

# Mindfulness in Your Life

**SOFIA ROBLEDA (DPSYC)  
CLINICAL PSYCHOLOGY REGISTRAR**



# Are you on Autopilot?

- **AUTOPILOT/WANDERING MIND/MINDLESSNESS**
- **RESEARCH SHOWS AVERAGE PERSON IS ON AUTOPILOT 47% OF THE TIME (KILLINGSWORTH & GILBERT, 2010)**
- **A WANDERING MIND CAN HAVE BENEFITS:**
  - Creativity
  - Reminiscence and Connection
  - Achievement



# Children vs Oreos



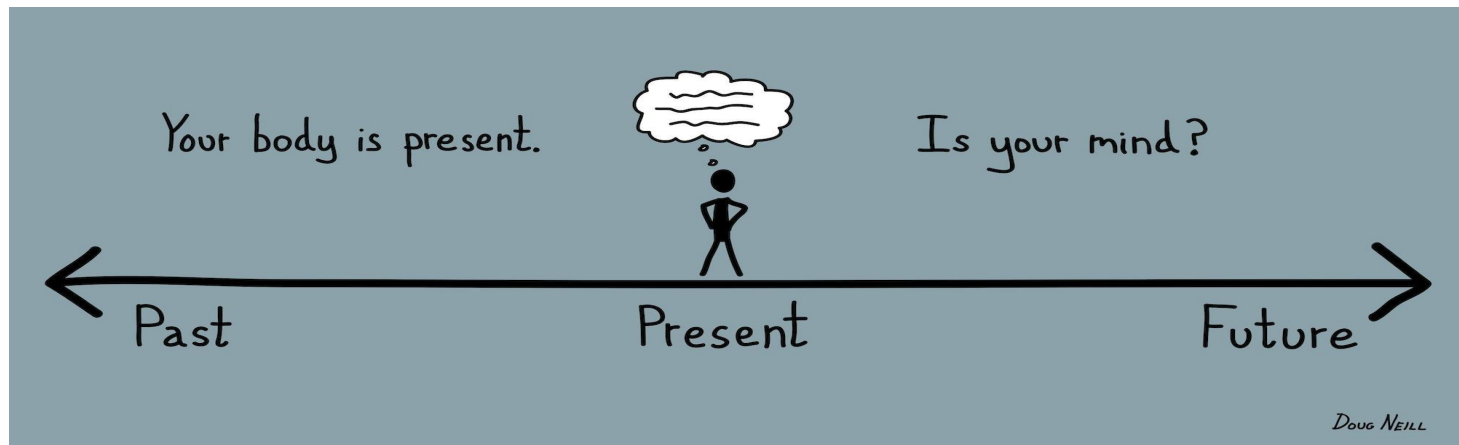
- **WALTER MISCHEL:  
DELAYED GRATIFICATION**
- **BRAIN PROGRAMMED TO THINK IN THE  
FUTURE**
- **THINKING OF THE FUTURE CAN AID  
SUCCESS**

<http://www.youtube.com/watch?v=NLXYkuJ6SyU>

# Getting off Autopilot



- **BUT THERE ARE DRAWBACKS TO AUTOPILOT:**
  - Increased vulnerability to stress, anxiety and depression
  - Rumination and worry
  - Missing out on the present moment



# Joshua Bell



**VIOLINIST EXTRAORDINAIRE**

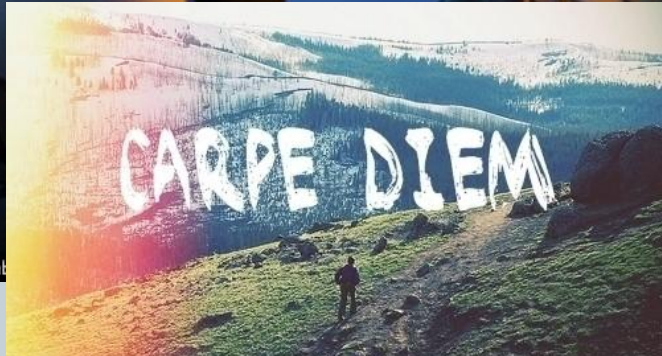


[http://www.youtube.com/watch?v=hnOPu0\\_YWhw](http://www.youtube.com/watch?v=hnOPu0_YWhw)

