Mindfulness at Work

SHARON SPENCE-WILCOX, SEATTLE CENTRAL COLLEGE
DANIELLE SEWELL, NORTH SEATTLE COLLEGE
DISTRICT CONVOCATION 2016
What is mindfulness?

“the awareness that arises through paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”

Jon Kabat-Zinn
Creator of the Mindfulness-Based Stress Reduction program
How does mindfulness work?

- Develops our capacity to be more aware of who we are
- Allows us to recognize opportunities and limitations
- Gives us control, agency, choice

Image Source: mindful.org, © flickr.com/kroszk@
Emotional Stress & Triggers

“Self-regulation is not about never having certain emotions. It is about becoming very skillful with them.”

Chade Meng-Tan, *Search Inside Yourself*

Image Source: http://movies.disney.com
Digital Distraction

“All people and media are available all the time, and in all places, but relatively few people appear to use ubiquitous informational access and social connectivity politely and productively.”

Howard Rheingold, *Net Smart*
Putting theory to practice

- Exercise #1: Mindfulness of the breath and body
Debrief

- What did you notice while doing this activity?
- Was anything surprising or challenging?
Putting theory to practice

- Exercise #2: RAIN tool
  - **Recognize** what’s going on
  - **Allow** the experience to be there, just as it is
  - **Investigate** with kindness
  - It’s **Nature** – not personal!
Mindfulness Debrief

- What did you notice during the process? How did it feel?
- Did you discover anything new about the original trigger, or about what it’s like to experience emotions?
Putting theory to practice

- Exercise #3: Mindfulness of your cell phone activity!
Mindfulness Debrief

- What did you notice while doing this activity?
- Was anything surprising or challenging?
- What do you want to do about what you observed?
Next steps

- What could mindfulness look like at our colleges?
Learn more at libguides.seattlecentral.edu/mindfulness
Guest House

Rumi

13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic

Image Source: Holden Village, North Cascades, WA
Thank You!

HERE’S TO A YEAR OF CURIOSITY, HUMOR, AND IMAGINATION