



ATENEO
BULATAO CENTER
FOR PSYCHOLOGICAL SERVICES



Mindfulness for Stress Management

Presented by:
Laurie A. Mesa, MA



ATENEO BULATAO CENTER

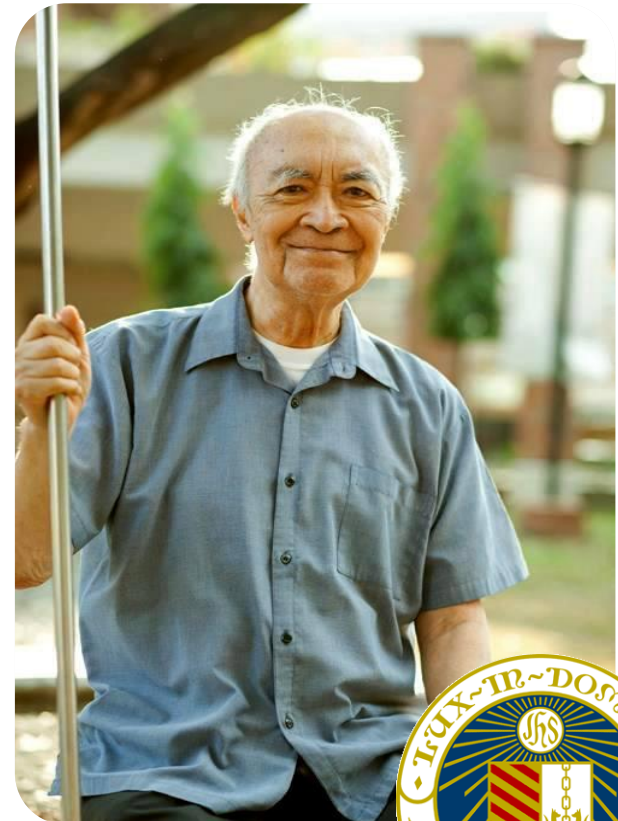
FOR PSYCHOLOGICAL SERVICES

Counseling

Testing

Research

