

## An Introduction To Mindfulness

Mindfulness of the Body

Session 4  
Based on the  
*Mindfulness-Based Stress Reduction Workbook*  
by Bob Stahl, Ph.D. & Elisha Goldstein, Ph.D.



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## Recap from last week

-  Role of thinking and negative self talk
-  Mindfulness of thoughts
-  Mindful breathing

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## Overview for this week

- Common concerns about Mindfulness
- Emotions in the body
- Body Scan

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**Common Concerns....**

Adapted from Tara Healey and Johnathan Roberts (Mindful-taking time for what matters December 2015)

I think I'm doing this wrong!

I thought I was supposed to be clearing my mind by meditating...

I don't want to lose my thoughts - they might be really important...

I sometimes feel pain while I am meditating...

I am relying too much on my cd/mp3/apps...

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**Common Concerns....**

What's wrong with me, I keep falling asleep!

I don't want to sit on a cushion on the floor

This is really boring!

Will meditation make me passive or lose my "edge"?

How much time do I need to spend meditating?

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**Barriers to Awareness of Emotions**

1. Emotions can be invalidated by others – *Bob's Story: Ben's Ouch*
2. Confusing thoughts with emotions (e.g. "I feel out of control")

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## Emotions in the Body



*"When thoughts are confused with emotions, it's often because the emotions are masked behind thoughts in an unconscious attempt to protect yourself from awareness of the emotion"*

The Mindfulness Based Stress Reduction Workbook  
(Bob Stahl, Ph.D.)

But what if there was a way to develop a vocabulary and greater awareness of your emotions...

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## Emotions in the Body

- Emotions can manifest in the body as physical sensations
- Body scan helps you get in touch with difficult emotions
- First need to identify these feelings - body scan helps you tune into physical sensations that can help you identify your present emotions.

Feelings Inventory-handout

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## Emotions in the Body

*When a strong emotion arises, try to take a moment to mindfully tune into your body and discover any physical sensations associated with this emotion.*

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## Mindfulness of the Body A Different Way of Knowing

**Example:** Waking Up Tired

*"When the mind instinctively responds to physical sensations with ideas about the body, the stage is set for rumination to begin. Mindfulness provides us with another way to know our bodies, one that will not get us stuck."* (Mindful Way Through Depression)

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## Benefits of Body Awareness

### Body Scan



- Deep investigation into moment-to-moment experiences in the body
- Rather than thinking about our experiences, we are turning our attention towards the sensations in our bodies.
- Noticing sensations including : itching, tingling, warmth, coolness, heaviness, lightness, pain,
- Sensations can be pleasant, unpleasant or neutral

*"The body says what words cannot"* - Martha Graham

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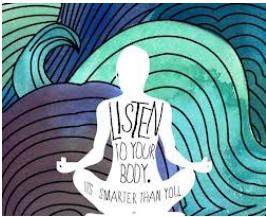
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### Body Scan Meditation

*"The body has its own wisdom, and if you listen, it can communicate where tension, thoughts and emotions lie within your body"*

Martha Graham

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**Body Scan Meditation**

*"You don't have to like it; you just have to do it...like your life depended on it"*

Full Catastrophe Living (Jon Kabat Zinn)

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**Body Scan Journal**

Please take a few minutes to make notes about your experience in your Formal Practice Journal



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 Movement can be an important part of Mindfulness practice
 Moving meditations can provide relief from long periods of sitting
 Object of attention becomes the sensations of movement
 Walking meditation
 Yoga, gentle stretching

**Mindful Movement**

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**Formal and Informal Practices**

**Formal Practices**

- Body Scan
- Mindful Movement

**Informal Practices**

- 8 Attitudes of Mindfulness
- Weaving Mindfulness Throughout Your Day
- Mindful Eating

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**An Introduction to Mindfulness**

**Stress and Anxiety**

Session 5  
Based on the *Mindfulness-Based Stress Reduction Workbook*  
by Bob Stahl, Ph.D. & Elisha Goldstein, Ph.D.



