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ESCAPE TO WELLBEING !

MINDFULNESS

TRAINING, IRELAND

24-28.07.2023







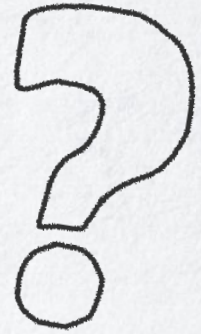
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INDEX

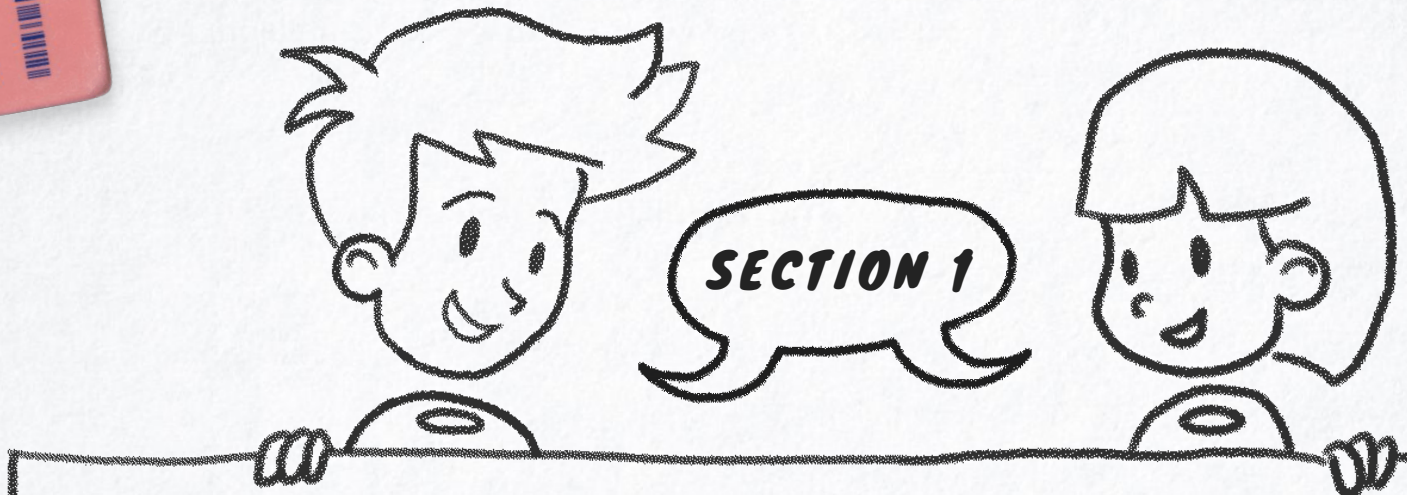
1. HISTORY O MINDFULNESS
2. DEFINITION OF MINDFULNESS
3. MBSR VS MBCT
4. AIMS OF MAINDFULNESS TRAINING
5. FOR WHOM IS MINDFULNESS?
6. 8STEPS PROCESS
7. SOME STATISTICS
8. DESIGN OF ESCAPE ROOM
9. TEAM
10. THANKS
11. Q&A
12.







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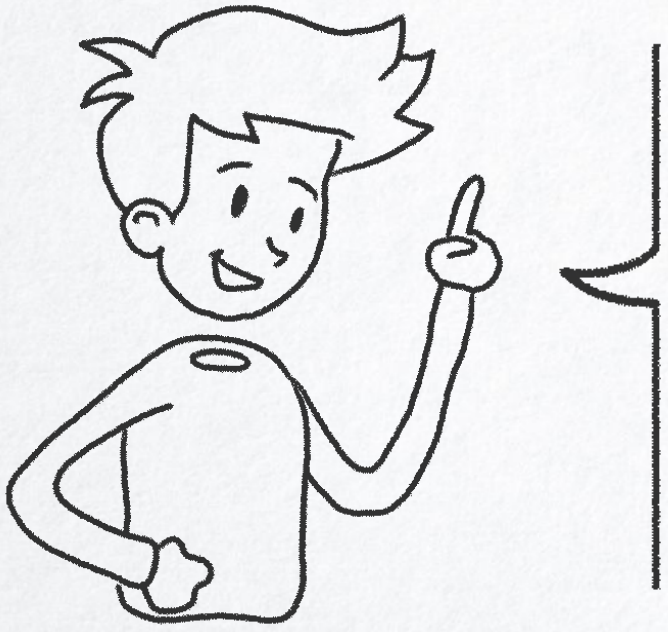


MINDFULNESS - A LITTLE BIT OF HISTORY

Do you knwo what is the origin of mindfulness?

