

1

- Allow yourself to arrive and settle in, bringing your awareness to your surroundings and feeling your heart rate slow down after rushing to your session.
- Ask yourself “are you really here?” In mind, body and breath.

2

- First mindfulness exercise, using our senses
- Second mindfulness exercise, scanning our body

3

- When we experience the splendour of nature our senses are often overcome and we naturally drop into a moment of authentic presence, mindfulness, bliss
-

mind·ful·ness

/'mīn(d)f(ə)ln̩s/

noun

1. the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

em·pow·er

/əm'pou(ə)r/

verb

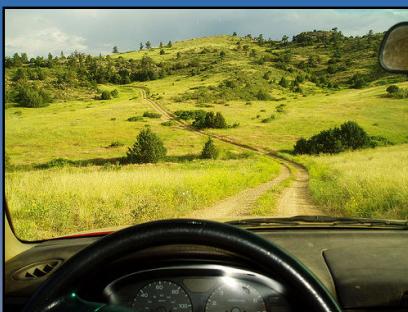
past tense: empowered; past participle: empowered
give (someone) the authority or power to do something.
"nobody will be allowed to sign checks on my behalf"
synonyms: authorize, entitle, permit, allow, license,
sanction, warrant, commission, delegate,
qualify, enable, equip
"the act empowered police to arrest dissenters"
make (someone) stronger and more confident, especially in
controlling their life and clearing their rights.
movements to free the slaves
synonyms: emancipate, unshackle, set free, liberate
"movements to empower the poor"

4

Mindfulness is

- consciously choosing to direct your focus to something of your child with a non-judgemental stance
- I like to think of it as “taking hold of the mind”
- Mindfulness is not emptying the mind, it is about returning to your focus point, in the return we develop stronger abilities

YOU ARE IN THE
DRIVERS SEAT OF YOUR MIND

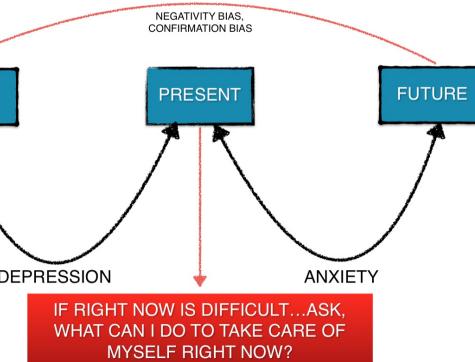


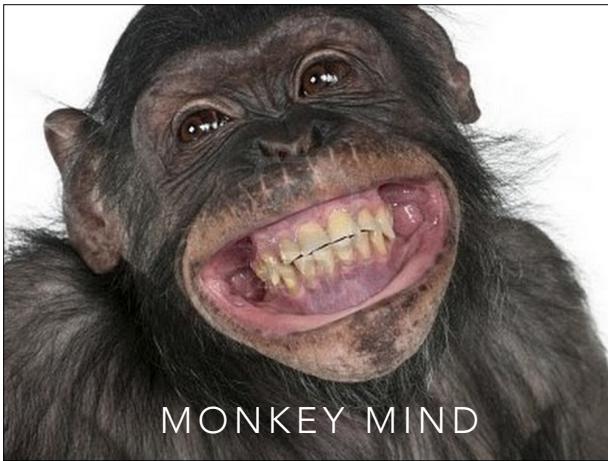
5

- Rather than being pulled around by our experiences and emotions we can train ourselves to structure our own mental processes so that we are in the drivers seat of what we choose to do or not do
- Our conscious mind likes send rapid thoughts that we get hooked by and then drop into a narrative to make sense of it...answering why, how, when...
- 80k thoughts per day, 90% of which are habitual, meaning we are essentially repeating our days
-

6

- our mind naturally drops into a time travelling capacity, thinking of the past or thinking of the future
- Confirmation bias - if a situation appears negative or if it even slightly resembles a past negative event the brain behaves as though that situation is reoccurring
- Negativity bias - our brain has teflon for the good and velcro for the bad, it holds onto the bad seemingly for survival reasons
- What is missing? Living in the present moment!





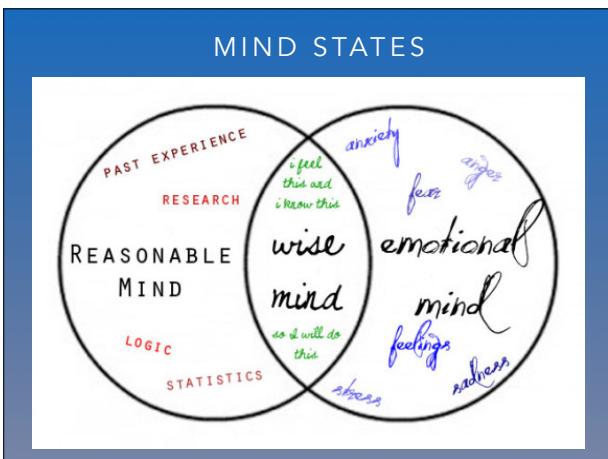
7

- our mind likes to tell stories, once a story is created our anxiety decreases. The problem is that it doesn't matter if the story is rational or accurate, only that it convinces us that our emotions make sense.
- When something is right, there is no need for convincing, there is a deep sense of knowing



