

I'm Older But Not Old

A Positive Ageing Forum presented by
Aged Care Psychiatry Service

Eastern Suburbs Mental Health Service

South Eastern Sydney Local Health District

24 October 2017



WHAT IS MINDFULNESS & HOW IT CAN HELP YOU

Francesca Coniglio
Rehabilitation Coordinator
Eastern Suburbs Mental Health Service



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WHAT IS MINDFULNESS?

**The awareness that emerges through,
paying attention,
on purpose,
in the present moment,
and non-judgmentally,
to the unfolding of experience,
moment by moment.**

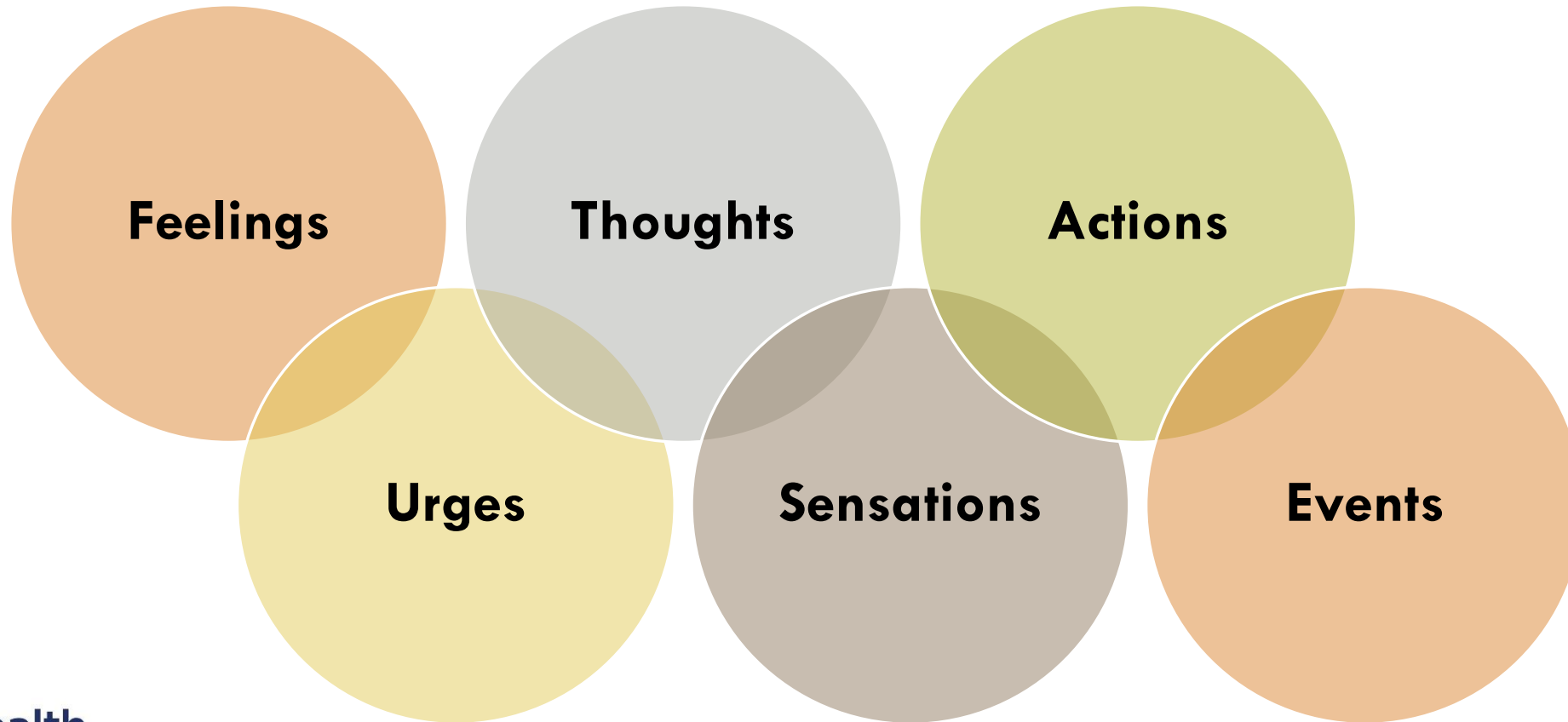
(Kabat-Zinn, 1994)



