*

*BEGINNER
MIND*

*DO NOT
JUDGE*

BE PATIENT



*a. Attention on the
present moment
through breathing*

b. Distraction

*Circular
process of
mindfulness*

*c. Recognize that you are
distracted and return to
breathing*



Benefits

It helps to reduce distractions, increase concentration, reduce automatisms, reduce anxiety, accept reality as it is and to enjoy the present moment.

It strengthens self-awareness, reduces suffering and prevents or reduces aggression...

*It reduces **stress**, chronic and acute pain, cardiovascular disease, hypertension, migraines, chronic fatigue, skin problems and sleep disturbances...*



Promotes healthy attitudes and skills: empathy, compassion, patience, acceptance, equanimity ... We learn to be more thoughtful and respond politely.

What is mindfulness practice?

Formal practice

- *Meditation*
- *Body scanner*
- *Yoga or Pilates*

Informal practice

- *Personal and relational*





Lotus



Half Lotus



Burmese



Zafu (pillow)



Seiza



Chair

1. Sitting meditation



2. Body scanner



3. Body sensations

Informal practice: an attitude of awareness in the present moment

*At the personal
level*

Walking

Eating

*Feeling contact with
water*

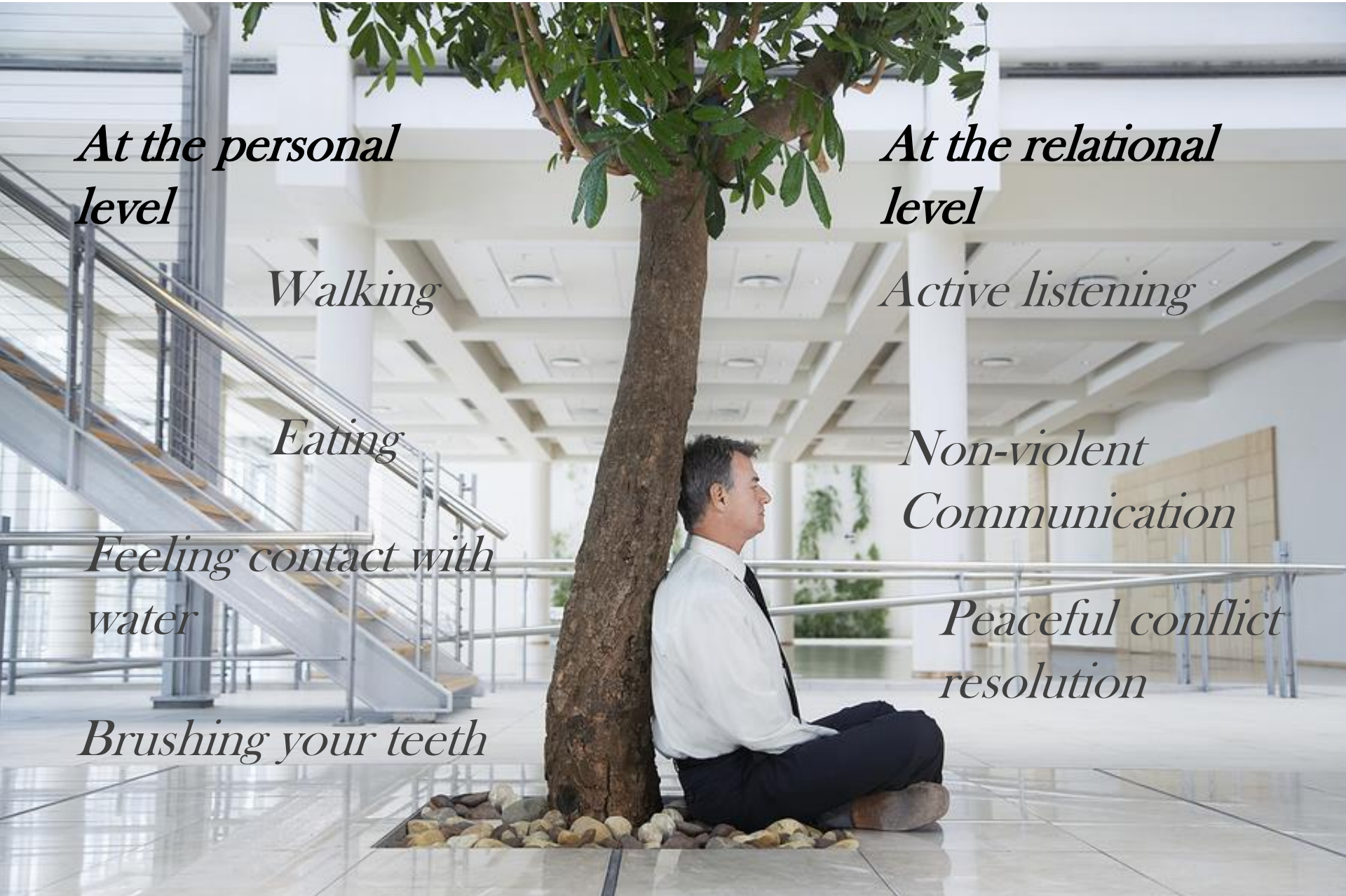
Brushing your teeth

*At the relational
level*

Active listening

*Non-violent
Communication*

*Peaceful conflict
resolution*




Practice

Meditative practice
through breathing



Thank you for your attention



”FOR THINGS TO
REVEAL THEMSELVES
TO US, WE NEED TO BE
READY TO ABANDON
OUR VIEWS ABOUT
THEM.”

-THICH NHAT HANH