



April 2021

# Incorporating Mindfulness into our Lives



# Agenda

15 mins

## **Mindfulness and Changing our Perspective**

Exploring techniques to cultivate mindfulness and to become aware of thinking errors

10 mins

## **Body Scan Activity**

Tune in to your body and notice any sensations you're feeling without judgement

10 mins

## **Resources Available to You**

Reviewing AbleTo Virtual Therapy

# Our Thoughts and Perspective

# When the World Around us is in Flux

For many people, the current state of things can bring up **feelings of anxiety, depression, and stress**. Add in an ongoing pandemic and all of this can spark an increase in related symptoms as we cope with **stressors, uncertainty and the changing times**. If you are feeling this way, **you are not alone!**

## Uncertainty

Changes that impact our ability to carry out traditions, celebrate or even grieve.

## Additional Stressors

Navigating stressors from the changing landscape of our daily lives.

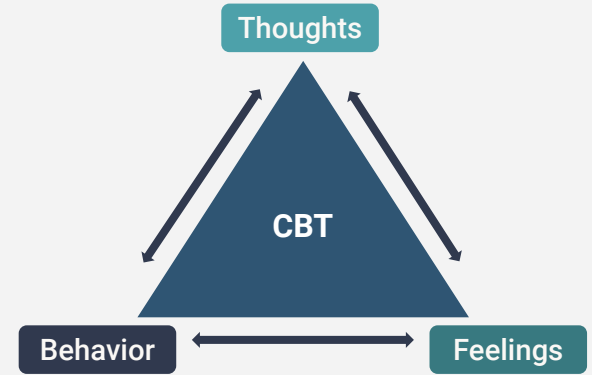
## Living in Times of Change

Finding new ways to cope during these times is more important than ever.

*Incorporating mindfulness into our lives can help*

# Cognitive Behavioral Therapy (CBT)

- Increase mindfulness skills and development
- Learn to catch automatic thoughts and identify thinking errors
- Modify behavior by challenging negative patterns of thinking
- Practice the three C's: Catch it, Check it, Change it
- Identifying thinking errors is an exercise available from AbleTo



# Common Thinking Errors

## Mind Reading



### Mind Reading

Assuming you know what others are thinking

## Fortune Telling



### Fortune Telling

Predicting the future

## All or Nothing Thinking



### All or Nothing Thinking

Thinking in black or white terms

## Catastrophizing



### Catastrophizing

Assuming the worst possible explanation

## Ignoring the Positives



### Ignoring the Positives

Recognizing positive experiences as an exception to the rule

## Personalization and Blame



### Personalizing

Assuming full responsibility for a negative outcome

## Labeling



### Labeling

Making a negative claim about yourself to explain the situation

## Should Statements



### Should Statements

Defining what you should or shouldn't do

# Applying the Thinking Errors: The Three Cs

## Catch It

- What is the stressful event that occurred?
- What feelings did I have (angry, sad, etc.)?
- How intense was that feeling (0-10)?

*"I can't do this, I'm a failure."*

## Check It

Are there any thinking errors in my thoughts?

- Fortune Telling
- Mind Reading
- All or Nothing Thinking
- Catastrophizing
- Ignoring the Positives
- Personalization/Blame
- Labeling
- Should Statements

## Change It

- What is a more accurate way to think about this?
- What's the worst case scenario and can I cope with that?

*"This is something that is new to me, I haven't done it yet but I have mastered new things before."*

# Incorporating Mindfulness into our Lives



# The Benefits of Cultivating Mindfulness

**Mindfulness** is the practice of **purposely focusing** your attention on the present moment and **accepting it without judgment.**



