

CHAMPS/WMT AHEC RESILIENCY LEARNING COMMUNITY

BUILDING RESILIENCY SKILLS: WALKING TOGETHER TOWARDS HEALING IN A TIME OF COLLECTIVE LOSS

WEEK THREE: THE MINDFUL PRESENT

PRESENTER: GINA PATE-TERRY, LCSW, LAC –
INTEGRATED BEHAVIORAL HEALTH LEAD
MONTANA PRIMARY CARE ASSOCIATION





Montana Primary Care Association

The Mindful Present

Gina Pate-Terry, LCSW LSC



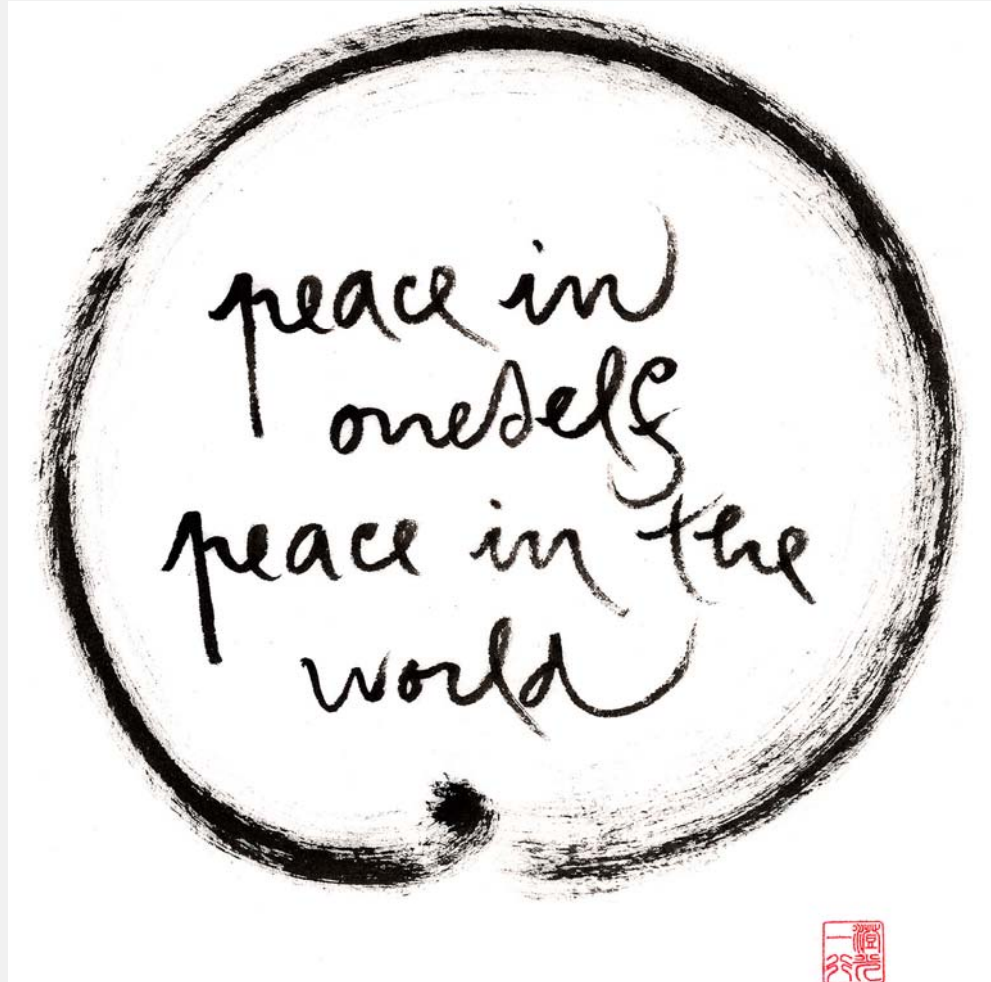
Intention

Access the deeper resources we have that will allow us to experience the mindful present

Be able to sit with any fear, grief, or suffering that has arisen in the face of this pandemic, rather than avoid it or run away

Develop mindfulness skills that support our ability to respond to this pandemic with calm and compassion

Experience the power of the present



Pema Chodron, *Living
Beautifully with
Uncertainty and Change:*

“...Mindfulness is called by many names: attentiveness, nowness, and presence are just a few. Essentially, mindfulness means wakefulness—fully present wakefulness... paying attention to all the details of your life... The object or focus of mindfulness can be anything that brings us back to right where we are. If we’re out walking, the object of meditation could be the motion of our legs and feet. If we’re washing dishes, it could be our hands. We can bring mindfulness to anything—opening a door, washing our hair, making the bed.”



MINDFULNESS



- First coined by Daniel Siegel
- Living in the now has been around forever

Yesterday is but a dream and
tomorrow is only a vision,
but today well-lived
makes every yesterday a dream
of happiness
and every tomorrow
a vision of hope.

