

The Art of Mindfulness

Alzheimer's Association New England Family Conference

By Jenna Dion, CDP

We will learn about

- Ambiguous Loss and Grief
- Self Compassion
- Mindfulness Based Stress Reduction by Jon Kabat Zinn, MD
- What is mindfulness and why is it important?
- Mindfulness exercises

"Ambiguous loss, with its uncertainty and lack of resolution, challenges our traditional understanding of grief. In navigating this complex terrain, we learn the resilience to live with the unanswered questions and find a new way to embrace hope in the face of ongoing ambiguity."- Pauline Boss

Why is self compassion important?

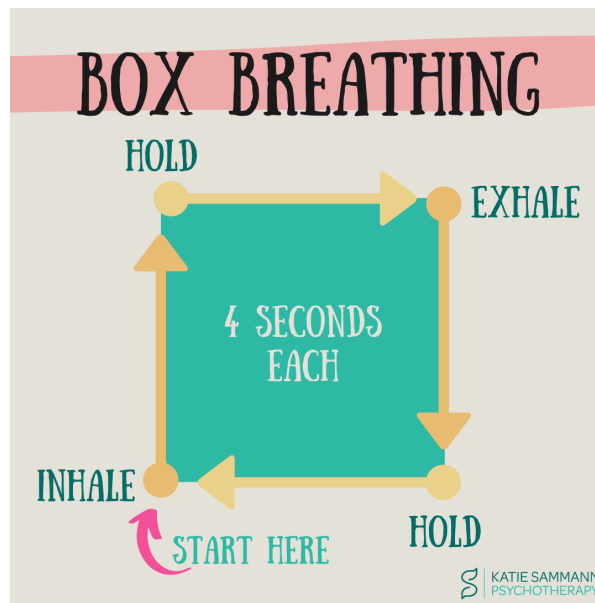
"Mindfulness is awareness that arises through paying attention, on purpose, in the present

moment, and non-judgementally."- Jon Kabat-Zinn, MD

Intention

Attention

Attitude



<https://www.psychotherapistaustin.com/blog/box-breathing>

The Raisin Exercise https://ggia.berkeley.edu/practice/raisin_meditation:

Five Senses Exercise <https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>:

What helps me feel less stressed/calmer?

Phone Apps

- Calm
 - Insite Meditation
 - Youtube also has guided meditation and chair yoga exercises
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