



Today's session

- Mindful practice
- What is mindfulness
- Thoughts are not necessarily facts
- Mindful practice
- Three emotion regulation systems
- Mindful practice
- Q & A
- Resources

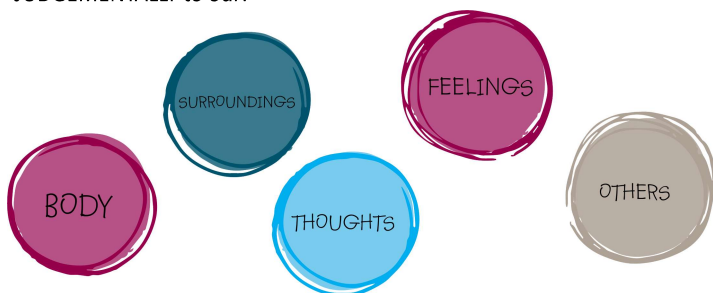
Mindfulness practice - pausing

- Stop doing – and shifting to just being: stopping, pausing...
- Listening to the sounds around me...
- And what's here now in my experience?
- What do I notice?
- In the body? Feelings? Thoughts?
- Pausing.... Just being...



What is mindfulness?

Paying attention in the PRESENT moment, on PURPOSE and NON-JUDGEMENTALLY to our:

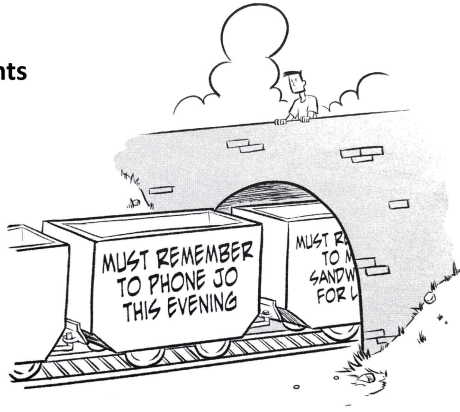


Thoughts are not necessarily facts...

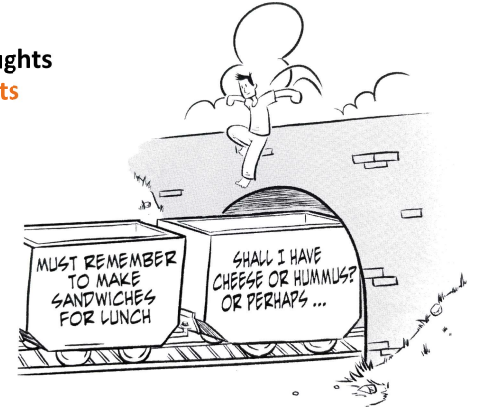
Not everything that goes through our mind is true...

We are not our thoughts...

Looking at our thoughts vs from our thoughts



Looking at our thoughts vs from our thoughts



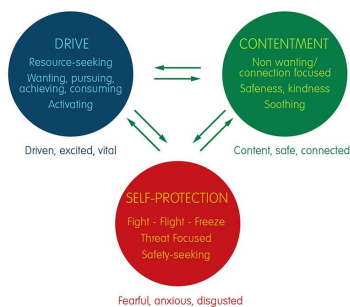
Relating to our thoughts

- Unhelpful habit of the mind: pushing thoughts away
- Unhelpful habit of the mind: getting carried away by thoughts
- There is another way: seeing thoughts for what they are: "Hello thought, thank you thought, goodbye thought..."

Mindfulness practice: what helps me settle?

- What helps me settle now?
- Where do I place my attention?
- What feels right for me in this moment?
- How does it feel to take my attention to the body and breath?
- What do I notice?
- What happens when I bring my awareness to the body?
- What else is here in my experience?

Three major emotion regulation systems



Mindfulness practice: breathing space

- Noticing and allowing what's here to be here with curiosity and kindness: bodily sensations, emotions, thoughts
- Focusing on the breath in the body – three deep breaths
- Broadening the awareness to include the breathing body, sounds, other people around you (broad perspective)



Breathworks mindfulness resources

- To access **downloadable resources** specifically designed for use in the workplace including short, lead mindfulness practices to try in your own time click [here](#)
- To go deeper join **Breathworks online practice hub** our platform called Community of Practice with 2,000 others, further resources & recordings, opportunities to join weekly live sessions and interest groups for support register for free [here](#)
- For more **information on Breathworks**, including our public mindfulness courses and teacher training [click here](#)



About Karen Liebenguth:

- Accredited executive coach, accredited mindfulness teacher and supervisor (www.greenspacecoaching.com | karen@greenspaceoaching.com)
- Her specialisms: Mindfulness for the workplace, 1:1 executive and leadership coaching while walking in green space, team away days in nature.
- What Karen most cares about: Helping people develop healthy minds and hearts – one of the most powerful things we can do with our life.
- Karen's guided free meditations can be found on Insight Timer (a free app) under her name Karen Liebenguth
- Sign up to Karen's newsletter here: <http://eepurl.com/du1ARf>

