

The Art of Mindfulness

ALZHEIMER'S ASSOCIATION NEW ENGLAND FAMILY CONFERENCE



“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

SELF CARE



"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, and non-judgementally."

JOHN KABAT-ZINN

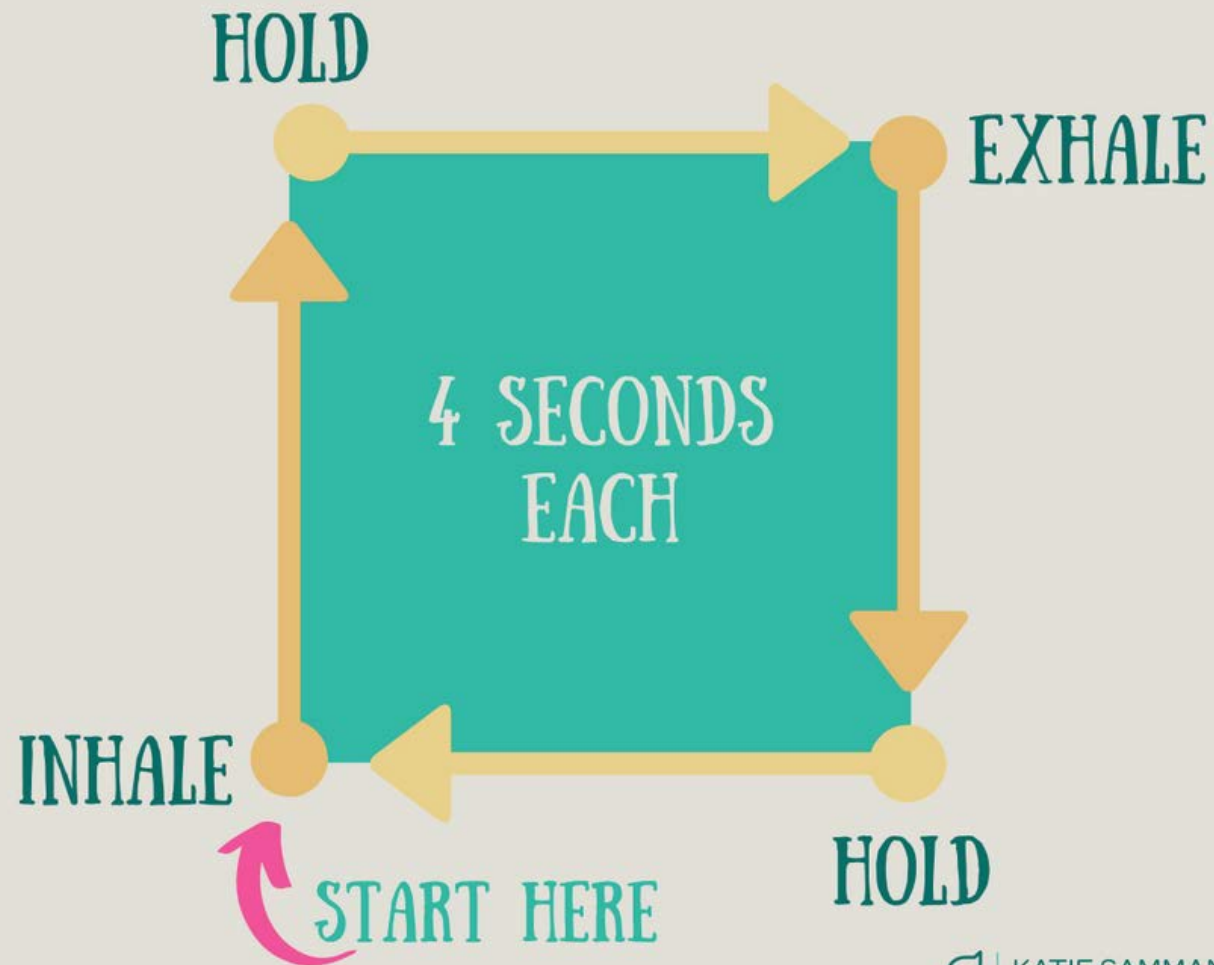
Mindfulness

THREE CHARACTERISTICS

- Intention
- Attention
- Attitude



BOX BREATHING



The Raisin Exercise

- Holding
- Seeing
- Touching
- Smelling
- Placing
- Tasting
- Swallowing
- Following



Five Senses Exercise

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



WHAT RELAXES ME?



MEDITATION APPS

Calm.