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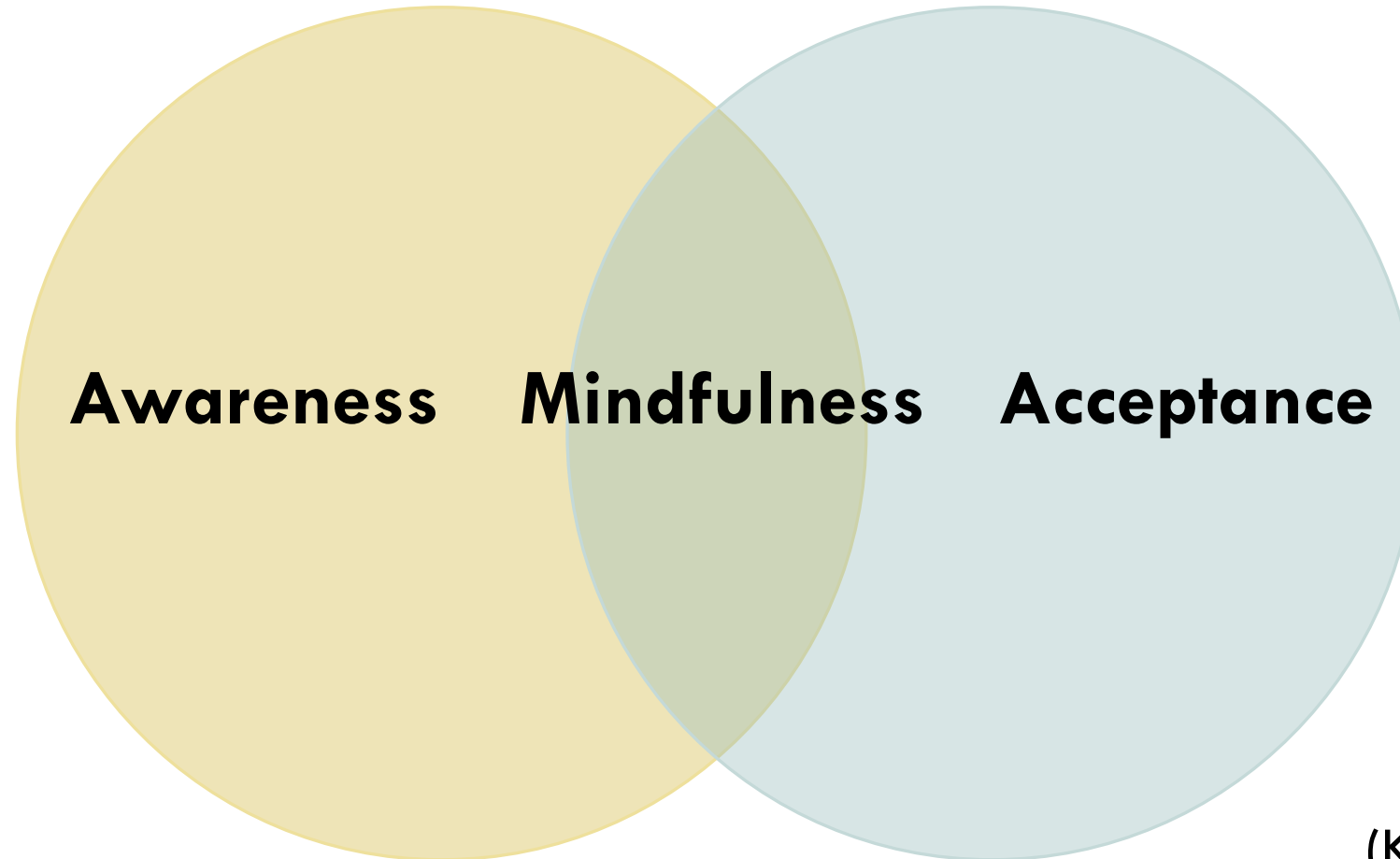


OBSERVE, DESCRIBE, PARTICIPATE





HOW DOES MINDFULNESS WORK



(Kabat-Zinn, 1994)