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MINDFULNESS - A LITTLE BIT OF HISTORY



The history of mindfulness is a long and diverse one, with roots in various cultures and philosophical traditions.

While it is challenging to pinpoint an exact origin, mindfulness practices have evolved over thousands of years. Here is a brief overview of the history of mindfulness:

Ancient Eastern Origins

Mindfulness has its earliest origins in ancient Eastern spiritual and philosophical traditions. Around 2,500 years ago, Siddhartha Gautama, also known as the Buddha, played a significant role in popularizing mindfulness as a central practice in Buddhism. The concept of mindfulness, known as "sati" in Pali and "smṛti" in Sanskrit, was an essential part of the Buddha's teachings. It was included as one of the steps in the Noble Eightfold Path, which forms the foundation of Buddhist practice.

Early Buddhist and Hindu Texts

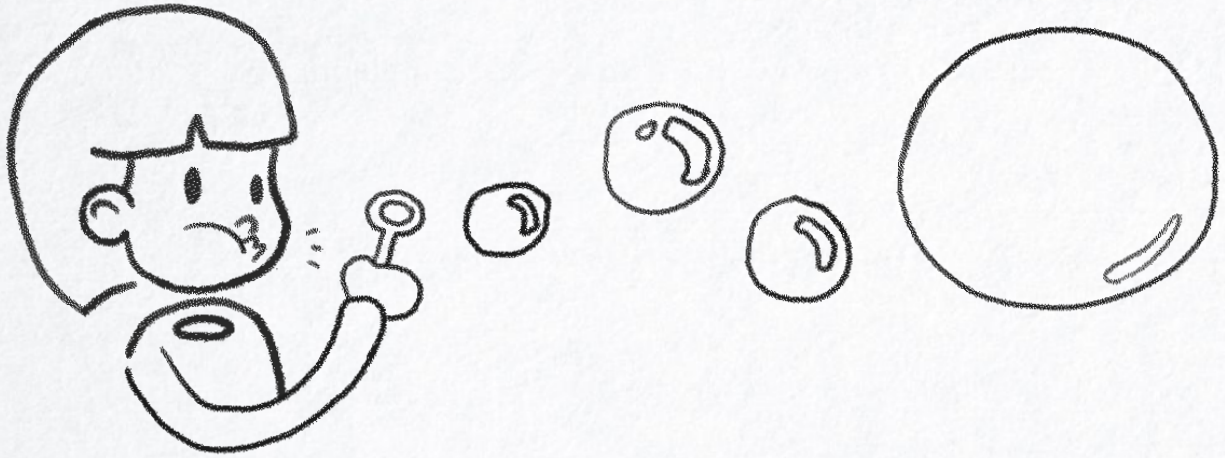
The practice of mindfulness is found in early Buddhist texts such as the "Satipatthana Sutta" and the "Mahasatipatthana Sutta," which outline various mindfulness meditation techniques. Similarly, in Hindu traditions, mindfulness practices can be traced back to ancient texts like the Bhagavad Gita and the Yoga Sutras of Patanjali, where the concept of self-awareness and meditation is discussed.

Chinese and Japanese Influences

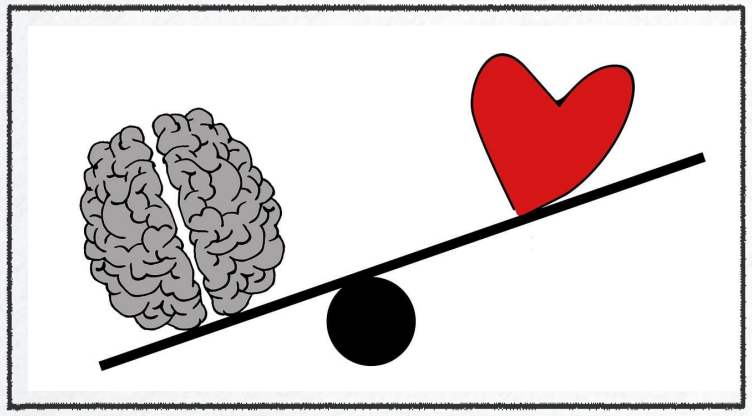
Mindfulness practices spread to China and Japan, where they became integrated into various spiritual traditions. In China, mindfulness was known as "nianfo" or "nianchu" and played a central role in Pure Land Buddhism. In Japan, the Zen tradition emphasized mindfulness as a way to attain enlightenment, with seated meditation (zazen) being a core practice.