Workshops and Training

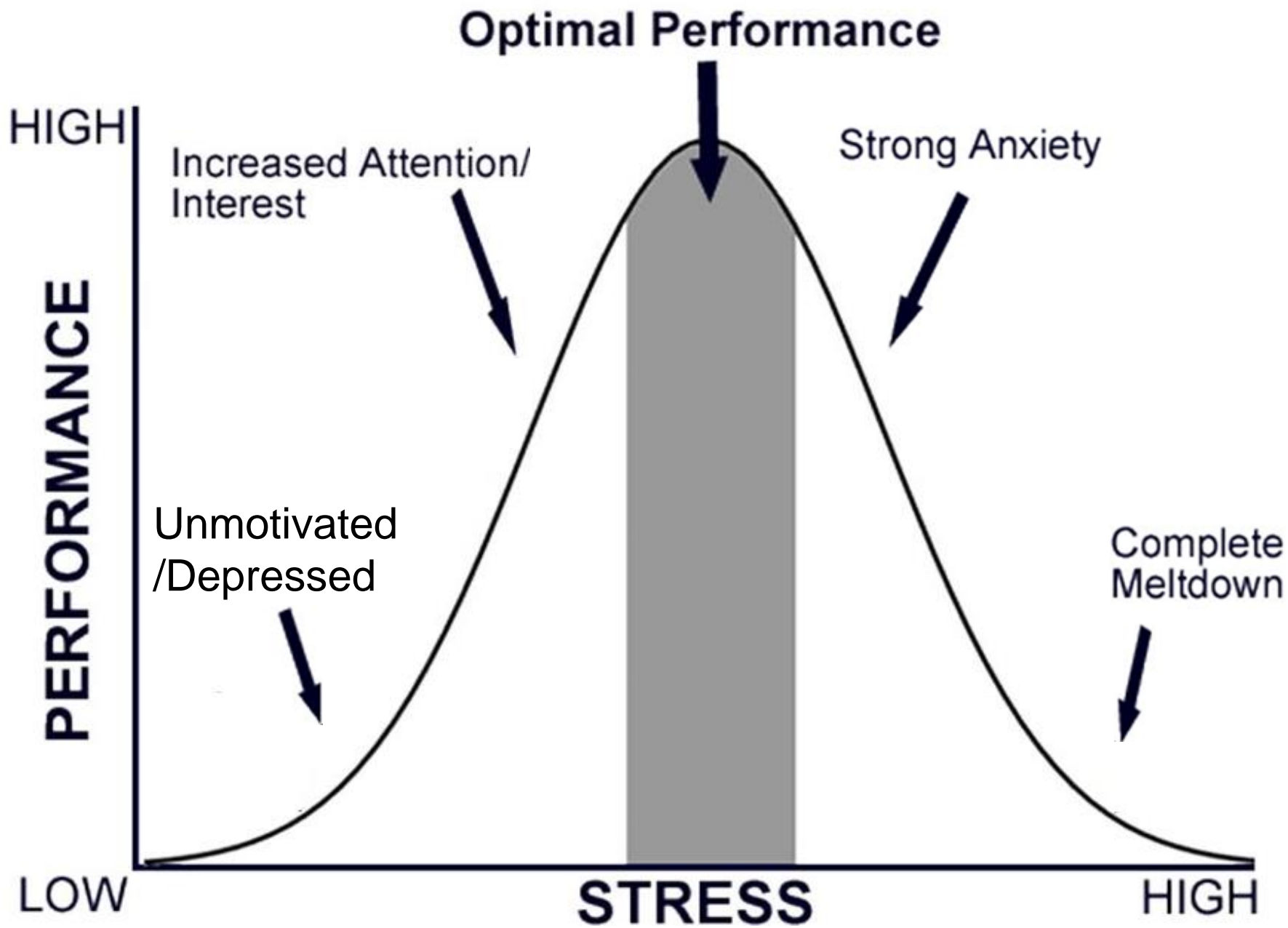


Walk- through

1. Stress and our brain
2. Practice Mindfulness
3. How Mindfulness helps manage stress

Stressed ka na ba?

On a scale of 1 to 10 asan ka na?



BREATH AWARENESS PRACTICE

LET'S TRY...