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**Today I will live in the moment unless it's unpleasant in which case I will eat a cookie**

*Just for fun*

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Recap from last week

- Common concerns about Mindfulness
- Emotions in the body
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Overview for this week

- Mindfulness and stress and anxiety
- ✓ Recognizing aversion
- Self Inquiry for Stress and Anxiety

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### Mindfulness & Anxiety

- Allowing anxiety to be the object of our attention
- Intentionally observe anxiety
- Don't need to do anything except **be aware** and **withhold judgment**

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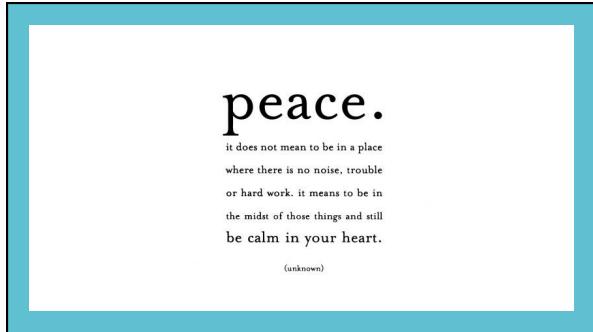
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**Mindfulness & Anxiety**

Change the way we think/speak about our thoughts and emotions:

*"I am anxious"* – suggests "you" are the anxiety  
VS.  
*"I am experiencing anxious thoughts"* – less of an identification with the emotion

*"It is fearing at the moment"* similar to *"It is raining"*  
– reminds us of the impersonal nature of these emotions

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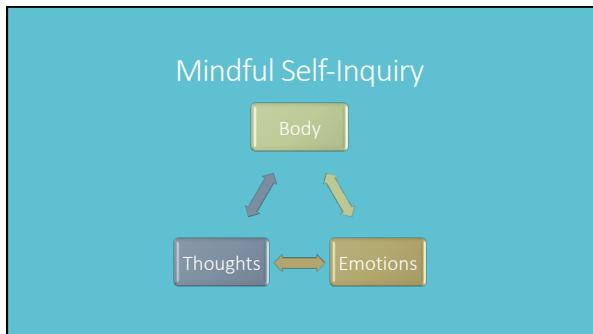
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## Bob's Story: A Personal Inquiry

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**FORMAL PRACTICE**  
Mindful Self-Inquiry for Stress & Anxiety



Learn to acknowledge and investigate any feelings you'd like to know more about  
Opens a door to deeper understanding, and with it, compassion and peace

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**INFORMAL PRACTICE**  
**RAIN**

**R** – Recognize when a strong emotion is present  
**A** – Allow or acknowledge that it's there  
**I** – Investigate the body, emotions, and thoughts  
**N** – Non-identify with whatever is there




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## Mindfulness & Emotional and Physical Pain



"Putting out the welcome mat"

to whatever arises (e.g. body sensations, thoughts, emotions)

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THE PAIN DOESN'T GO  
AWAY. YOU JUST  
MAKE ROOM FOR IT.

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### Recognizing Aversion

"Aversion is the drive to avoid, escape, get rid of, numb out from, or destroy things we experience as unpleasant"

(Mindful Way Workbook)

We cannot run fast enough to escape the inner "saber-tooth tigers"

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## Forms of Aversion

An overall feeling of “not wanting”



- Expression of aversion in the body:
  - Contraction (shoulders and lower back)*
  - Tightening (forehead and belly)*
  - Clenching (jaw)*

Reacting to unpleasant feelings with aversion only creates more suffering

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“It is our relationship to what is difficult and unpleasant that keeps us stuck in suffering – not the unpleasant feelings and sensations themselves”



- The Mindful Way Through Depression -

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### Example: Reconnecting with Feelings

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## Turning Towards Aversion

- Skilful Response to Aversion:
- 1) Recognize it for what it is
- 2) Name it ("aversion")
- 3) Treat it with respect – allow it to be present until it passes
- 4) Continue to explore how it affects your body

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## Allowing Things to Be as They Already Are

Breaks the chain of habitual automatic reactions

Begin to recognize your "aversion signature"  
– recall **Approaching Emotions** story

The two "truths" of meditation:

1. Unpleasant feelings pass on their own if we do not force them
2. Peace and contentment can be experienced even in the presence of unpleasant feelings

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## Sitting Meditation

## Working with Difficulties

-  Take your awareness to sensations in the body
-  Bring awareness to any contraction, pushing away, or not wanting
-  Investigate sensations

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**Deepening your Practice**

**Formal Sitting Meditation**

Expand and deepen capacity to discern our intuitive evaluations of experiences and how they are expressed in the body

- Mindfulness of Breathing
- Mindfulness of Sensations
- Mindfulness of Hearing
- Mindfulness of Thoughts and Emotions
- Choiceless Awareness




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*You should sit in meditation for twenty minutes every day - unless you're too busy; then you should sit for an hour.*



Formal Practice: Sitting Meditation

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**Planning Your Practice**

**Formal Practices**

- Sitting Meditation
- Mindful Self-inquiry for Stress and Anxiety

**Informal Practices**

- 8 Attitudes of Mindfulness
- Weaving Mindfulness Throughout Your Day
- Mindful Eating




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