Western Integration

The introduction of mindfulness to the Western world can be traced back to the late 19th and early 20th centuries. Scholars and spiritual seekers began exploring Eastern philosophies and practices, including mindfulness. Notable figures like D.T. Suzuki and Alan Watts were instrumental in introducing Zen Buddhism and mindfulness to Western audiences.



MODERN MINDFULNESS MOVEMENT



The modern mindfulness movement gained momentum in the latter half of the 20th century. Jon Kabat-Zinn, a pioneer in the field, developed the Mindfulness-Based Stress Reduction (MBSR) program in the 1970s. Kabat-Zinn's secular approach to mindfulness made it accessible to a broader audience, focusing on its therapeutic benefits and stress reduction.

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MINDFULNESS HAS INTERDISCIPLINARY APPROACH

Mindfulness integrates various fields like:
psychology, medicine, education, and corporate settings.

+INFO





Scientific research on mindfulness provides evidences of its positive effects on:

- mental health,
- well-being,
- cognitive functioning

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DEFINITION BY JON KABAT- ZINN

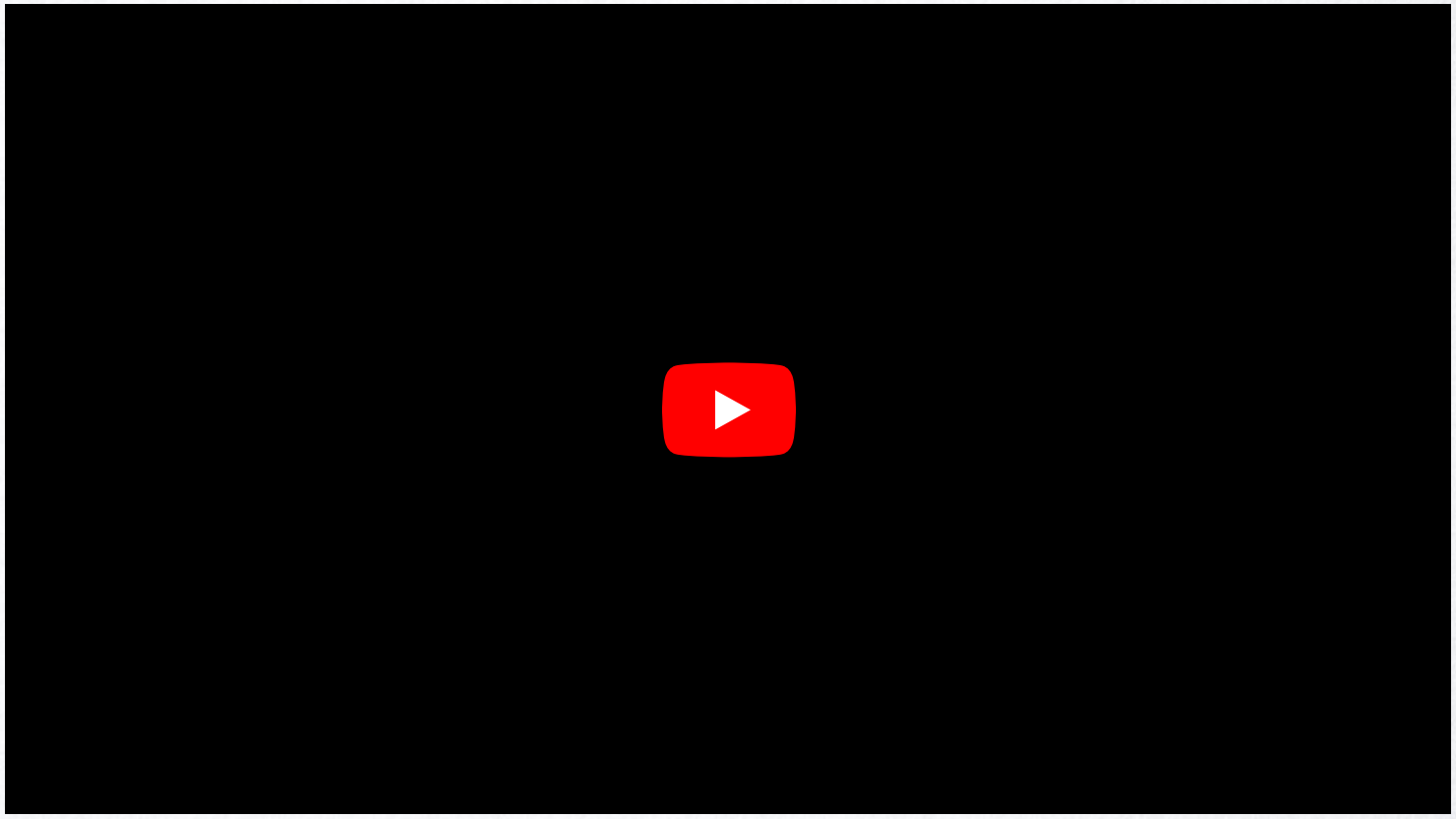
"Mindfulness means paying attention in a particular way: deliberately, in the moment and without judgement."