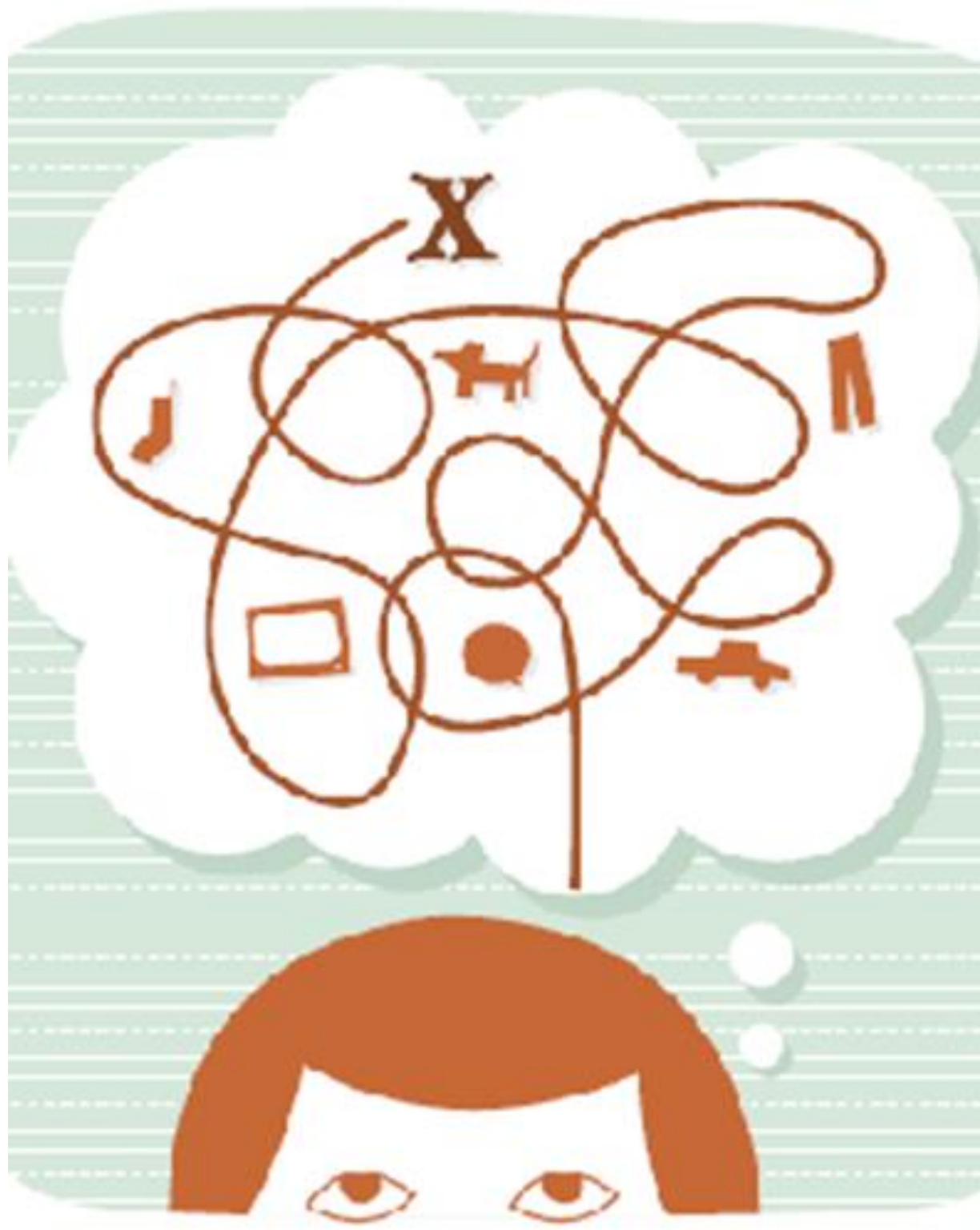
Inquiry

- **How was it for you?**
- **What did you notice?**
- **Did your mind wander?**



Key Notes:

- Our mind wanders. And it is natural for it to wander.
- Helps you see how thoughts have a “mind of its own”.
- We may be unaware of our mental activities.



So what if
the mind
wanders?

Uncovering
default
cognitive
processes

- AMYGDALA: Built-in process for our survival + PRE-FRONTAL CORTEX: goal-setting, planning, higher-order-thinking, self-control
- Scan for dangers
- Our attention is primed towards evaluating experiences as threatening.
- Sense threat = RUN, FIGHT, or PLAY DEAD
 - AMYGDALA HIJACK



The brain trying to help....



