



Mindfulness Workshop

Insight Mind Psychotherapy Services

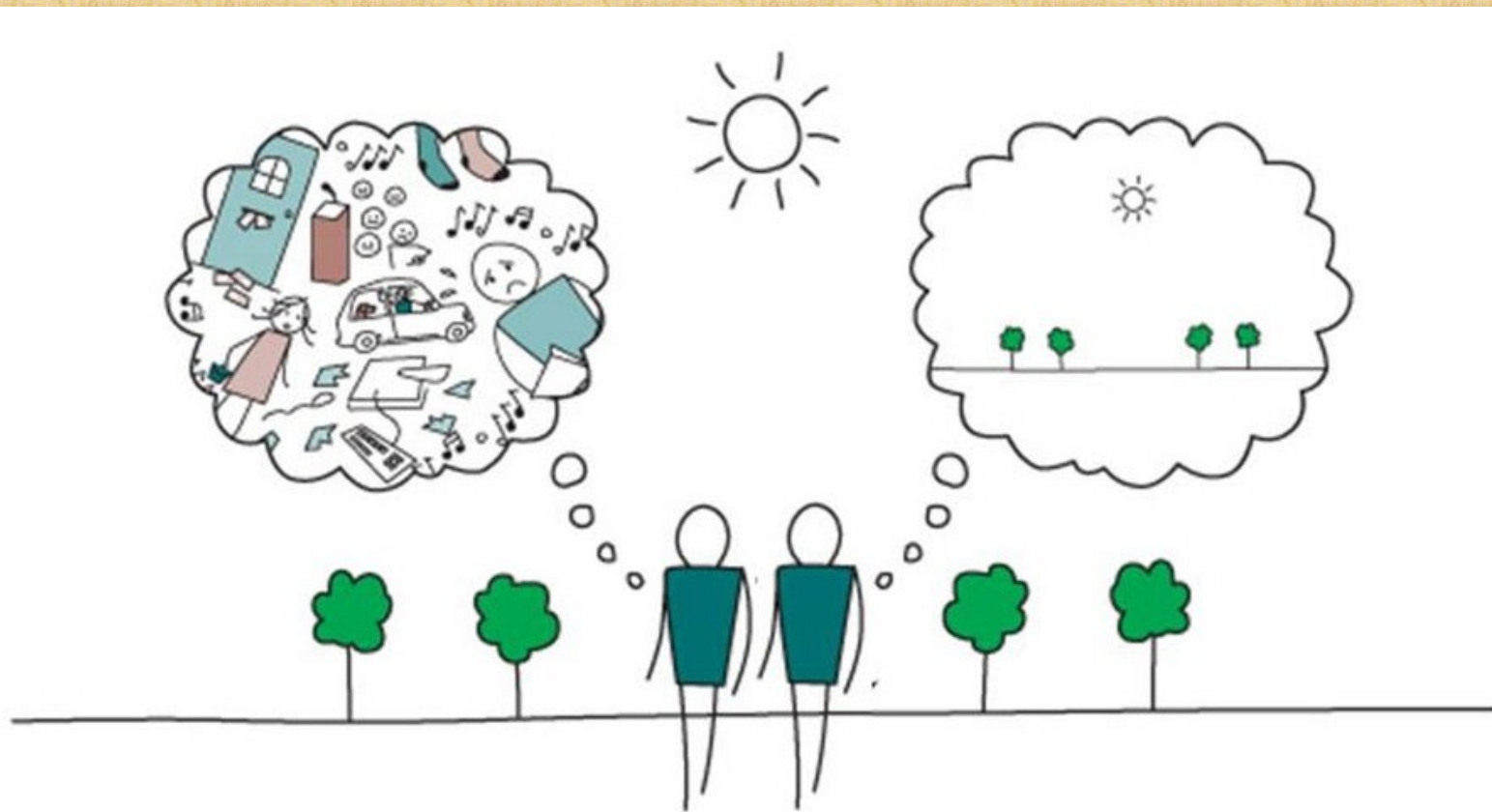
- Nastaran Ali Azizi, MSc., RP
- Mohammad Barzegari, MA., RP (Qualifying)

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Mindfulness Workshop by Insight Mind Psychotherapy

No.	Time	Title	Instructor(s)
1	6:45-6:50	Introduction	Both
2	6:50-7:05	What is Mindfulness?	Nastaran
		Exercise 1: Mindful Breathing	Nastaran
3	7:05-7:15	How mindfulness can help us?	Nastaran
4	7:15 - 7:25	Mindfulness daily practice	Mohammad
5	7:25 - 7:35	Exercise 2: Body Scan (Yoga Nidra)	Mohammad
6	7:35 - 7:45	Group reflection/Q&A	Both

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Mind Full, or Mindful?