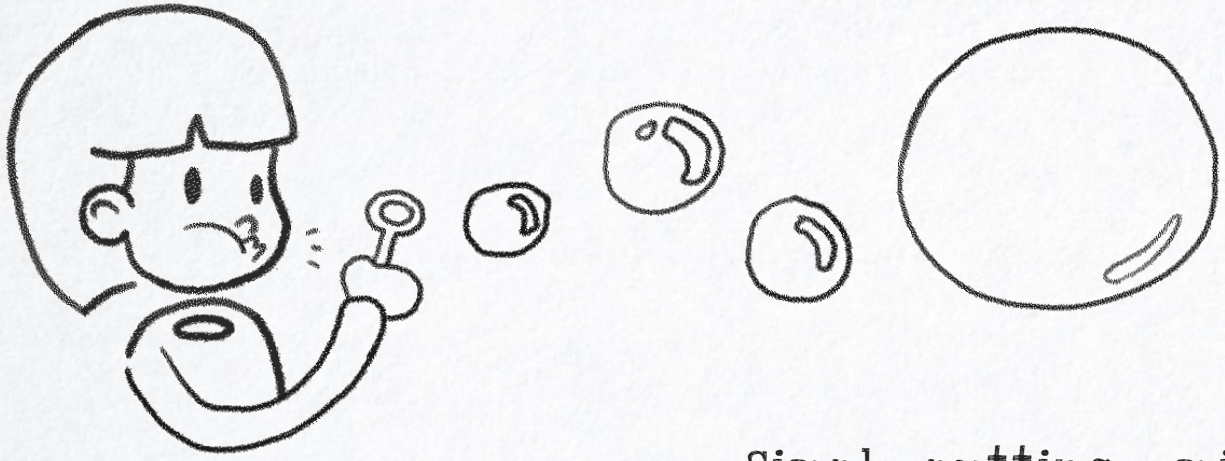
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VIDEO

Mindfulness Is
Not A
Performance
it's Life
Unfolding with
Jon Kabat-Zinn



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MINDFULNESS MEANS EXPERIENCING LIFE



Simply putting - mindfulness is a specific way of fully experiencing life, appreciating all its diversity and unpredictability. It is a personal relationship to the occurrence of internal events (sensory impressions, physical stimuli, thoughts, emotions) and external events (atmospheric conditions, the words and behavior of others, various events and circumstances), perceived as both pleasant, neutral and unpleasant or even threatening.

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VIDEO

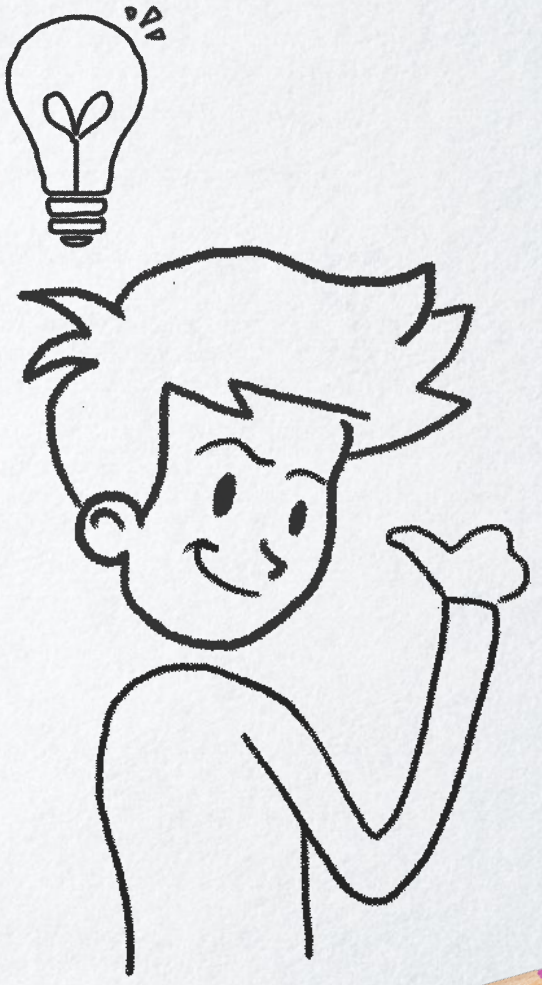
Mindfulness Is
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Jon Kabat-Zinn