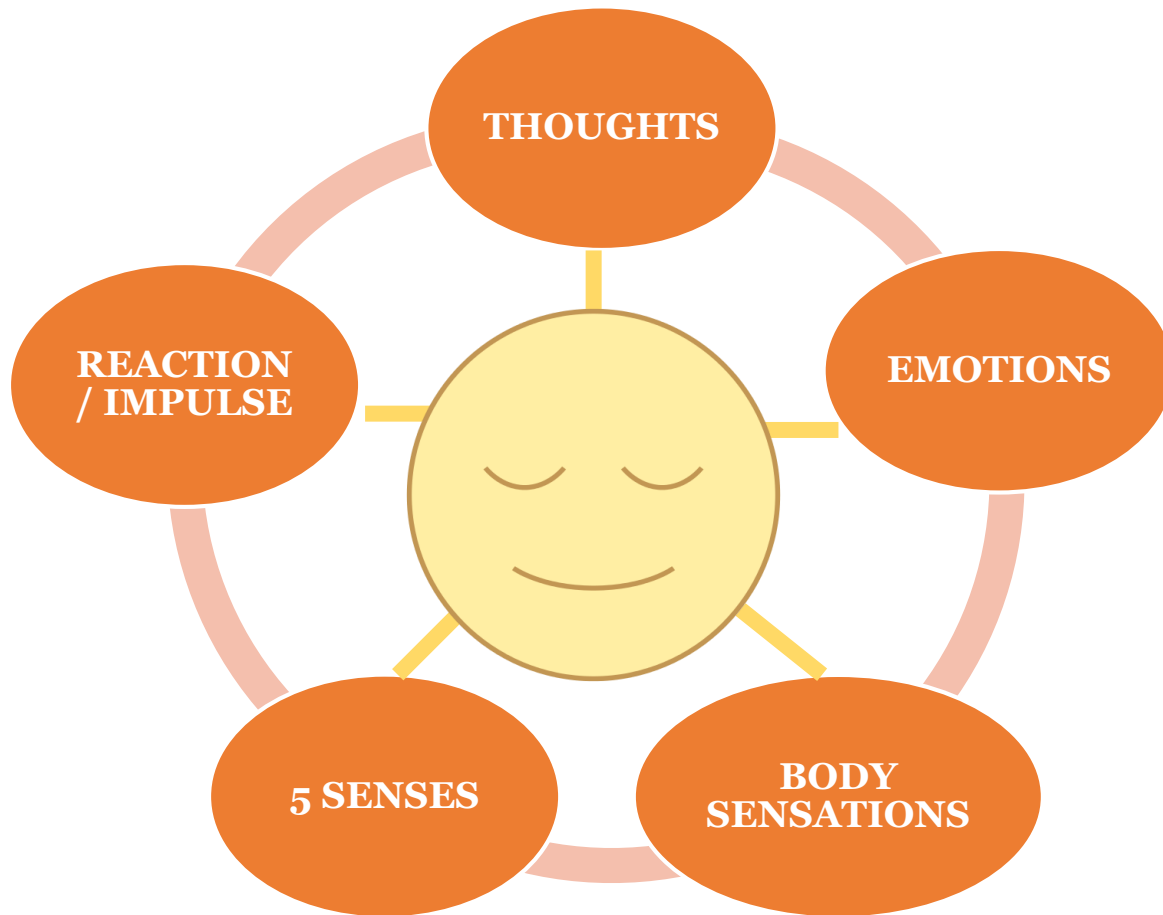
- Mind search for reference to
 - predict,
 - interpret,
- Assumes the worst. Makes it urgent
- Each mind search/wander, lead to escalating emotions, to PANIC and DISTRESS.
- Failing to engage our thinking PFC.
- Modern-day fight, flight, play dead responses
- And then we get tired, get unmotivated and get low on energy.



Constant distractions and mind wandering can be a
source of stress.

Trouble is...most of us don't notice our focus declining until
we become completely overwhelmed.

FOCUS: Mindfulness helps manage your wandering mind



- Helps you pause and recognize when mind has drifted away.
- Strengthen your ability to bring your mind back to breathing.
- Eventually the mind settles to a calm as you do this.



WHAT IS MINDFULNESS?

Paying attention in a particular way
on purpose.

in the present moment,
and non-judgmentally
(Kabat-Zinn, 1994, p.4)



A FORM OF MENTAL TRAINING

Mindfulness is a form of mental training that develops a rather *reflective* rather than reflexive mode of responding to internal and external events (Shapiro, Carlson, Aston, Freedman, 2006)