Kālidāsa - a classical Sanskrit writer

4th Century

REALIZING AND
CONNECTING WITH
OUR VULNERABILITY



ACCEPTANCE



HOW DO WE...

- Sit with our grief and fear? Be present to the moment?
- Do what is called for?
- Cultivate resilience?
- Respond a global trauma?
- Remain positive, yet not deny the suffering?
- Not fall back into negative habits, such as overeating or eating unhealthy foods?
- Not panic?

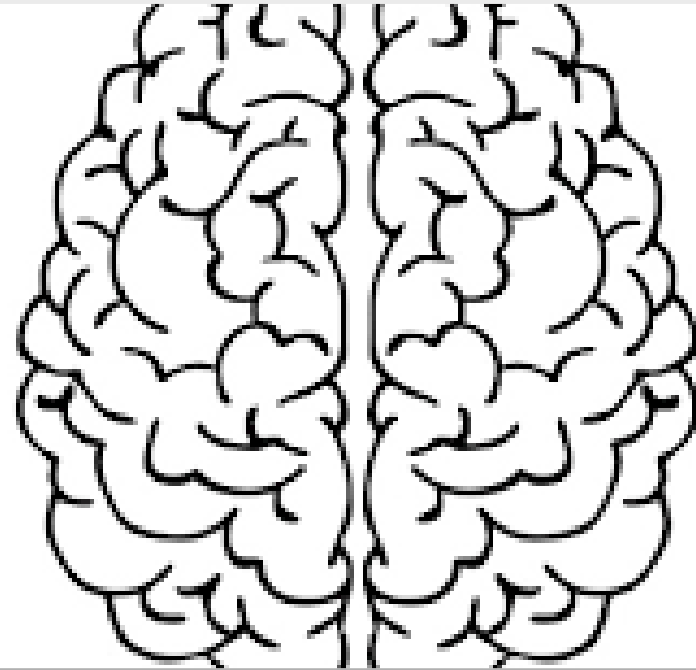


BEING PRESENT WITH OUR ANXIETY



- Anxiety is appropriate
- Don't want to panic
- Acceptance
- Acknowledge Negative Bias

Our brains are wired to pay more attention to negative information than to positive information. It's called our 'Negativity Bias'



MINFULNESS CAN GIVE US POWER OVER OUR WELL-BEING

Research suggests that mindfulness practice can have a significant positive impact on the bias (Kiken & Shook, 2011).

Rewire Your Brain

Sports psychologist
say...where your attention
goes energy flows and that's
what grows



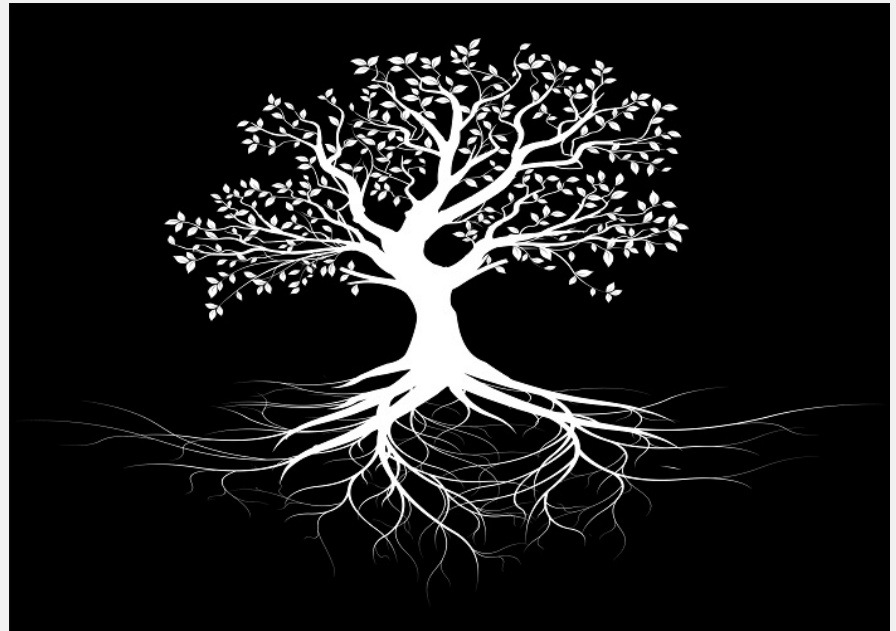
God grant me the **serenity**
to accept the things
I cannot change;
courage to change
the things I can;
& **wisdom** to know the difference.

Skills

Grounding – paying attention to the support of a solid surface...

Feeling a sense of connection to the earth, our bodies come from the earth and are a part of the earth.

Tracking – putting attention to whatever is going on in the body sensations, touch, sound, seeing, movement, breathing





WE ARE NOT OUR THOUGHTS

The Observer

CONNECTING TO OUR BREATH



Review

Get Comfortable

Focus on Your Breath

Notice When You are Lost in
Thought

Come Back to the Breath

Treat Yourself Kindly



Practice





Thank you!

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