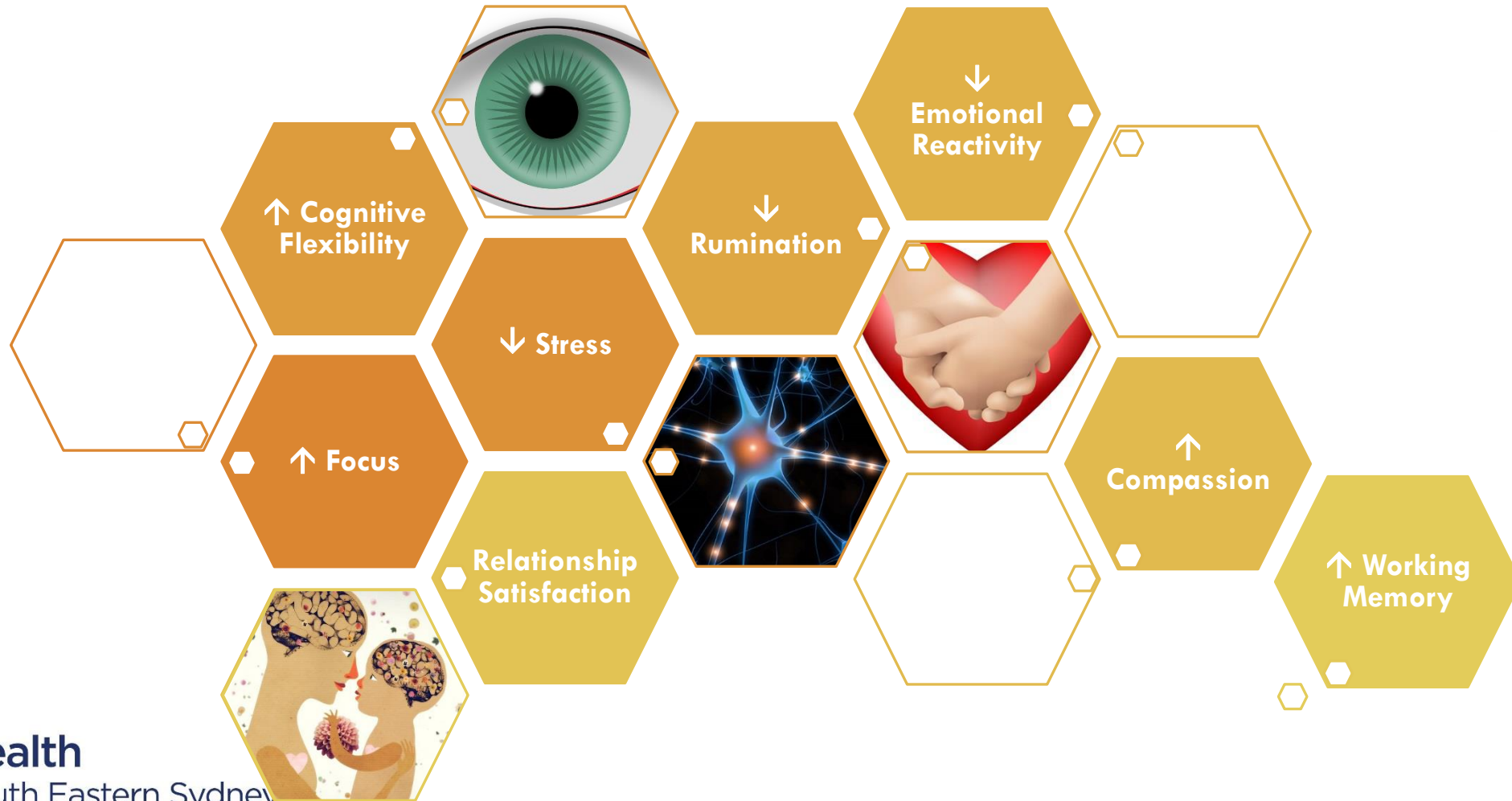






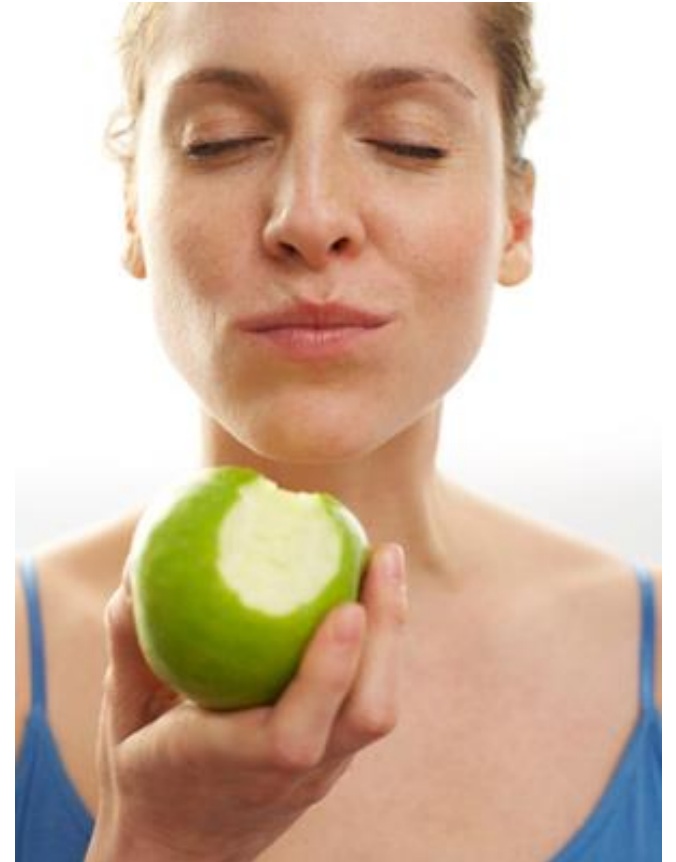


IMPORTANCE OF MINDFULNESS





INTEGRATING MINDFULNESS INTO EVERYDAY LIVING

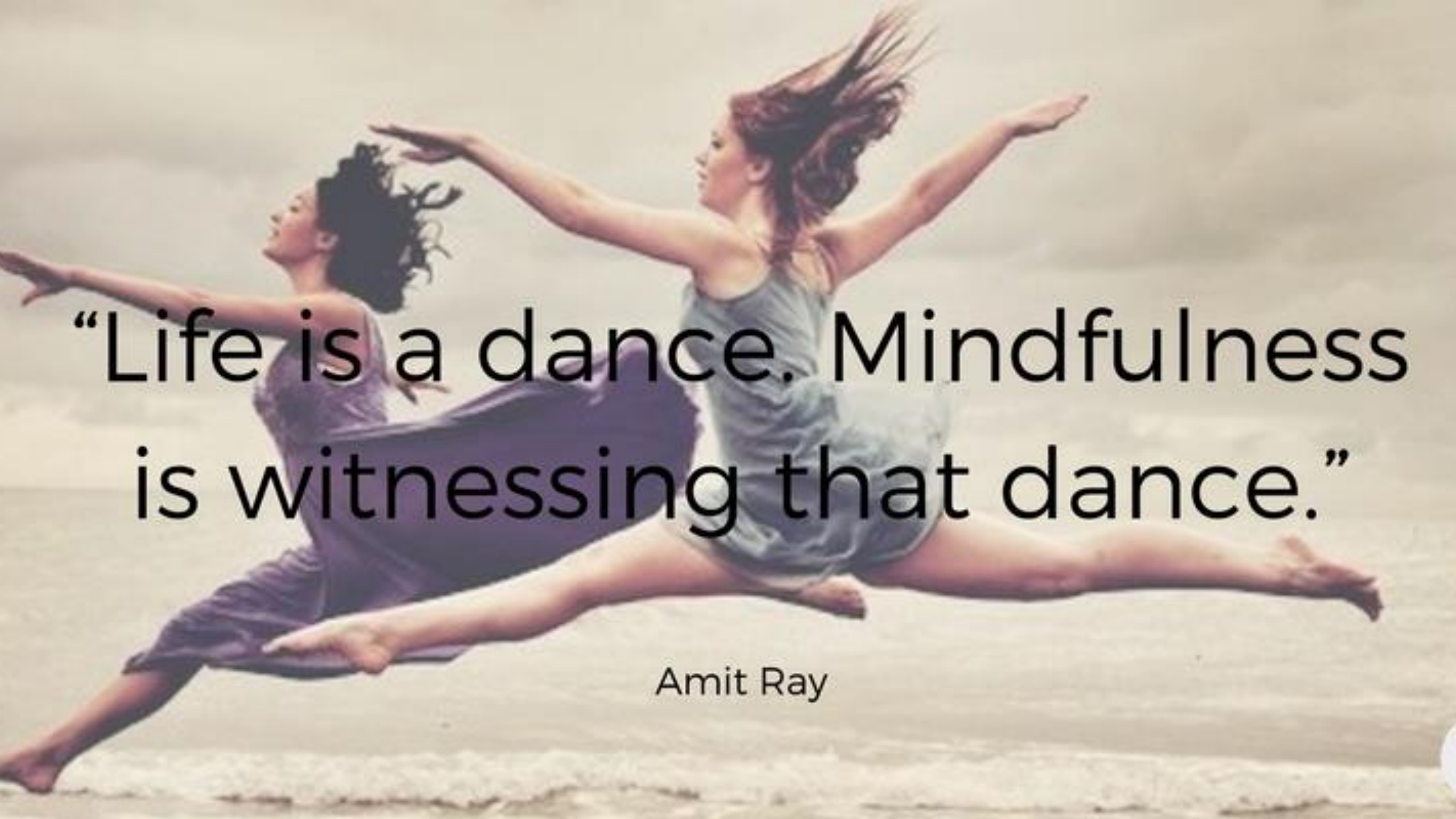


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TAKE HOME MESSAGE

