



THE NETWORK FOR
SOCIAL WORK MANAGEMENT

NSWM MINDFULNESS WEBINAR

ABOUT THE NETWORK

The Network for Social Work Management is a professional, international organization focused on strengthening and advancing social work management within health and human services.



THE NETWORK FOR
SOCIAL WORK MANAGEMENT

OUR

MISSION of the Network is to bring together prominent managers and leaders, aspiring managers, and students within the field to share ideas and discuss challenges to enhance their skills.



INVEST IN YOUR CAREER

- Join a community of like-minded managers
- Be mentored by top leadership experts
- Access the latest professional development and training opportunities





Mindfulness



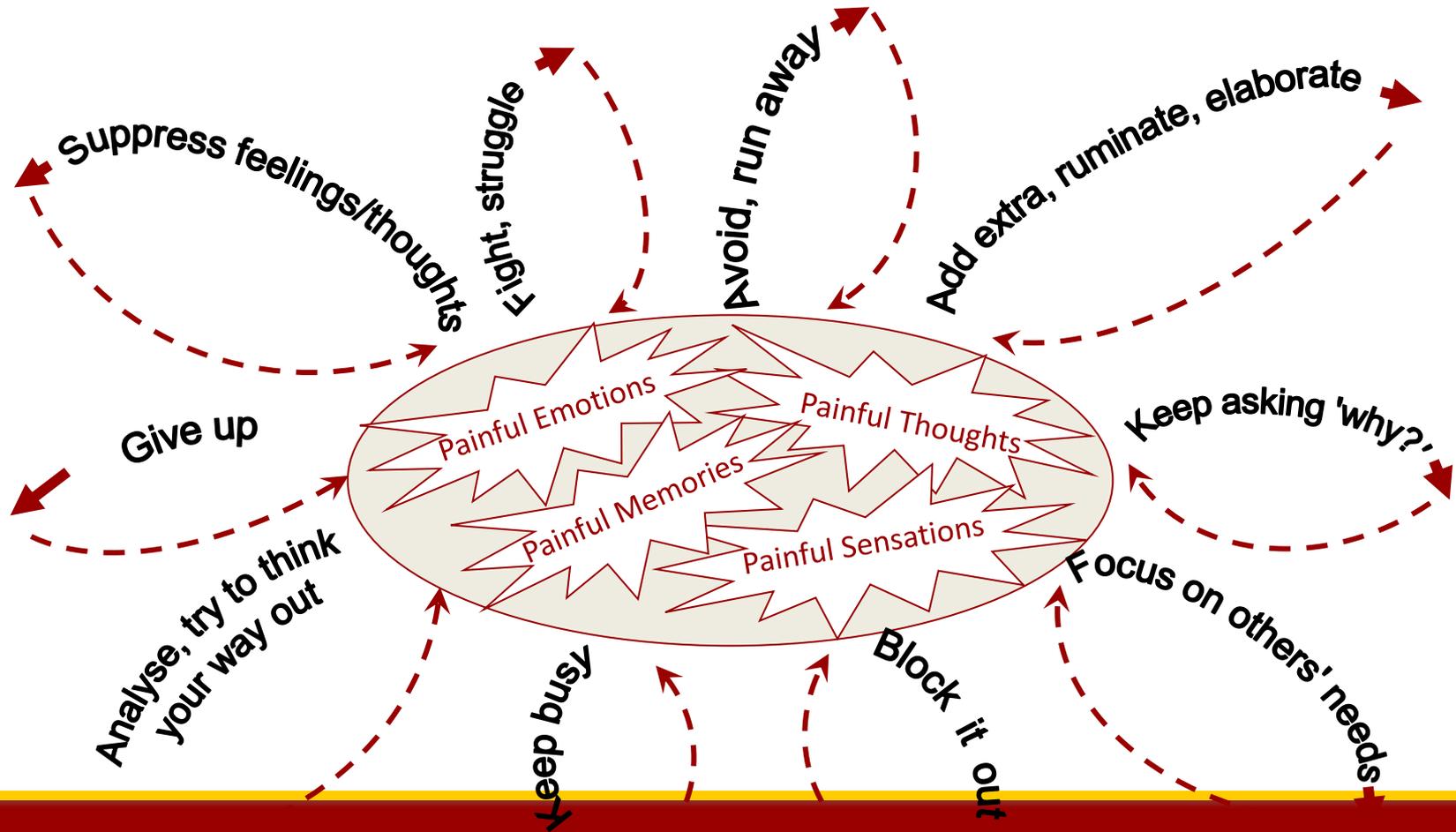
NSWM's Mindfulness Webinar
(2/25/2016 - 11am pst/2pm est)

USC School
of Social Work

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What Keeps Us Stuck in Distress?