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How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg





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AIMS of mindfulness training

- achieve emotional balance,
- learn the art of concentration and relaxation, and how to deal with stress, how to reduce nervous tension, develop the ability to calm down when anger or nervousness arises.
- draw energy from life, to enjoy the simple, even the most trivial things that each moment brings with it.
- learn to live a peaceful life, in harmony with other people and with the environment.
- break away from habitual ways of reacting to internal and external stimuli.
- unlearn old and non-functional patterns of functioning in order to live more consciously and constructively and to derive energy from life.
- reduce stress symptoms, cope with upsetting situations, improve relationships, reduce tension and manage pain.

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What is Mindfulness | Mindfulness Meditation | Mindfulness-Based Stress Reduction

Dr. Justin Puder - a licensed Psychologist from South Florida

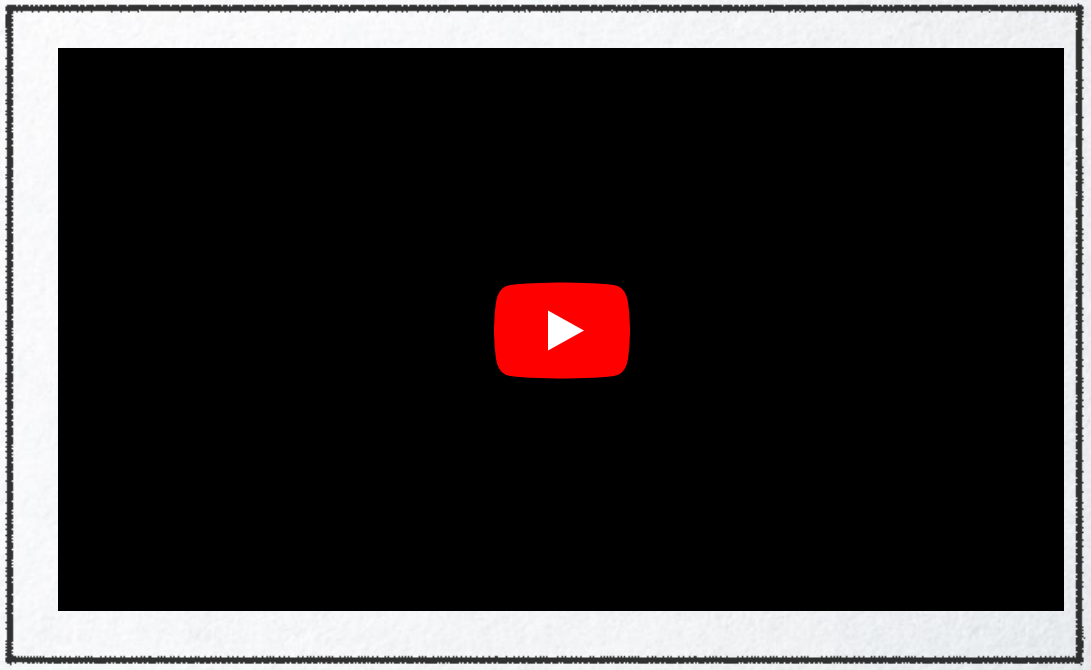


MBSR

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What is Mindfulness Based Cognitive

Therapy | Dr Alex Milspaw | Pelvic Rehabilitation Medicin.



MBCT

WHO CAN DO MINDFULNESS ?

1

Mindfulness training is aimed at:

- both sick and healthy people,
- those who are busy,
- those who cannot cope with the demands of everyday life,
- those who are so tired that they cannot enjoy life.

2

The method called MBSR (Mindfulness-Based Stress Reduction) is aimed at those who want to better manage stress and tension in their daily lives.

MBCT, or Mindfulness-Based Cognitive Therapy, is an extension of classic MBSR and is primarily aimed at people who struggle with recurrent depression.

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WHO CAN DO MINDFULNESS ?

3

MINDFULNESS-BASED TRAINING IS

is an adjunctive method for patients suffering from:

- chronic pain,
- hypertension,
- heart disease,
- cancer,
- gastrointestinal diseases and some skin diseases.

They help with conditions such as
anxiety, fear, depression, anger or professional burnout.