- Mindfulness changes the brain: It only takes 30 minutes a day.
- Find what types of Mindfulness strategies work for you!
- Mindfulness practice can be integrated into daily tasks:
 - Bring greater capacity/satisfaction to mundane or unpleasant tasks.
 - Bring greater presence/fulfilment to enjoyable tasks.



“Life is a dance. Mindfulness
is witnessing that dance.”

Amit Ray



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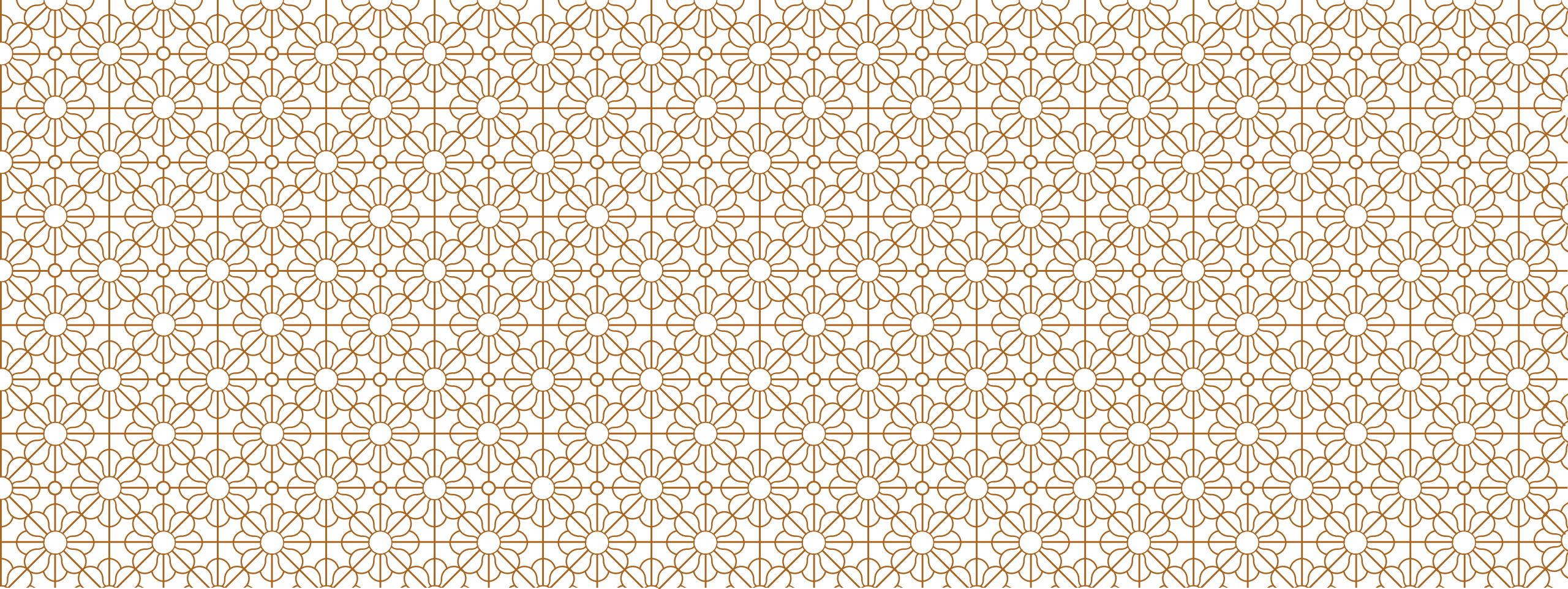
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GUIDED MINDFULNESS: BODY SCAN

