Taste of Mindfulness
a tool for Stress Reduction & Well-Being

Meg Krejci
Executive Director Masterpeace Studios
Wellness Consultant Washington University
St. Louis

© 2023 MASFA

A taste of Mindfulness

- Explore the practice of mindfulness
- Begin to understand from your own experience what mindfulness is all about
- Understand how & why mindfulness is an effective antidote to stress, aids in self care & resiliency and reduce fatigue/burnout and improves overall well-being
- Tools you can begin using immediately, and on your own and share with your students

What does honey taste like?

Definition of Mindfulness
Paying attention in a particular way; On Purpose, moment-to-moment, to our direct experience, without judging or striving

Jon Kabat-Zinn; MBSR

Mindfulness Practice – body centered

Mindfulness Based Stress Reduction

To be fully human – More Joy

Jon Kabat-Zinn, PH D
1979 Study

Mindful Movement
and Mindful Breathing
Present Moment Experience

Awareness Triangle engaged simultaneously:
- How am I?
- What would be helpful?

Thoughts Emotions Body

Mindfulness – cultivate new habits

Helpful Attitudes: How do you greet the moments when you become aware that the mind has wandered?
- Non-judging & non-striving
- Patience
- A ‘beginner’s mind’
- Trust
- Acceptance/allowing
- Letting go/be
- Humor
- Compassion, Kindness
- Gratitude

Create a stress free environment

- Bring Nature IN: relief of the sense
  - Plants/Flower/water fountain (sound of water)
  - Pictures of nature – seasons
  - Music or instrument-chime
  - Aroma; candle/dried lavender
  - blanket pillow
- Items of interest – fidget items
- Whimsy – fun….feelings of safety
- Move into Mindfulness page - Resources
  - Audio Library: Take a minute or two
  - Books /online practices and apps (calm/headspace/insight timer)

What are your stressors?

Reactivity of the Conditioned Mind

Imbalance vs. Grounded

COPING WITH STRESS: REACTING VS. RESPONDING

ON AUTOPILOT
- Stress Reaction
- Inhibition
- Maladaptive Coping Strategies
- Mental/Physical Disease

WITH MINDFULNESS
- Stress Response aware of sensations, thoughts, emotions
- Acknowledging and allowing
- Skillful Coping Strategies
- Mental/Physical Well-Being

Thank You!
Meg Krejci, Employee Wellness Consultant
Mindfulness and Mind Body Stress Reduction
Email: krejci.m@wustl.edu