



Mindfulness Matters: Free on Demand Series

Session 1: Induction & Breath Work Starts



*With
Lily Parkinson*



Mindfulness – An Introduction

- Introduction to me
- What is mindfulness?
- Definitions of mindfulness
- How can it help you at work and at home
- Guided practice
- Every day practices



About me

- Holistic and Intuitive Coach
- NLP & EFT Practitioner
- Diploma in Cognitive Behavioural Therapy
- Registered Nutritional Therapist
- Reiki Practitioner



What is mindfulness?

Definitions

1. The practice of maintaining a non-judgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis
2. The basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us
3. A moment-to-moment awareness of one's experience without judgment. In this sense, mindfulness is a state and not a trait.

Mindfulness is...

- A moment-to-moment awareness
- Being fully present and having complete awareness of thoughts, emotions, and experiences
- Without judgement, reactivity or overwhelm
- It's a state and not a trait



What does mindfulness look like in practice?

- Aware of our sense perceptions
- Moment to moment attention of thoughts and emotions and experience
- Non attachment to thoughts and emotions
- Gratitude
- Being in the here and now



When we are non-mindful

- Constant chatter
 - Thinking about the past or future
 - Distracted by thoughts
 - Distracted by external stimuli
 - Being overreactive or overwhelmed
 - Engaging in multiple activities
 - Absent thinking or daydreaming
 - Doing something automatically or without thinking or without realising
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Mindfulness at work

- Decrease in stress levels and anxiety
 - Higher concentration levels
 - Improved memory and multi-tasking ability
 - Increased engagement and fulfilment
 - Increased decision making and problem solving
 - Improved creativity
 - Enhanced productivity
 - Reduce likelihood of burnout
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Mindfulness at work



Mindfulness at home

- Decrease in stress levels
 - Improved sleep quality
 - Increased ability to relax and switch off
 - Increase of positive thoughts, feelings and emotions
 - Improved emotional intelligence
 - Improved communication
 - Increased creativity and interest
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Mindfulness at home



Guided practice

‘The simple breath’



Practice exercises

1. Breath
2. Pulse



Let's connect!



Lily Parkinson

-Founder of Umiani

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