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4

DID YOU KNOW THAT

Well-known people also meditate:
actress Goldie Hawn,
singer Shania Twain,
actor Richard Gere,
former US Vice-President Al Gore
Chicago Bulls basketball team
coach Phil Jackson.

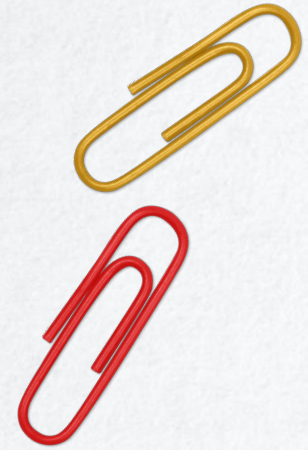
Whether we work as teachers,
lawyers, police officers or drivers,
meditation can benefit us.



!!!!

Meditation is recommended as a preventative measure or as a way of controlling chronic heart disease, cancer, infertility or depression.

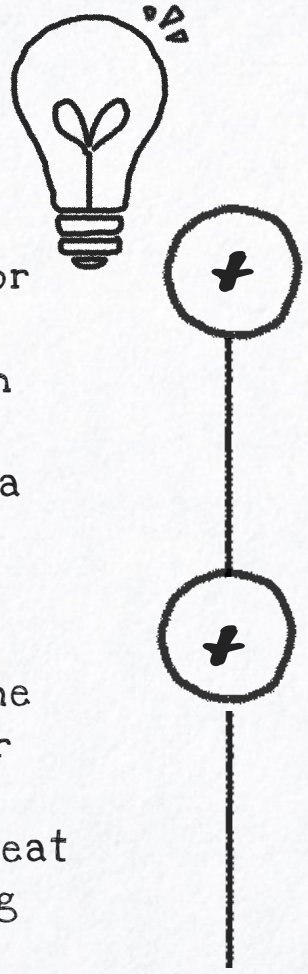
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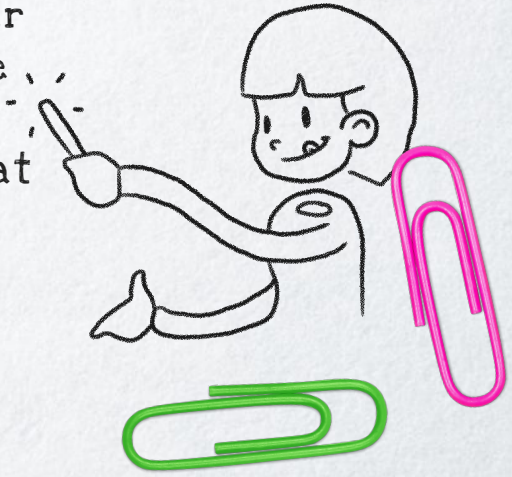
STEP 1
Be a present talker

Put the phone down, sit or stand facing your interlocutor. Look at him or her when he or she is talking, give him or her a sense of your presence from the start. Breathe deeply and listen to his words. Try to give him the maximum amount of your attention, as if a lot depends on it. Try to repeat in your mind the meaning of the sentences you heard. Have you succeeded?

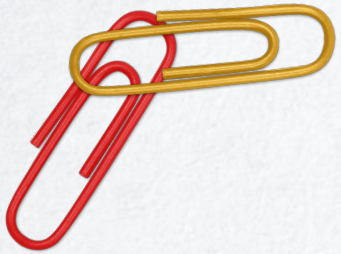


STEP 2
Clear your mind

Find a moment during the day when no one and nothing disturbs you. Do absolutely nothing for a long while (up to 10 minutes). Focus on your breathing and the... the silence around you. Observe and notice what you don't notice in the hustle and bustle of everyday life. Can you feel the bliss?d



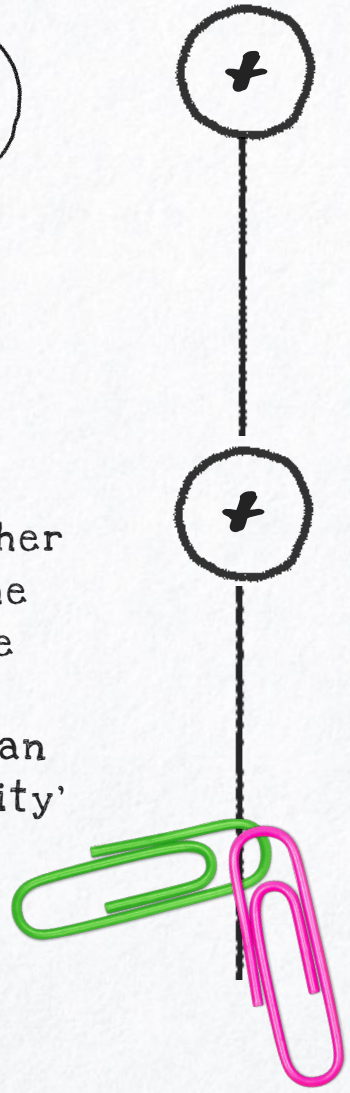
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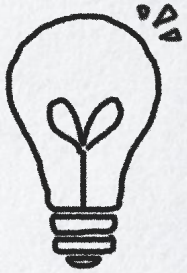