# Seven Principles of Mindfulness

**Non-  
Judging**

**Patience**

**Beginner's  
Mind**

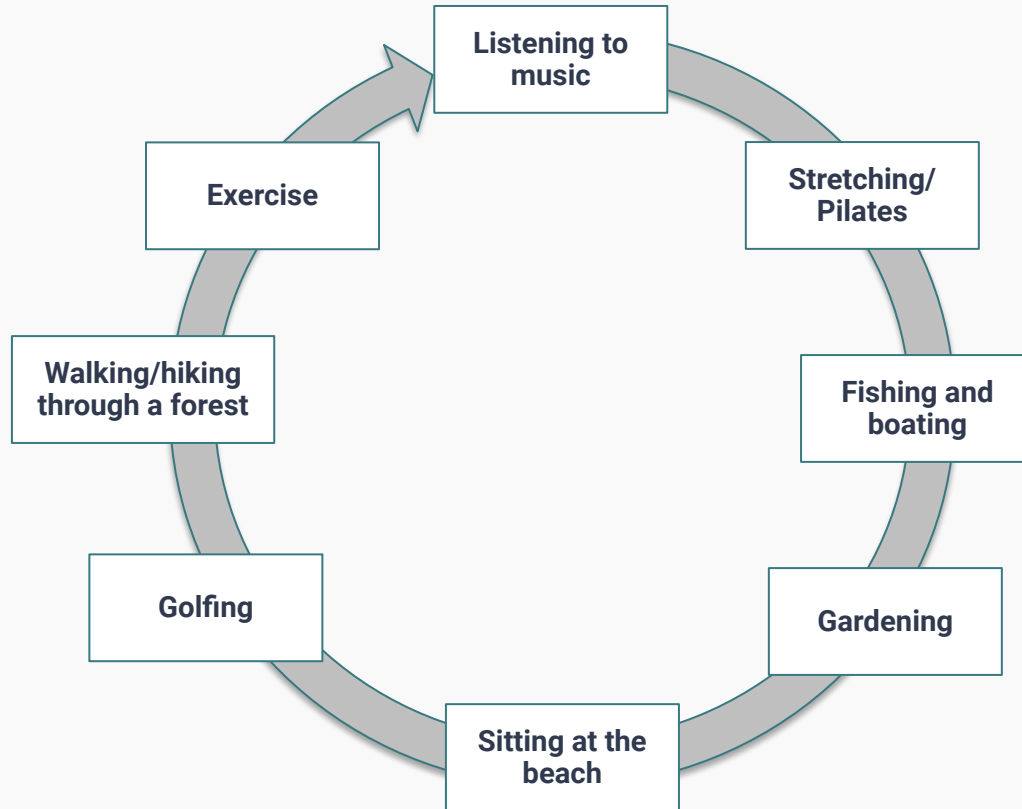
**Trust**

**Non-  
Striving**

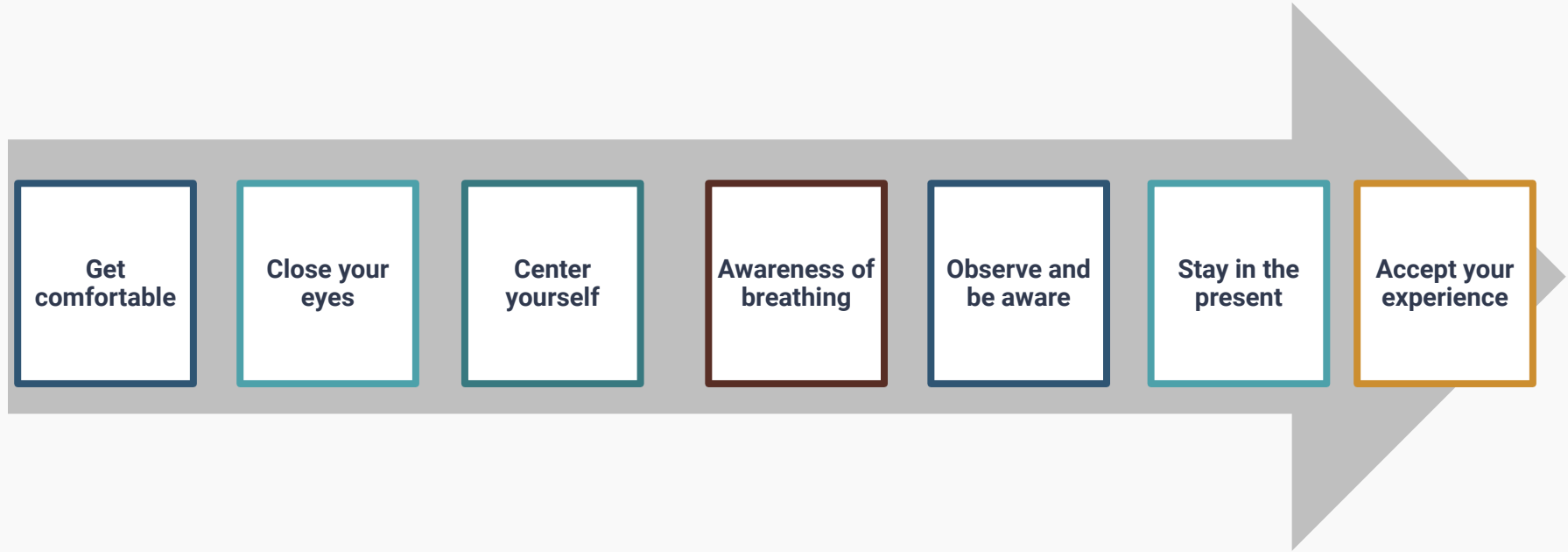
**Acceptance**

**Letting Go**

# Examples of Ways to Cultivate Mindfulness



# Awareness of Experience and Preparing for the Exercise



# Body Scan Exercise

# Body Scan

1



Lie down on your back. Try to relax your posture. Allow your eyes to close.

2



Try to get in touch with your breath and the feelings in your body. When you are ready, focus on the feeling of your body meeting the floor. With each out-breath, let yourself sink a little deeper.

