



Mindfulness for the Provider

Tools & Techniques Using Movement, Breath, and Stillness


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Virtual Protocol Support
Committee Workshop

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Mindfulness – What Is It?

- Mind and Body: Same Place, Same Time
- Movement
- Breathing
- Focus of Consciousness
- How does saying “relax” and “take a deep breath” work on you? How does it work with your patients? Are there alternatives?



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Movement

How can movement be “mindful?”



- 10 minutes of movement –
 - Seated
 - Standing
- When can we incorporate “snacks” of movement during our day?
- Why movement?



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Breathing

How can breathing be “mindful?”



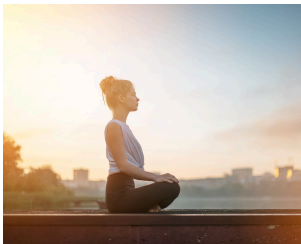
- 10 minutes of breathing –
 - Notice the breath
 - Breath visualizations
 - “Wide, slow, and long”
- When can we incorporate deliberate breathing during our day?
- Why breathing?

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Meditation

Focus of the consciousness



- 10 minutes of meditation –
 - Breath vs. meditation
 - Breath visualization
- When can we incorporate meditation during our day?
- Could either of the previous two experiences be considered meditation? Why or why not?

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“I don’t have time!”

All is well and good on paper, but in reality,
we are all struggling to find balance.

When/where can these techniques be used?

How much time is needed for it to “count?”

WHY should we make the time?

In an already over-packed day, how can we
be expected to add one more thing?

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