A MINDFUL APPROACH TO STRENGTHENING FAMILIES

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2 Minutes of Mindfulness
Mindfulness Defined

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn
Mind Full, or Mindful?
A Few Things To Remember When Learning Mindfulness

- It does not require any particular religious or cultural belief system
- It is practical and science based
- It is simple but NOT SO EASY
- It is a process
- It does not have to be done perfectly
- It requires a spirit of curiosity
MINDFULNESS IN THE FAMILY

- Can support all family members to pay attention to the present moment, just as it is, with awareness and acceptance leading to less stress and conflict.

- Allows us to become more aware, less reactive and have more choice in how we respond to situations that arise in daily life.

- Provides a practice of self compassion which ultimately increases overall wellbeing.

- Provides a shared experience and way of being in family life and in all relationships.
MINDLESSNESS IN THE FAMILY

- Creates automatic reactions and stress when situations arise.
- Creates a sense of anxiety and overwhelming feelings.
- Makes it difficult to be present and deal with things as they arise. Always thinking about the next situation.
- Makes it difficult to connect and have a shared experience with family members.
- Can leave family members feeling alone and isolated.
what is that?

oh, just my mind
Mindfulness is the PAUSE to help RESPOND vs. REACT
MINDFUL PAUSE
Formal Mindfulness Practice

Exercise For Your Brain
Informal Mindfulness Practice

- Eating
- Walking
- Observing Nature
- Chores
- Driving
- Showering

- Exercise
- Listening to Music
- Talking to a friend
- Unitasking not Multitasking
- Cooking
Always Return To The Breathe
Remember Your Five Senses
Your Personal Internal Weather Report
Mindful Eating Exercise
Practice Mindfulness
It’s Good For The Family