STEP 3
Clear your space

Advice:
Start with your bedroom, or another place where you relax. Reduce the amount of gadgets around. Shelve the 'to-read' books and leave the one you are currently reading. Can you see a difference in the 'quality' of your rest?







STEP 4
Don't try to do several things at the same time

Divide your task (e.g. any household chore) into several stages. Focus equally on each one, don't look at your watch. At the end, look at the result and check the time

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STEP 5
Whatever you do, do it slowly and mindfully

Pick up a book, open to the first page and read that page quickly. Without looking at the reading, write down as many facts as you can remember on a piece of paper. Can you quote the content? Now take another book, open it to the first page. Read carefully, going back to passages you don't understand. When you have finished, put the reading down and write down as many facts as possible. Compare the effectiveness of the two attempts.



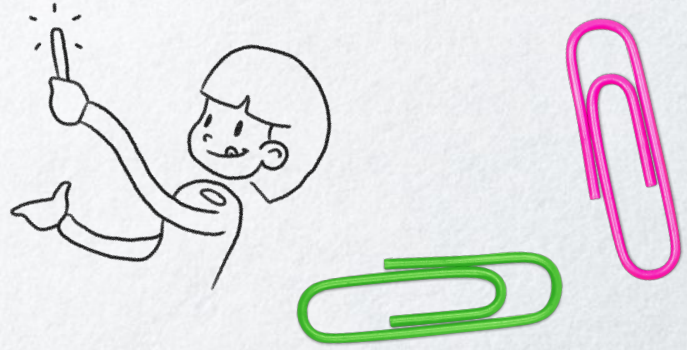
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STEP 6
Don't take on too much

At work, at home, among friends. Don't make promises to yourself or others, don't assume that you might succeed. If you do less, more slowly but more thoroughly, your priorities will clarify themselves.

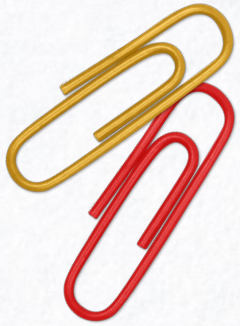
Advice:
Before you agree to help, to intervene, think twice. Are you sure you can afford it?





STEP 7
Don't worry about what lies ahead

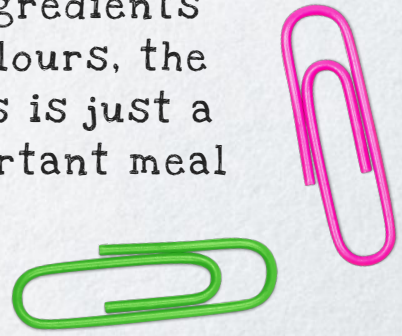
Whenever worries about the future creep into your thoughts, try to stop them and persistently return to the present moment, on what is happening NOW.





STEP 8
Avoid fast - food, eat tasty and colourful food

Prepare a home-cooked meal carefully. And learn to savour it. As you eat, guess the ingredients by flavours, enjoy the colours, the smell. And remember, this is just a metaphor. Your most important meal is life!

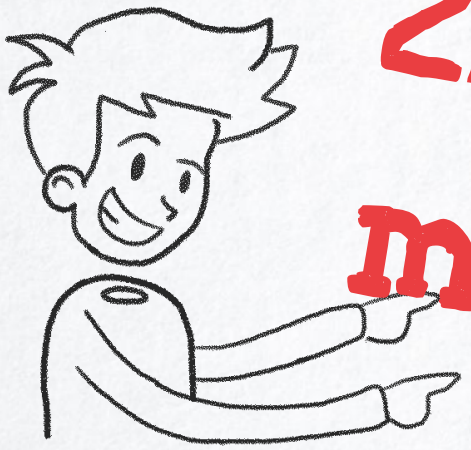


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Do you know how many people meditate around the world?