8

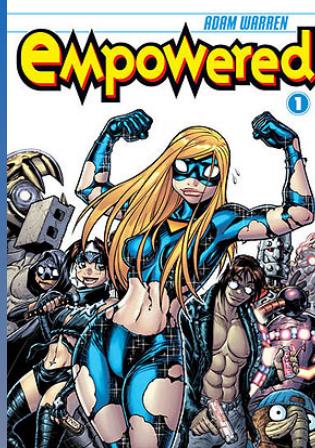
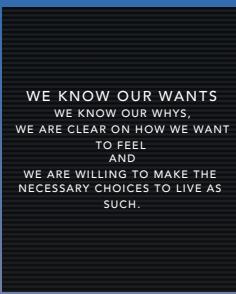
Mindfulness Philosophies in and of themselves are a way to focus ourselves in a healthy manner



9

- there are 3 states of mind
- We have an overtly reasonable mind that is ultra rational and sees the world in black and white terms
- We have an overtly emotional mind that is ultra emotional and feels the world explicitly
- Wise mind is the combination of these two states and is optimal
- The objective is to catch ourselves when we are at either end of the extreme and brings ourselves to centre

EMPOWERED



10

ENTRY POINTS



11

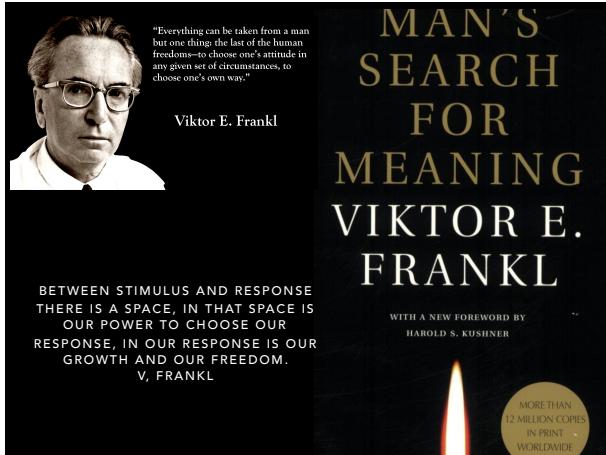
There are many ways to set up a mindfulness practise, the best thing to do is determine what you will do

- following your breath
- Following your thoughts
- Focusing on body parts
- Practising mindful movement
- Envisioning techniques
- words, mantras, affirmations
- Labelling
- Heart centred practices e.g. loving kindness or gratitude practices

12

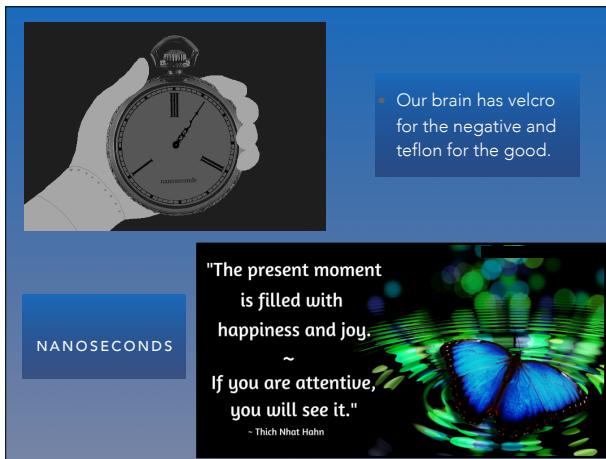
- feel your heart beat between each finger and your thumb
- Just this exercise, done for 2 minutes is enough to reduce your heart rate and blood pressure



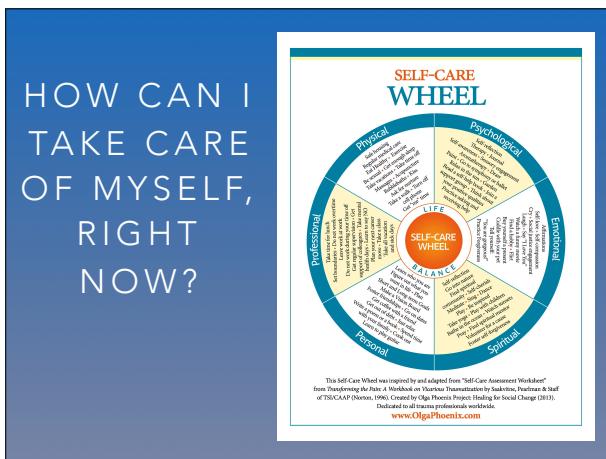


13

- when we practise mindfulness we become aware of what we are thinking, doing, not doing and we take in higher quality information from people and our environment
- Space is created between an event and our reaction to it...we are empowered to respond
- These practices get us out of reactive and/or avoidant behaviours thus leading to better decision making