3



Remind yourself of the goal of this scan: It is not to make yourself feel calm or feel less pain. The goal is to bring awareness to your experience, to the feelings as you move your focus to the different parts of your body.

4



Focus on the feelings in your belly. Pay attention to the feelings as you breathe in and out.

# Body Scan

5



Imagine your focus as a spotlight. Move the light down the left leg, into the left foot, and out to the toes. Focus on each of the toes, one at a time. Try to be curious about each feeling. It may be the feeling of touch between toes, or a tingling, or maybe you can't feel anything.

6



Imagine the breath entering your lungs, passing down the belly, and moving through the left leg and out of the toes of your foot. On an out-breath imagine the breath coming all the way back up, out of the foot, into the leg, up through the belly, chest, and out through the nose. Try to continue this, as best you can, for a few moments. Don't judge yourself if this is difficult or you notice your thoughts straying.

7



Now, move the spotlight to the bottom of your left foot. Bring a gentle focus to the sole of your foot, the instep, the heel. Notice the feeling where the foot meets the floor or bed. Try to be aware of your breath in the background, as you note the feelings in your foot.

# Body Scan

8



Now allow your focus to move through the rest of the foot, through the bones and joints and into your ankle. Try to move your breath through the whole of your foot. Then let go of the foot and allow your focus to move up into your lower leg. Move your focus very slowly through the leg – your calf... your shin... your knee... and so on, in turn.

9



Focus the spotlight through the rest of the body – to the upper leg, the right toes, right foot, right leg, back, belly, chest, fingers, hands, arms, shoulders, neck, head, and face. In each area, try to bring the same level of awareness and curiosity. Breathe into each area and out



# Body Scan

10



When you become aware of tension or an area of pain, try to breathe into them as well. Focus with the in-breath, let yourself feel the strong feelings. And try to let go with each out-breath.

11



Your mind might wander. That is normal. It is what minds do. Try not to judge yourself when this happens. Just try to notice where it has wandered to, and then try to bring your focus back to your breath and body.

12



Slowly, try to expand your focus to your whole body... Allow your focus to the area around you, the sounds and anything else... When you are ready, slowly open your eyes and sit up.

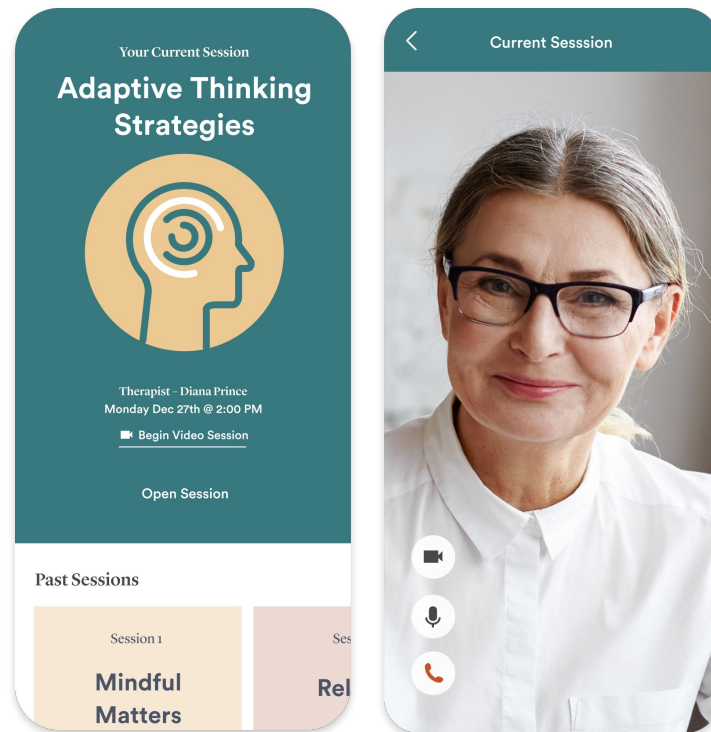
# AbleTo Could Help You

# AbleTo Therapy- Seamless Support

Virtual appointments with a licensed therapist who will guide you through a personalized 8-week program

- **One-on-one support** from a licensed therapist
- **Confidential phone or video calls** from the comfort of your home
- **Appointments at times that work best for you**, including nights and weekends
- **Learn a set of tools** that can make it easier to enjoy life more
- **Visit [ableto.com/learnmore](https://ableto.com/learnmore)** to schedule an appointment

**Available to United Retiree Services members**



## Are you dealing with feelings of

- Stress
- Anxiety
- Unhappiness

## AbleTo could be right for you

To learn more, call us at: **(833) 881-1468**  
or visit us at [ableto.com/learnmore](https://ableto.com/learnmore)

Have your insurance member information available to confirm your coverage, then just answer a few questions to schedule your first call on a day and time that works best for you.

AbleTo





# Thank You!

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