# Conventional Wisdom



"YESTERDAY IS HISTORY,  
TOMORROW IS A MYSTERY, BUT  
TODAY IS A GIFT.  
THAT'S WHY IT'S CALLED THE PRESENT."  
-MASTER OOGWAY



# What is Mindfulness?



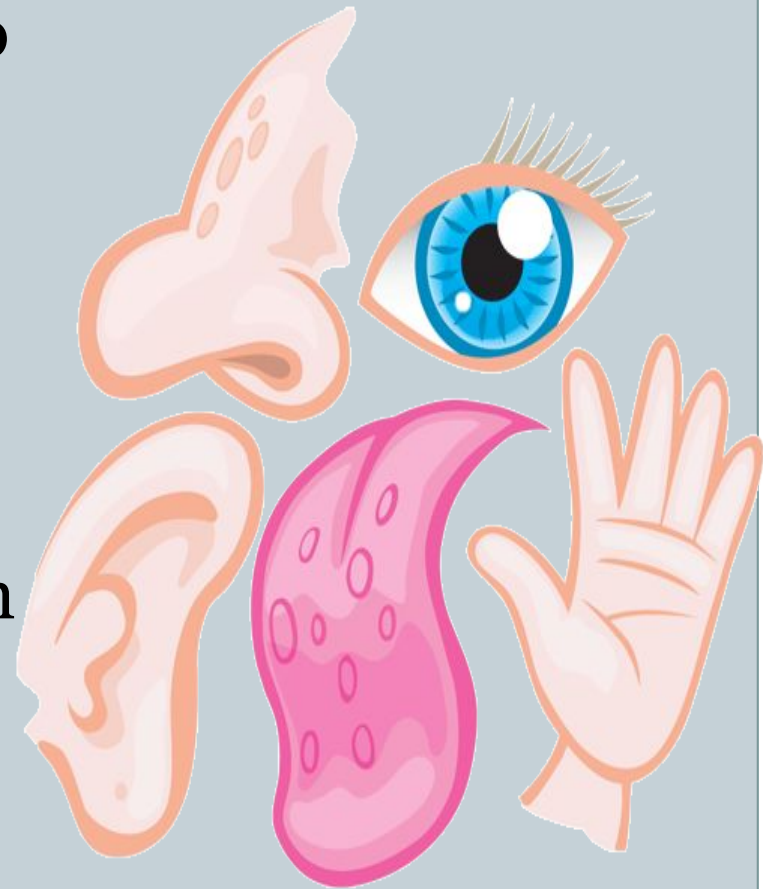
- “Mindfulness means **paying attention** in a particular way: **on purpose**, in the **present moment**, and **non-judgmentally** ... When we commit ourselves to paying attention in an **open way**, without falling prey to our own likes and dislikes, opinions and prejudices, projections and expectations, new possibilities open up and we have a chance to free ourselves from the **straitjacket of unconsciousness**.”

*Jon Kabat-Zinn.*

# Staying Present: Mindfulness



- A simple way to be present is to use your senses and your breath.
- “Dropping anchor”
- When you get distracted (which you will), gently acknowledge the distraction and bring back your attention.





# Mindfulness Exercise



# Benefits of Mindfulness for Older Adults



- Improved focus & concentration
- Enhanced quality of communication & relationships
- Increased peace of mind (Levey & Levey, 2006)
- Reduced stress (Gallegos, Hoerger, Talbot, Moynihan, & Duberstein, 2013)
- Decrease anxiety and depression (Williams & Wilkins, 2012)
- Improved pain management (Morone, Greco, & Weiner, 2008)
- Boosts immunity
- Better sleep (Black, 2015)



# Questions? Comments?



- **USEFUL BOOKS:**

- *The Happiness Trap* – By Russ Harris
- *Wherever You Go, There You Are* – By Jon Kabat-Zinn
- *Meditation Without Gurus* – By Clark Strand

- **USEFUL APPS:**

- The Mindfulness App I & II
- Headspace
- Stop, Think, Breathe
- Breathe2Relax

- **USEFUL WEBSITES:**

- <http://mrsmindfulness.com>

# Thank You



The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh -

