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Mindfulness

LTC Amanda Robbins
SOCOM Wellness Week
20 July 2023

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POLL QUESTION

- What is your experience with meditation?
 - Meditation is hokey. Not doing it.
 - Tried it once.
 - Tried it a couple of times.
 - Use it sporadically.
 - Meditate regularly.

Disclosure Information

I have no relevant financial relationships to disclose

The views expressed in this presentation are those of the author and do not necessarily represent the official policy or position of the Army, Special Operations Command, the Department of Defense, nor the U.S. Government

POLL QUESTION

- Mindfulness is Meditation
 - Agree
 - Disagree

Key Points

- Definition
- Benefits of Mindfulness
- Practice Makes Better
 - Mindful eating
 - Body Scan
 - Mindful meditation
- Summary



Mindfulness

- Ancient concept
- Being present in the moment without expectation or judgment
- It is a process of awareness not thinking
- A mental tool



Benefits

- Do you ever:
 - Struggle to focus
 - Become easily distracted
 - Have trouble sleeping or shutting your mind off
 - Experience worry, guilt, sadness
 - Find yourself rushing from one thing to another
- Research shows that mindfulness can improve attention and concentration, improve mood, improve sleep, lower blood pressure



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Two colorful beach balls are positioned on a blue surface. The ball on the left is divided into yellow, orange, and blue sections. The ball on the right is divided into orange, green, and white sections. The background shows a blurred outdoor setting with green plants and a wooden bench.

Setting the Stage

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-
- *Clarity and decisiveness come from the willingness to slow down, to listen and look at what's happening—Pema Chodron*



POLL QUESTION

- How often do you take work home with you?
 - Never
 - Once in a While
 - Often
 - All the time

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Compartmentalization

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PRACTICE MAKES
BETTER

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This very
moment is
the perfect
teacher

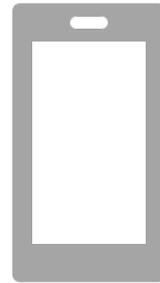
- Mindful eating
- Mindful body scan
- Mindful walking
- Mindful meditation



Resources



Podcasts



Apps



Books

MINDFULNESS PODCASTS

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I. “10% Happier with Dan Harris”: Hosted by ABC News anchor Dan Harris, this podcast explores mindfulness and meditation in a practical and down-to-earth way. It features interviews with various experts and provides insights on how mindfulness can be integrated into everyday life.
<https://www.tenpercent.com/podcast>

II. “The Mindful Kind”: Hosted by Rachael Kable, this podcast offers practical tips and techniques for incorporating mindfulness into daily routines. It covers a wide range of topics, including stress management, self-compassion, and building resilience.
<https://www.rachaelkable.com/podcast>

III. When something sad, stressful or hurtful happens, so many of us look for a way to distract ourselves from the ensuing pain and discomfort. It may seem counterintuitive, but an effective way to manage our negative reactions to life's stressors actually involves slowing down and paying *very* close attention. [Mindfulness 101 with Jon Kabat-Zinn : Life Kit : NPR](#)

IV. “Tara Brach”: Tara Brach is a renowned meditation teacher and psychologist, and her podcast features talks and guided meditations on mindfulness, compassion, and spiritual growth. Her teachings blend Western psychology with Eastern wisdom traditions. <https://www.tarabrach.com/talks-audio-video/>

V. “On Being with Krista Tippett”: Although not exclusively focused on mindfulness, this podcast delves into various topics related to spirituality, mindfulness, and human existence. Krista Tippett engages in deep conversations with a diverse range of guests, exploring the big questions of meaning, purpose, and inner life.
<https://onbeing.org/series/podcast/>

VI. “The Calm Collective”: This podcast, hosted by Cassandra Eldridge, explores the intersections of mindfulness, self-care, and creativity. It offers thoughtful conversations and insights to help cultivate a sense of calm and presence in daily life.
<https://chartable.com/podcasts/the-calm-collective>

VII. “Secular Buddhism”: Hosted by Noah Rasheta, this podcast takes a nonspiritual approach to mindfulness and Buddhist philosophy. It explores mindfulness as a means of personal growth, happiness, and living a meaningful life in the modern world.
<https://secularbuddhism.com/>

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Mindfulness Books

I. "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh:

This classic book offers practical insights and instructions on incorporating mindfulness into everyday life. Thich Nhat Hanh, a renowned Zen master, presents simple teachings on mindfulness and its transformative power.

<https://www.amazon.com/Miracle-Mindfulness-Introduction-Practice-Meditation/dp/0807012394>

II. "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life" by Jon Kabat-Zinn:

Jon Kabat-Zinn, a pioneer in the field of mindfulness, explores the practice of mindfulness and its applications in various aspects of life. The book offers guidance on cultivating presence, managing stress, and finding peace amid daily challenges. <https://www.amazon.com/Wherever-You-There-Are-Mindfulness/dp/1401307787>

III. "Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness" by Jon Kabat-Zinn: In this book, Jon Kabat-Zinn introduces his renowned Mindfulness-Based Stress Reduction (MBSR) program. He explores how mindfulness can be used to navigate the difficulties of life, including stress, pain, and illness.

IV. The Happiness Trap by Dr. Russ Harris: presents the insights and techniques of Acceptance and Commitment Therapy (ACT). It provides practical tools to clarify your values, develop self-compassion, and find true satisfaction

[The Happiness Trap \(Second Edition\): How to Stop Struggling and Start Living: Harris, Russ: 9781645471165: Amazon.com: Books](https://www.amazon.com/dp/9781645471165)

V. "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle: While not explicitly focused on mindfulness, this influential book explores the concept of presence and the transformative power of living in the present moment. It offers practical insights on transcending negative thought patterns and finding peace in the now.

VIII. When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron. The first half of this book captures essence of mindfulness, meditation and how to stop struggling in difficult situations.

[When Things Fall Apart: Heart Advice for Difficult Times: Chodron, Pema: 9781611803433: Amazon.com: Books](https://www.amazon.com/dp/9781611803433)

MINDFULNESS APPS

- **I. Headspace:** Headspace offers guided meditations, mindfulness exercises, and sleep aids. It provides a structured approach to mindfulness with various themed meditation courses and bite-sized sessions for different needs and goals. <https://www.headspace.com/>
- **II. Calm:** Calm is known for its soothing interface and offers a wide range of guided meditations, breathing exercises, sleep stories, and relaxing music. It also has programs tailored for specific goals, such as reducing anxiety or improving focus. <https://www.calm.com/>
- **III. Insight Timer:** Insight Timer is a versatile app with a large library of guided meditations, music tracks, and talks from various mindfulness teachers. It also includes a timer for silent meditation and a community aspect where you can connect with fellow meditators. <https://insighttimer.com/>
- **IV. Smiling Mind:** This app is designed to make mindfulness accessible to people of all ages. It offers mindfulness programs specifically designed for different age groups, including adults, teenagers, children, and even workplaces. <https://www.smilingmind.com.au/>
- **V. 10% Happier:** Based on the book by Dan Harris, this app offers a practical and down-to-earth approach to mindfulness and meditation. It includes guided meditations, video lessons, and talks from leading meditation teachers. <https://www.tenpercent.com/>
- **VI. Oak:** Oak is a straightforward and simple meditation app that offers guided and unguided meditations, as well as breathing exercises. It has options for different session lengths and a focus on mindfulness, relaxation, and deep breathing. <https://www.oakmeditation.com/>

Review

Mindfulness is a mental tool

Healthy compartmentalization is helpful but only if you do regular checks on your boxes

Meditation is ONE way to be mindful

Slow down and be present in the moment

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Questions

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