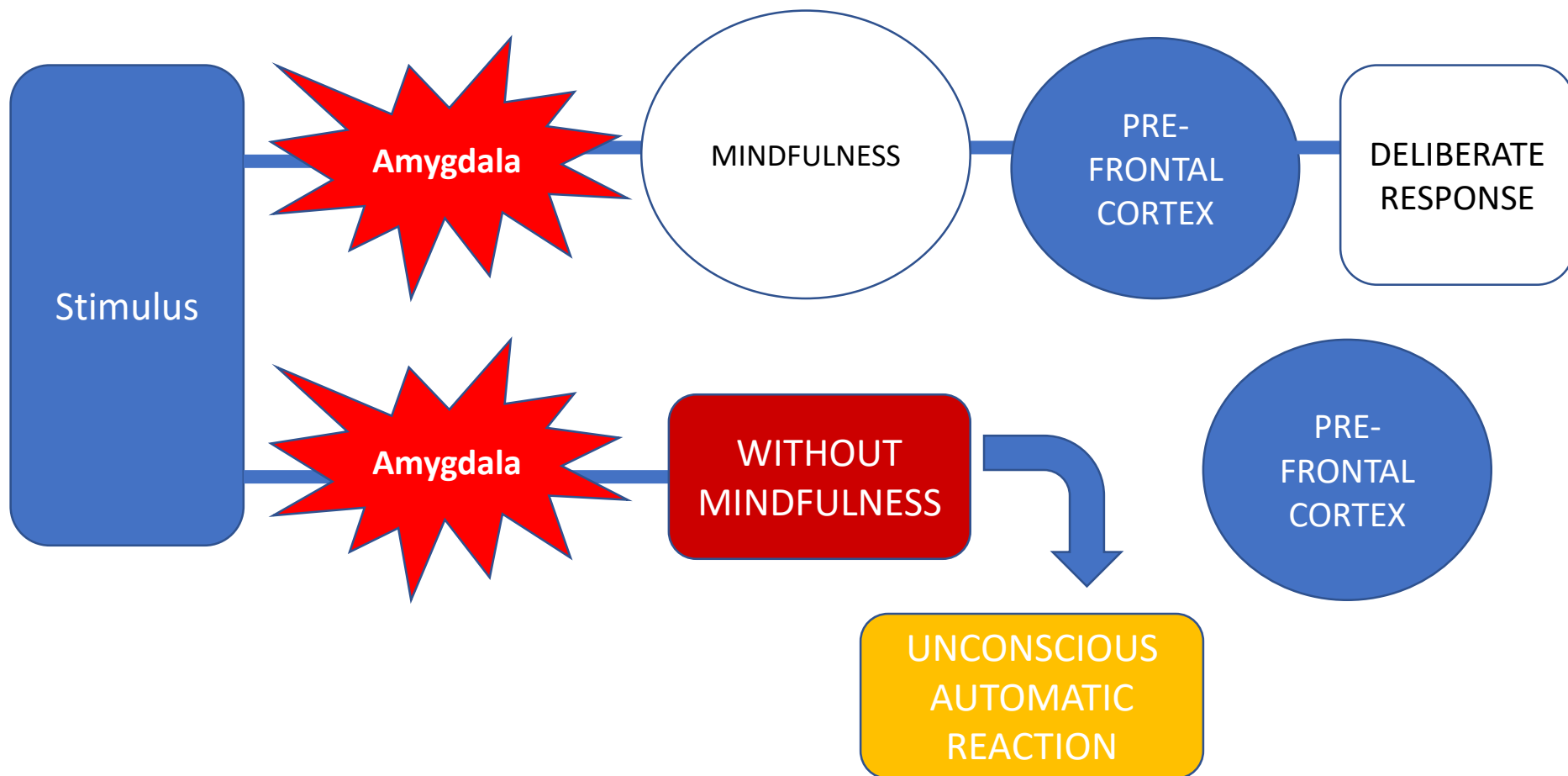


By paying attention to the patterns that lead to your lack of focus, you can begin to manage distractions and manage stress.



Mindfulness is key
to emotional
resilience, which is
a key contributor
in our ability to
quickly recover
from stress.

Mindfulness creates the space, shifting brain activity from AUTOMATIC reactive amygdala to the thoughtful pre-frontal cortex.



**BETWEEN STIMULUS
AND RESPONSE
THERE IS A SPACE.
IN THAT SPACE IS OUR
POWER TO CHOOSE OUR
RESPONSE.
IN OUR RESPONSE LIES
OUR GROWTH AND OUR
FREEDOM.**

Viktor Frankl



THANK YOU

WE HOPE YOU BEGIN YOUR OWN
MINDFULNESS JOURNEY WITH US.



ATENEO BULATAO
MINDFULNESS PROGRAM
FOCUS • CLARITY • BALANCE