

# Mindfulness

An overview

Spanish Best Practice

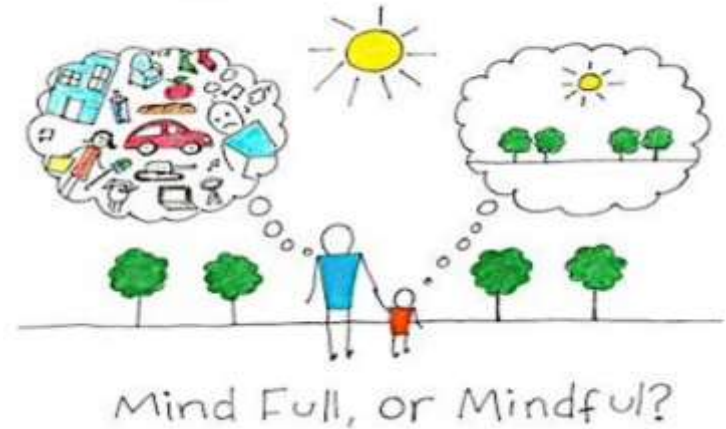
# Historical background

- The word **mindfulness** is the english translation of the word *sati* in Pali, the language used in the time of Buddha, 2500 years ago
- However, it is only starting from the **80's** of the previous century that it become more and more used in Western countries, mainly as a way to alleviate pain and stress in hospitalized patients
- In recent times, the concept has been extended to every person as a form of meditation and to improve the quality of life



# What is Mindfulness?

- Mindfulness is the ability **to be fully present**, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us
- To be mindful means to be able **to maintain the attention** on processes and internal states of mind and of being perceptible (feelings, emotions, thoughts, images, ...) without judgment but with curiosity and acceptance towards them
- Mindfulness is a **brief flash of conscience** of what we are experiencing in a specific moment. Once we take conscience of the experience, our mind starts processing it and translating into words. Here the mindfulness has already ended





# Why practice mindfulness?

- It helps **focus and redirect attention** out of stress or other negative thoughts and emotions, support good mental health or as a simple way to manage negative effects and/or thoughts
- Mindfulness can:
  - **be practiced anywhere at any time**
  - **be practiced by anyone**



*“If all the children of the world meditated, in two generations we would end violence in the world”*

(Dalai Lama)

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# To whom mindfulness is addressed to?

- Mindfulness **is addressed to anyone**, with **no age limits**, and produce several benefits and positive effects to whoever play it
- Nowadays, it become a more and more common practice used in different contexts:
  - **in medicine:** mindfulness programs have been adopted in hospitals both addressed to patients and doctors in order to reduce anxiety, stress, and bring positive effects to diseases such as cardiovascular diseases, eating disorders etc.
  - **in education:** mindfulness techniques are used in among learners in general, to improve the learning environment
  - **in prisons:** *ad hoc programs* demonstrated that mindfulness can be useful in increasing prisoners' chances to a more lasting reintegration into society and labour
  - **in companies:** to improve the working environment, with great benefits on a human level and business efficiency

# Mindfulness principles

- **Living in the present:** the first postulate relates to living in the here and now, focusing on the present since that is the only moment we have the ability to control, the past does not exist anymore and the future is yet to come
    - **Respiration** embodies the instrument through which we can gain attention on the present and understand how we feel in that exact moment. Our body will talk to us, letting us aware of what is going on inside us, both emotionally and physically
  - Be able to **observe the processes without judging them** and **without judging ourselves**: only the observer who is capable of accepting the processes and what is happening in that specific moment will be able to choose the best response
  - **Active patience:** Only by not expecting any immediate outcome we can escape the mental constriction of having a tangible result typical of western societies. This would generate a **state of agitation and impatience** that doesn't allow us to experience life in the present with all senses, undermining our physical, psychological and mental health.
- Constant practice achieves results**

# Acquire these principles watching the video



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# Mindfulness techniques

## How to focus ourselves on the present

- notice how thoughts come and go in our mind
- notice what can be felt in the body and what it's telling us
- create space between us and our thoughts

## Mindfulness techniques - some examples

- mindful breathing
- body scan
- conscious stretching
- mindful eating experience
- zentangle



# Mindfulness adapted to COVID-19

- The COVID-19 pandemic represented and still refers to a challenging period of lockdowns and social restrictions in order to face a world health crisis impacting our daily-life. According to several Health Organizations, Mindfulness can help to relief stress and anxiety coming from this situation.
- Education In Progress, already used Mindfulness techniques with its trainees during the lockdown in 2020 and wants to share the main set of tools with you during the Training Course that will be held in Palma de Mallorca in [\[redacted\]](#)

*If you want to know more about that, you can already have a look to the detailed explanation of the methodology can be found in the following document: [\[redacted\]](#)*

***See you in Palma soon!!!***

# Thank you for your attention