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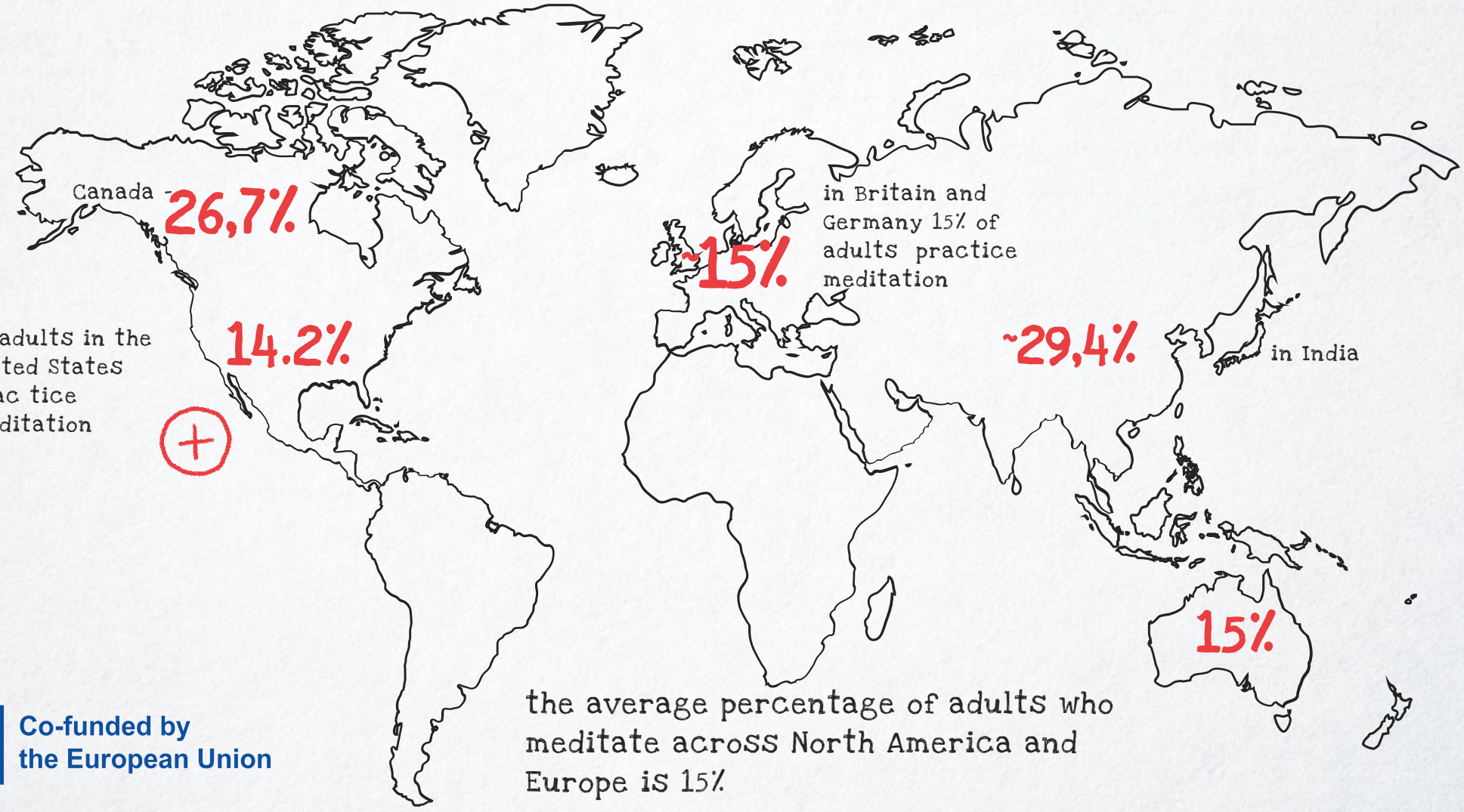
257 mln

Approximately 275 million people meditate around the world

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MAP - ABOUT 15% OF ADULTS MEDITATE



the average percentage of adults who meditate across North America and Europe is 15%

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IDEA FOR APPLICATION







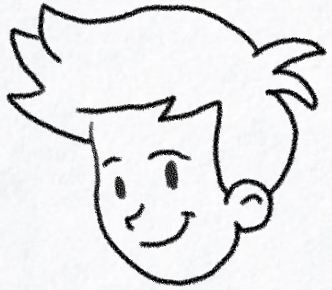


Zen Garden	TAKS	??	??
water waterfalls garden leaves flowers stones etc.	riddles labirynth? quizz? questions	?	?

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OUR TEAM



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