What is Mindfulness?



Mindfulness is non-evaluative and sustained moment-to-moment **awareness** of thoughts, physical sensations, and affective states.

Mindfulness

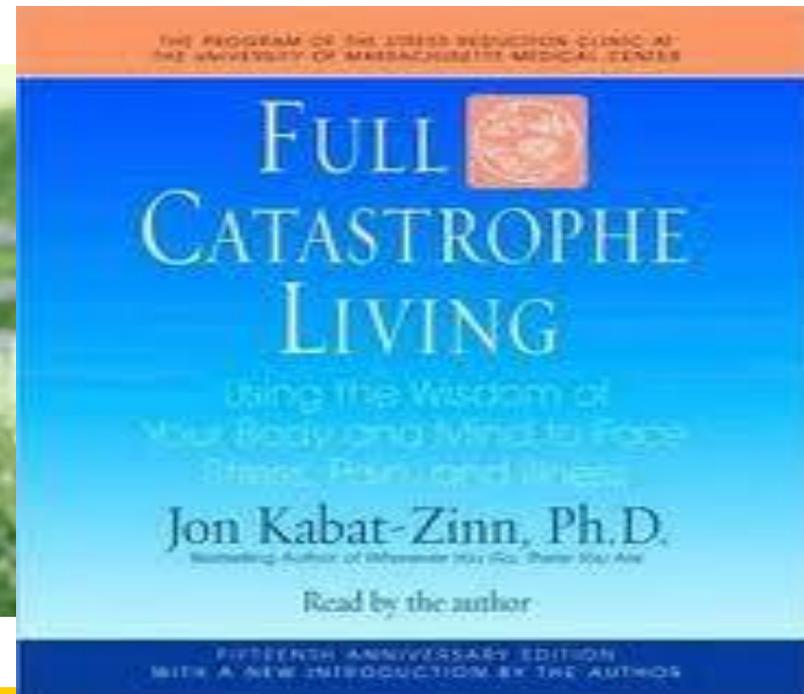
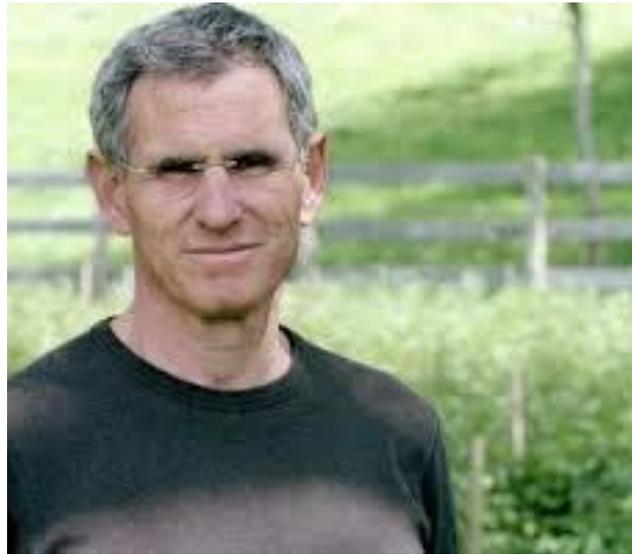


- A powerful means for enhancing wellbeing.
- Thousands of years practiced in the Far Eastern Culture.
- Lately Strong evidence-based studies in the Western Society.

Mindfulness



- In 1979, Jon Kabat-Zinn created Mindfulness-Based Stress Reduction program (MBSR) at the University of Massachusetts Medical School..





Mindfulness

attribute of consciousness

a state of **being attentive to** and **aware of** what is taking place in the present moment.

Mindfulness



Focusing attention
on one thing at a time
non-judgmentally

If attention wanders, bring it back to your focus.