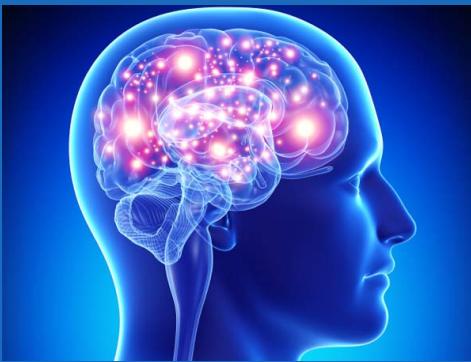


14



15

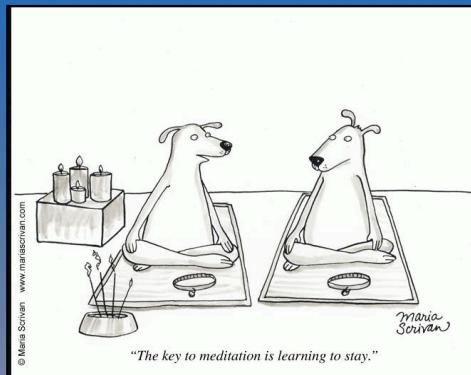
Mindful Practices Change Your Brain



16

- significant neuroscience to support the benefits of mindfulness meditation practices
- Increases empathy, increases understanding of emotions, reduces reactivity, improves connections in the brain,

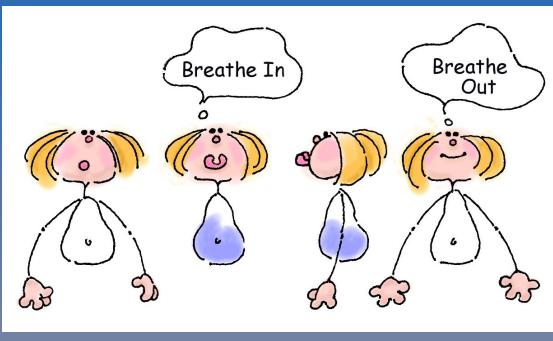
TRAINING YOUR MIND



17

- mindfulness is about training your thoughts to be redirected at your will, from whatever is arising to whatever you choose to focus on
- Mindfulness can feel very agitating at first
- Thoughts at first will seem like popcorn popping and as though your mind is busier than usual. This is because we rarely slow ourselves down in our modern society. With time, the mind does quiet.
- We must be gentle with ourselves and congratulate ourselves for catching our tangential thinking and returning to our focus.

Breathe



18

- natural healing is suppressed when we are stressed
- Our breath is directly linked to increased capacity to heal
- As you draw in oxygen you are quenching your organs of their thirst and you are in a symbiotic relationship with your environment
- Breath exercise



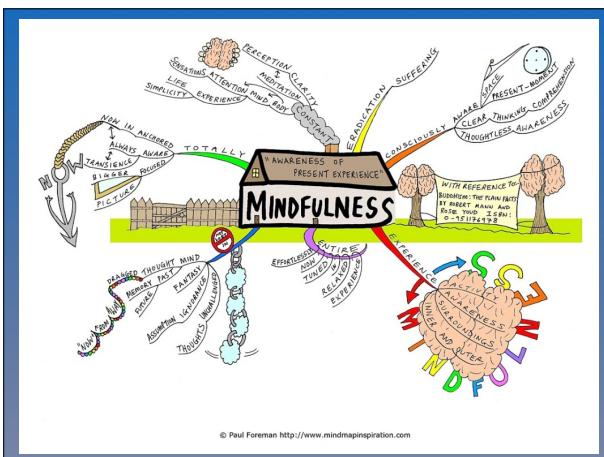
Anxiety is Excitement Without Deep Breathing

- anxiety is experienced by the body as excitement without breath
 - Thus, your best response to anxiety is to breath deeply and rhythmically
 - You can slowly associate anxiety or fear to a feeling of increased energy that simply needs to flow



20

- research shows that Mindfulness is very effective with children and teens
 - The best way to be mindful is to practise dropping into this kind of awareness all the time, making it a way of being



21

Mindfulness Classes Offered

- Fall and Spring Sessions
 - School programs offered

Children's groups - ages 7 - 12

Teen groups - ages 13 - 18

Visit my website for updates on dates www.jenniferbrighton.com

22



Envisioning exercise

- be the person you want to be, think of what you want, what you long for, what you dream of
- once you have that vision, say a gentle thank you, no matter what is going on in your life
- Return to the visual and see as though you have already attained it
- See it, feel it, thank it

23



Jennifer Brighton, Ph.D. (c.)
416-573-5413

jenniferbrighton.com