


**Mindfulness Meditation**



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**Disclosure**

**No conflicts**

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**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

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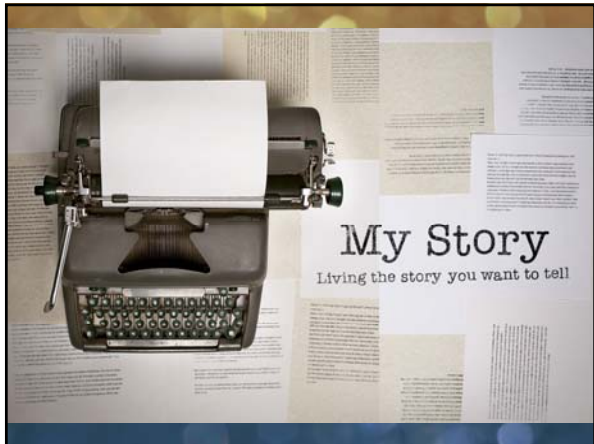
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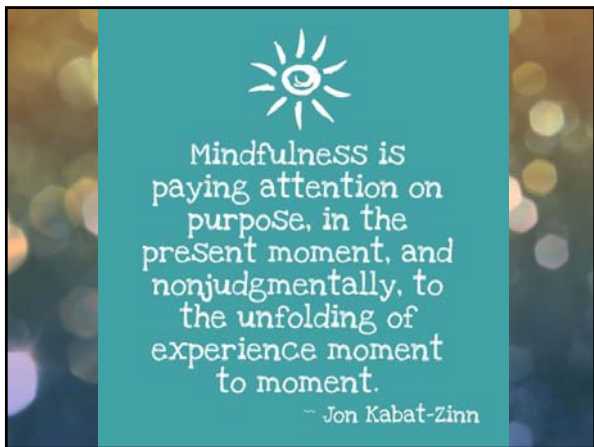
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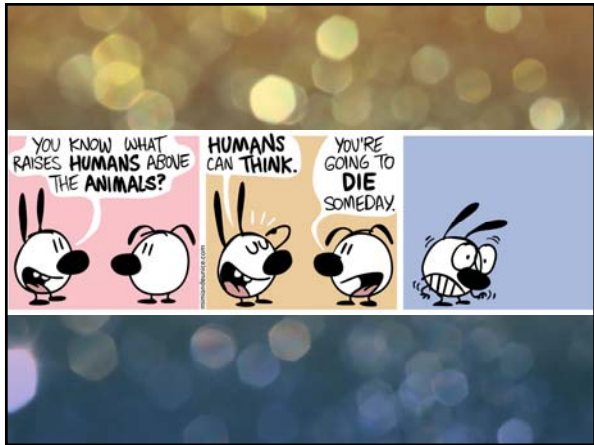
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### Words from the Wise

"It's easier to build a good pair of shoes than to carpet the whole world."

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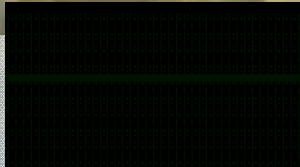
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### Video



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### Mind as a glass of water



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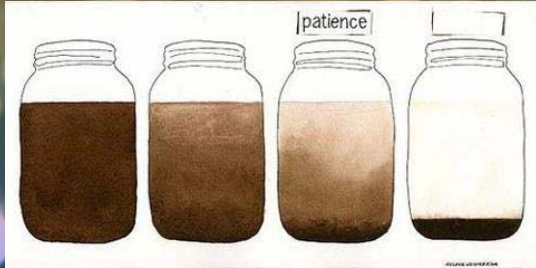
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## Clearing the mind



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## Meditation is non-religious



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## Meditation consists of Relaxation and Mindfulness



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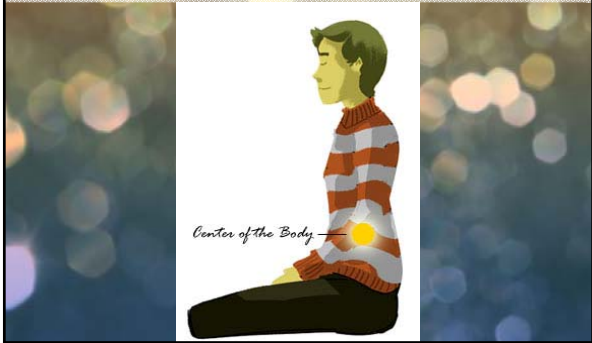
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## Center of the Body



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## Monkey Mind



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## Thoughts as Birds



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### Mindfulness Tools

1. Observe/Breathe
2. Visualize
3. Mantra



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### Summary

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



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### Guided Practice



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