Mindfulness



States of Mind

- Emotion mind
- Reasonable mind
- **Wise mind**

Core Mindfulness Skills



- Utilizing our senses - Describe what you
- see
- hear
- smell
- taste
- touch
- feel
- think
- do

Mindfulness in Practice



- Mindful breathing
- Mindful eating
- Mindful walking
- Mindfulness of the positions of the body
- Mindfulness of emotions
- Free association, behavioral diaries, thought records, reflective responding
- Metaphors for mindfulness

Take Away ideas



- Mindful breathing
- *"Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders."*
Andrew Weil, M.D.



Stimulating Breath

- The Stimulating Breath is adapted from yogic breathing techniques. Its aim is to raise vital energy and increase alertness.
- Inhale and exhale through your nose, keeping your mouth closed but relaxed.
- Your breaths in and out should be equal in duration.

Breath Counting



- If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice.
- Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.



Other forms of mindful breathing

- Walk and breath
- Lie down and breath
- Smell and breath
- Visualize and breath

Mindful Eating



- Consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing.
- Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.



Seeing

- Take time to really observe things
- Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and unique features

Touching



- your fingers,
- Foreheads
- Other body parts and objects
- maybe with your eyes closed if that enhances your sense of touch.

Mindful walking



- Try to walk as slowly as possible
- One foot touching the other as if you are measuring the floor.

Mindfulness of the positions of the body

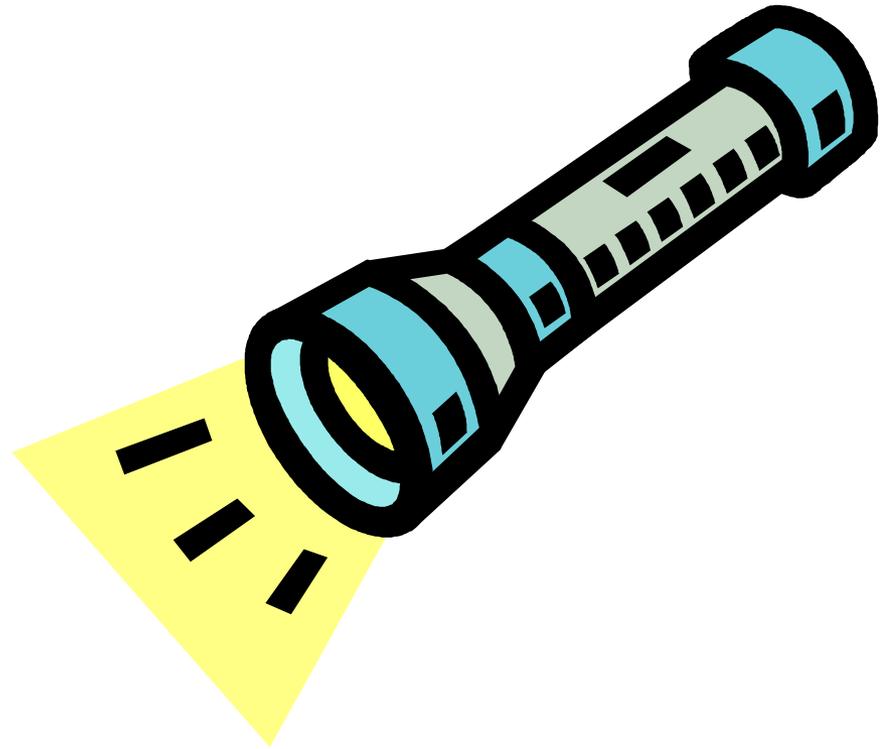


Focus of Attention



Like a torch beam?

- Has a limited capacity
- Can be “caught”
- Can be directed
- Capacity for a broad or narrow focus



Managing Stress Mindfully



Responding wisely and appropriately rather than adding to the difficulty, as it is perceived, through habitual reactions.



Mindfulness of emotions



Free association,
behavioral diaries,
thought records,
reflective responding
Metaphors for mindfulness

Mindfulness Practice Is a Creative Approach to Living Our Lives and Managing Stress...



- Increasing awareness -
- We come to realise that we are usually operating on “automatic pilot “ - our tendency for our minds to be more frequently in the past or in the future rather than with our experience in this moment.



- Placing our attention
- where we want it to be
- Developing a new relationship with our experience

- Being Mind
- making space for and turning towards rather than resisting or working to change experiences we don't like

- Responding to experience based on awareness of what's actually here rather than habitually reacting