



# Checklist

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- iPad
- Laptop
- HDMI TV connection
- Password
- Bell
- Clicker
- Water
- Handouts
  - Resilience Challenge
  - Questions
- Evaluation Forms



# Mindfulness

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**Stanley Merrill**

**May 5, 2020**

**Luna**



# Check in

## Get in touch with your feelings

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**Tense**

**Distracted**

**Fearful**

**Hopeless**

**Angry**

**Calm**

**Present**

**Confident**

**Optimistic**

**Compassionate**

# RAIN

## Formal or Informal Practice

**R**

**Recognize**  
I am feeling this emotion

**A**

**Allow**  
This is part of life  
I can handle this emotion  
I won't dramatize it.

**N**

**Nurture**  
Treat yourself like you would a  
wounded friend.  
Gratitude, Self-compassion  
Confidence, Optimism, Grit

**I**

**Investigate**  
**Getting Grounded**  
Felt sense in my body  
Calms you down

**Pro Active**

Constructive, Compassionate Solutions

# Guided Meditation



- Long Slow Breath
- Counting
- RAIN
- Gratitude



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# Suzuki Roshi

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- **Suppose you are facing a difficult situation.**
- **You don't know what to do.**
- **The best thing to do is to sit in a meditative posture until you can accept things as they are.**



# Questions

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- If you don't want to say anything it is OK.
- Share your meditation experiences
- Was there a difference in your "check in status" before and after today's meditation.
- Did you look at "Integrate and Embody" and have any comments.
- Your thoughts about Suzuki's quote?
- Any questions?



# Resilience

## The Goal - Our disposition

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A  
**Sense of well-being**



**In spite of**  
the inevitable challenges of  
life.

- Calmness
- Optimism
- Grateful
- Confidence
- Proactive
- Grit



# Meditation and Mindfulness

## What is in common

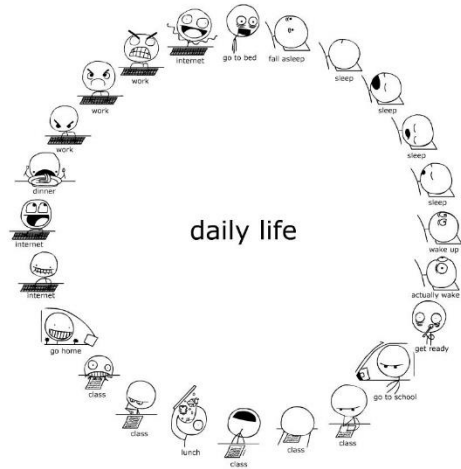
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- Jon Kabat- Zinn
  - Paying attention
  - On Purpose
  - Present Moment Awareness
  - Non judgmental
    - Not being driven by dramatizations
    - Judgment
      - You need discernment
      - You don't need negativity)

# Meditation vs Mindfulness



Meditation  
Formal Practice



Mindfulness  
Informal Practice

A regular meditation practice develops the mental discipline  
That is required to be mindful during the day



# Section 2

## Mindfulness

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- “If you are depressed you are living in the past.
- If you are anxious you are living in the future.
- If you are at peace you are living in the present.”
  - Lao Tzu



# Mindfulness Practices

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- Everything that we do
  - Eating
  - Walking
  - Showering
  - Reading
  - Listening to music
  - Washing dishes



# Mindful Eating

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- No talking.
- One bite at a time.
- Notice
  - How your jaw and tongue work together.
  - The smell of the food.
  - The flavor of the food.
  - The texture.
  - When you decide to swallow
- Feel a sense of gratitude for each bite



# Noting

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- Be conscious of what you are conscious of.
- Talking to yourself about what you are doing.
  - I am thinking.
  - I feel angry.
  - I am lifting my foot.
- Guided Noting Practice



# Confidence Micro Practice

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- Think of your proudest of accomplishing
- Think of all the compassionate things that you have done in your life.
  - What does it feel like in your body when you think of this.
- Think of something challenging
- Affirmations - Confidence
  - "I will do my best"
  - "I can make it work"
  - "I can learn and grow from this experience"
  - "I can and I will"
  - "I will not give up"
  - In your own words
- If it inspires you, do this throughout the day.
  - Waiting, Between activities,
  - Before and after stressful events





# Grit Micro Practice

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- Repeat these things to yourself:
  - I have the agency to meet any challenge.
  - I will persist until I succeed.
  - I will make the best of any situation.
  - There are internal and external resources that I can discover.
  - I am constantly learning and growing.
  - I am vital, determined, patient, persistent and confident.
  - Say an affirmation that inspires you.



# Alex Karras

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- Toughness is in the soul and spirit, not in the muscles.

# After class. What's next





# Next week Mindfulness

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- Bring something small to eat:
  - A couple of raisins
  - A couple of slices of orange
  - A couple of small pieces of chocolate.
- I will send an email unless you object.



# Optional Homework

## Integrate and Embody

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- PDF Files with more details.
  - Feedback?
  - Google – Search Inside yourself
  - Integrate 1 and 2 and 3 are available
  - Integrate 4 next week.
- Morning and evening - 5 minutes
  - Training Wheel Meditation or
  - Body Scan
- Gratitude aspirational practice
  - Twice a day.
- Throughout the day
  - Are your thoughts helpful?
  - Are they true?

# BeingMindful.com



- Email: Stan@BeingMindful.com
- Go to BeingMindful.com
- Resources -> Handouts -> Luna Recovery
  - PDF of Slides,
  - Feedback link
  - Integrate and Embody
- Permission to email it to you.

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# Questions?

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