What is mindfulness?

- Mindfulness is simply the practice of bringing your awareness to the present moment with kindness, curiosity and without judgement



Mindful Breathing Exercise

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Why living mindfully?

- Mind-body alignment
 - Stress reduction
 - More present
 - More attentive
- Improve mental well-being
 - A deeper understanding of thoughts, emotions, and behaviors
 - Enhance emotion regulation
 - Improve Self-acceptance and Self-compassion



Why living mindfully?

- Enhance relationships
 - Better communication
 - More empathy
- Physical Health Benefits
 - Lower blood pressure
 - Reduce chronic pain
 - Improve sleep quality
 - Boost the immune system



Why living mindfully?

- Personal growth and self-discovery
 - Gain insights about our inner voice
 - Focus more on our patterns of thinking and behavior

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Living Mindfully!

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How to Live Mindfully?

- Simple Rule: Doing ONLY one thing at a time!

Multitasking is not REAL!

HAVING A SHOWER

Be mindful of the wave of pleasure as the **warm water** washes over you; mindful of the **smell** of the shower gel, soap or shampoo.



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BRUSHING YOUR TEETH

Be mindful of your arm moving from *side to side* and the *sound* of the brush against your teeth; mindful of *each and every tooth* and the sensation of the brush against the gums.

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COMMUTING TO WORK

Be mindful of your **environment** and the tendency to resist it; be mindful of the emotions as they **rise and fall**, come and go; mindful of all the **different senses**.

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WASHING THE DISHES

Be mindful of picking up one thing at a time and taking just an *extra second or two* to clean it thoroughly; mindful of the *passing thoughts* and of letting them go.



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STANDING IN A QUEUE

Be mindful of your *reaction* when you first see the queue; mindful of your *posture* as you stand there waiting; mindful of your breath as you focus on the *physical sensations* in the body.

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Living Mindfully

Washing dishes

Sweeping or
vacuuming the
kitchen and eating
area.

Loading/unloading
the dishwasher.

Cooking or
preparing meals.

Setting the table.

Packing lunches.

Walking your dog

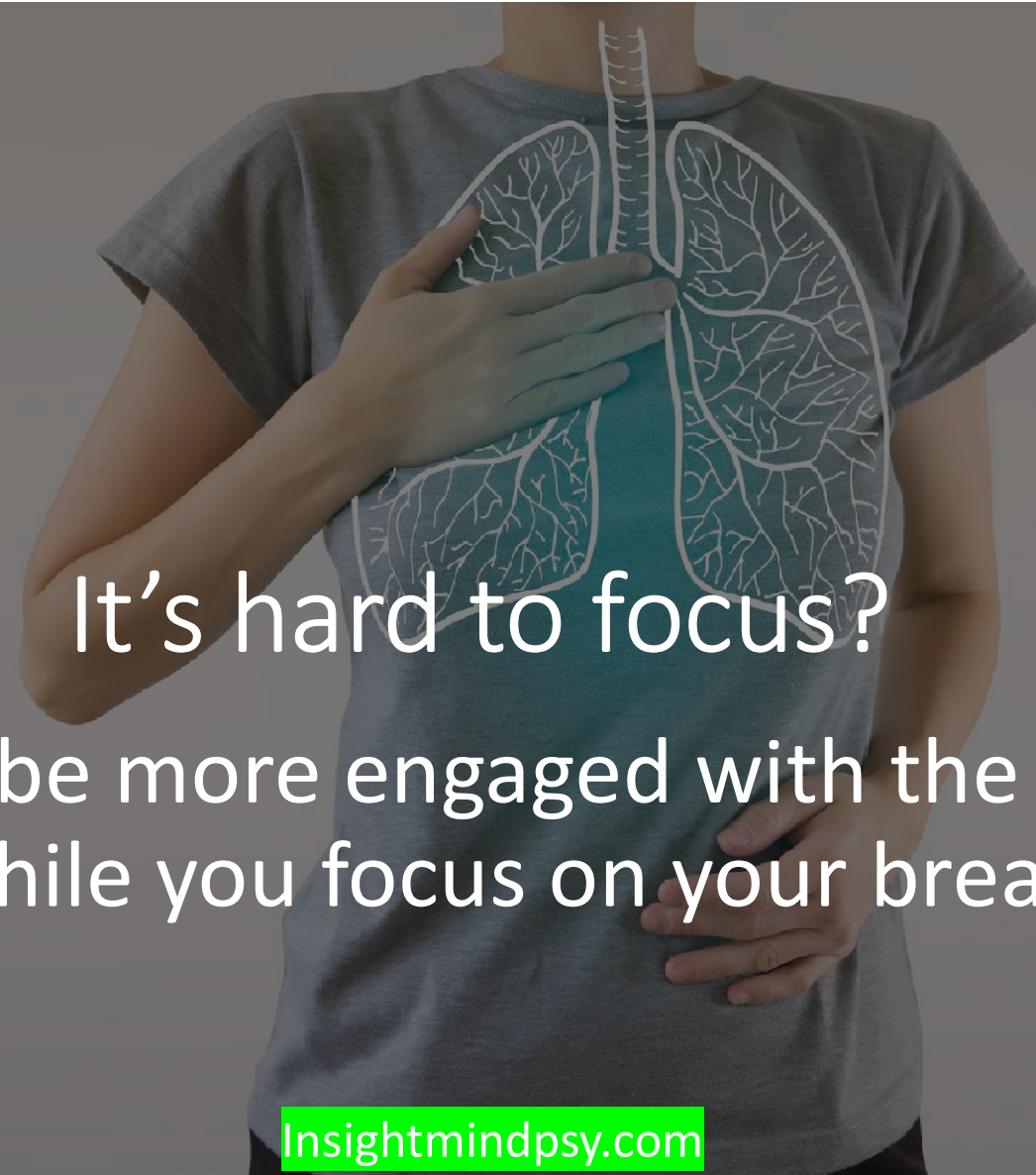
Video calling

Driving

Walking

Working out at the
Gym

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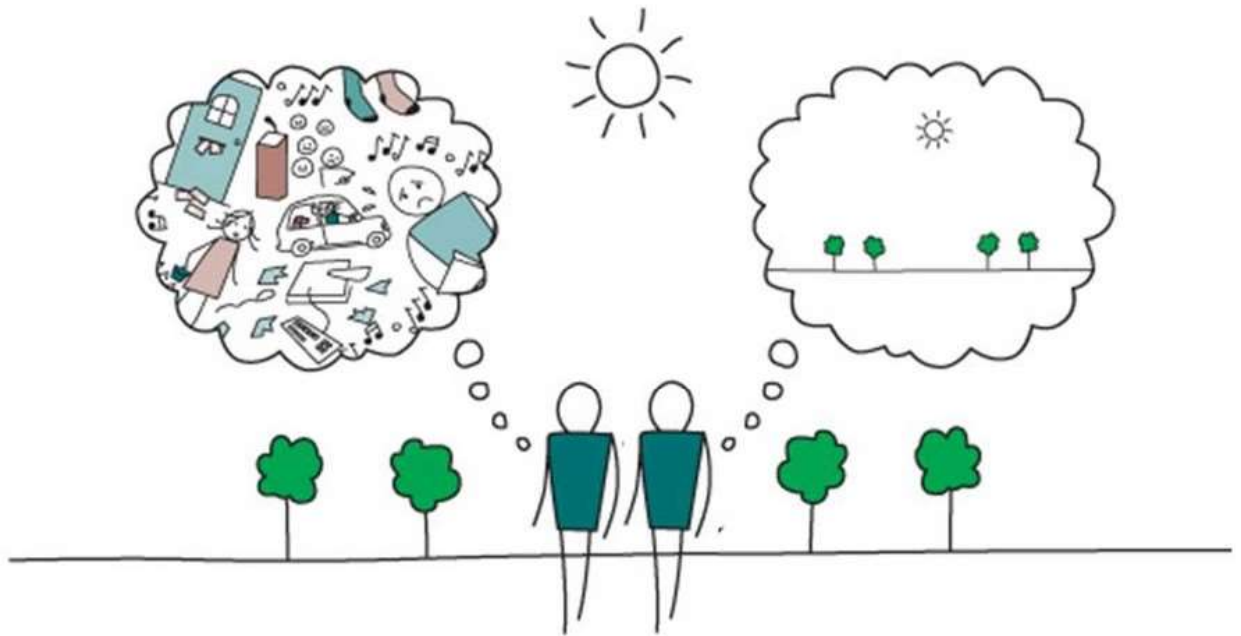


It's hard to focus?

Try to be more engaged with the activity while you focus on your breath.

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Living
Mindfully is a
lifestyle!



Mind Full, or Mindful?

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Body Scan

- Bring back the attention and energy to our body again



Yoga Nidra

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yoga nidra



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Guided Meditation Jungle

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Thanks for your attention!

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