


Mindfulness Meditation



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Disclosure

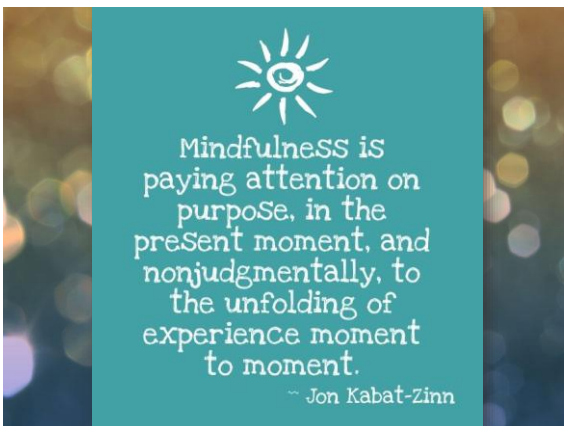
No conflicts

Learning Objectives

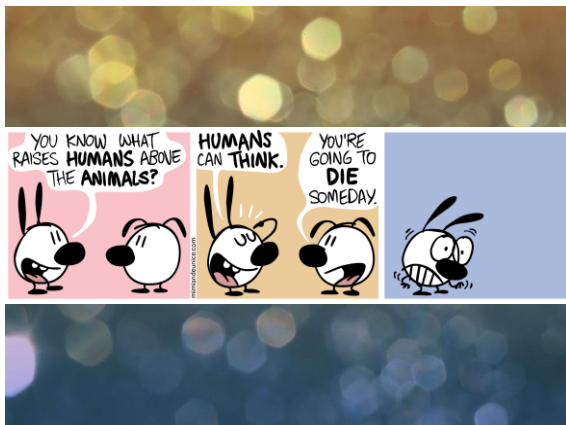
1. Define Mindfulness
2. Utilize Mindfulness tools to help clear the mind
3. Be able to discuss how to use mindfulness to cope with Burnout









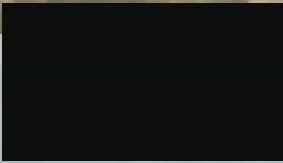




Words from the Wise

“It’s easier to build a good pair of shoes than to carpet the whole world.”

Video



Mind as a glass of water



Clearing the mind



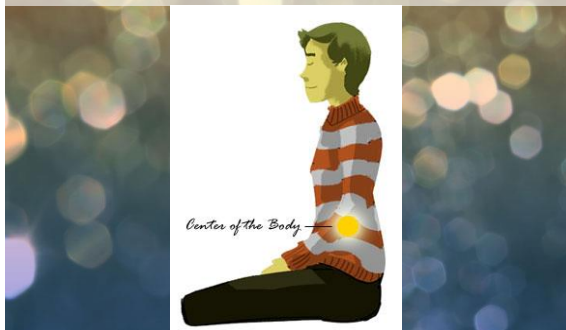
Meditation is non-religious



Meditation consists of Relaxation and Mindfulness



Center of the Body



Monkey Mind



Thoughts as Birds



Mindfulness Tools

1. Observe/Breathe
2. Visualize
3. Mantra



Summary

1. Guided Meditation
2. Silent Period
3. Loving Kindness



Guided Practice



