



AMC: We Care...We Connect

Topic: Mindfulness

GOAL: Incorporating mindfulness into everyday life

FACILITATOR NOTES:

Tools to Prepare Yourself

1. Watch and Share: "All it takes is 10 Mindful Minutes" (9:09min) https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes
2. Read and Share: The mission challenge and suggested discussion points. Highlight the importance of mindfulness and how it can help with personal resilience.
3. Consider: Share a personal or professional story of how being mindful has helped you. This lays the groundwork for others to share their own stories.

THE EXTRA MILE: Additional Resources

1. Search for a new mindfulness activity that fits your personality or style.
2. Read these articles: <https://leftbrainbuddha.com/3-reasons-need-mindfulness/>
3. Suggest having an MRT/RTA join your small group discussion and share a key skill in being mindful.

FRAMING THE CONVERSATION

In the words of the Buddhist monk, Thich Nhat Hanh, "When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love." The concept of mindfulness has ties to Buddhist meditation and more recently Jon Kabat-Zinn created the Mindfulness-Based Stress Reduction program. Mindfulness practices help reduce stress and anxiety while increasing empathy and gaining insight and self-awareness.

Mindfulness is being aware of the present moment, engaged in our current surroundings, accepting the thoughts that happen without judgment and can also include self-reflection. Mindful thinking is a practice that includes presence, patience, and curiosity.

Explore different mindfulness techniques to find what suits you best and delve into the practice: pay attention to the world around you with all five senses, learn to accept yourself while treating yourself kindly and focusing on your breath. Additionally, you can incorporate different types of meditation into your practice (i.e. walking, sitting or body scan meditation).

SUGGESTED DISCUSSION POINTS:

1. What does mindfulness mean to you?
2. When was the last time you weren't distracted, lost in thought or overwhelmed by difficult emotions and how did that feel?
3. How could you incorporate mindfulness into your work and personal habits?
4. Would you consider taking 10 minutes out of every day to spent on focusing on the present moment?

MISSION CHALLENGE: HOW TO APPLY THE LESSON

Challenge:

As mentioned above, there are many ways in which we can exercise mindfulness throughout the day. Some examples include meditating, concentrating on your breath, being mindful while doing household chores and many others.

Additional Challenge: Choose one mindful activity to do during the day/week and commit to practicing it 2-3x/week.