

Mindfulness Meditation

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Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally, to the unfolding of experience moment to moment.

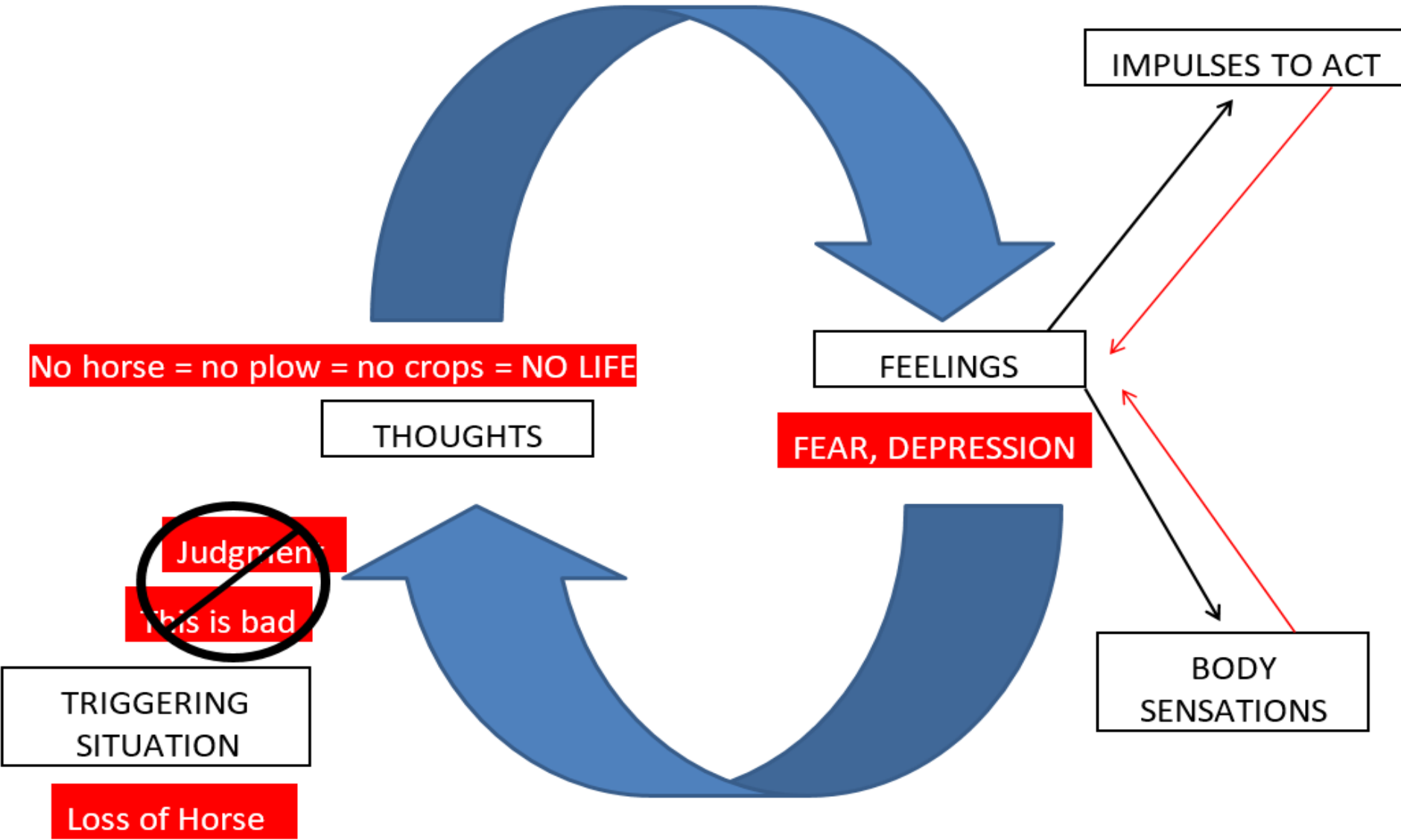
Emotional regulation refers to any process an individual uses to influence the onset, offset, magnitude, duration, intensity or quality of one or more aspects of an emotional response.

Bottom up vs Top down Attention – Spiders vs Sirens

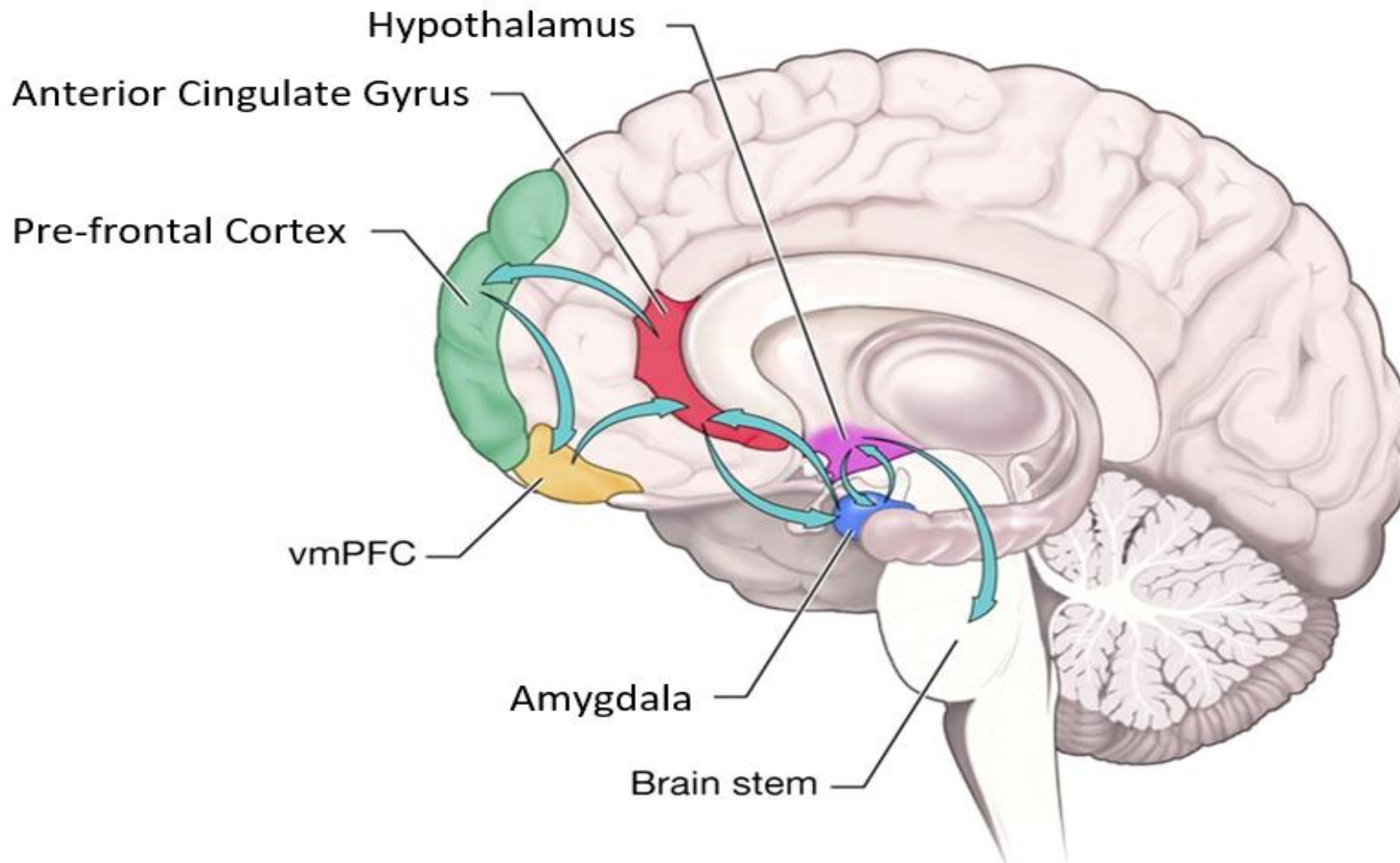
- Bottom up is stimulus driven and unconscious
- Top down is goal directed and more deliberate

Mindfulness meditation practice helps us to focus our attention with the ultimate goal of being more “aware of our awareness” and improve our recognition that thoughts are always changing. Once we are more aware we can be more successful in engaging our top-down attention and alter our relationship with the experience.

Situations, Thoughts and Feelings Model



Top-Down Attention



Remember....

With all the mindfulness exercises focus is your intention,
but does not define success.

Calmness and relaxation are not the goals.

Do as much as you can, however you can.

You don't need a completely quiet environment to
practice these skills.

Being aware of your thinking is the key.

Mindfulness Resources

Books

Where Ever You Go There You Are by Jon Kabat-Zinn

Full Catastrophe Living by Jon Kabat-Zinn

The Miracle of Mindfulness: An Introduction to the Practice Of Meditation by Thich Nhat Hanh

Building Emotional Intelligence by Linda Lantieri

The Mind's Own Physician : A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation edited by Jon Kabat-Zinn

Train Your Mind, Change Your Brain by Sharon Begley

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia A. Jennings

Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything by Deborah Schoeberlein

For kids(K-G3):

The Listening Walk by Paul Showers

You Are Not Your Thoughts by Brian Despard

What Does It Mean to Be Present? by Rana DiOrio

Visiting Feelings by Lauren Rubenstein

Mindful Monkey, Happy Panda by Lauren Alderfer

Peaceful Piggy Meditation by Kerry Lee Maclean

Teens:

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung Vo

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina Biegel

Structured Curriculum:

MindUp Curriculum (PreK – 2, 3-5, 6-8) – The Hawn Foundation

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance by Patricia Broderick

Websites

Mindful.org

Garrisoninstitute.org

Contemplativemind.wordpress.com

Actmindfully.com.au

Apps

Headspace

Jon Kabat-Zinn Series 1-3

The Mindfulness App - reminders

Buddhify – tailored meditations based on situation

Smilingmind – meditation for children

Mindfulness Meditation by Mental Workout

Walking Meditation by Meditation Oasis

Stop, Breath and Think

Mindfulness Training App

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Notes



The Kentucky Employee Assistance Program (KEAP) is dedicated to helping employees find solutions to the personal problems that may hinder their effectiveness at work.

Problems concerning marital, family, or emotional distress, alcoholism and drug abuse, financial or even medical issues can seriously diminish an individual's job performance. As a progressive employer the Commonwealth of Kentucky recognizes that there are positive, workable solutions to many of these problems that trouble employees.

State employees and their dependents are eligible for KEAP services. There is no cost for its information or referral services. All of your contact with KEAP is confidential as required by state and federal law. Employee involvement with KEAP is permitted on state time with the supervisor's prior approval. Supervisors may refer employees to KEAP when job performance deteriorates, however participation is voluntary.

KEAP Services

- **Assessment:** Each person seeking assistance will receive a confidential assessment with a trained EAP professional. The purpose of the assessment is to clearly identify the problem. The assessment may be conducted face-to-face or by telephone.
- **Referral:** Once a thorough assessment is conducted the EAP professional may make a referral to the most appropriate professional or resource and provide assistance in making contact with those resources.
- **Follow-up:** After making the referral, the EAP professional maintains intermittent contact with the employee to ensure that the process has gone smoothly and the needed services are being provided.
- **Crisis Intervention:** When critical incidents or workplace trauma occur, the EAP can provide crisis response. Crisis debriefings provide individuals with information about possible reactions that may follow a critical incident. A structured environment allows individuals to discuss their thoughts and reactions to the incident.
- **Grief Response:** When death affects a workgroup, KEAP is available to provide grief response groups.
- **Management Consultation:** Supervisors may consult with EAP professionals for guidance regarding employees and difficult workplace situations.
- **Education:** KEAP staff members are available for staff development training opportunities.

If you or your dependents could benefit from this assessment and referral service, call the KEAP office for more information. In Frankfort call 502-564-5788, or use the toll-free **1-800-445-KEAP** number from anywhere in the state. Kentucky State Police also have an Employee Assistance Program.