

The Art of Mindfulness

Alzheimer's Association New England Family Conference

By Jenna Dion, CDP

We will learn about

- Stress and the Brain
- Mindfulness Based Stress Reduction by Jon Kabat Zinn, MD
- Mindfulness exercises
- A List of what relaxes us

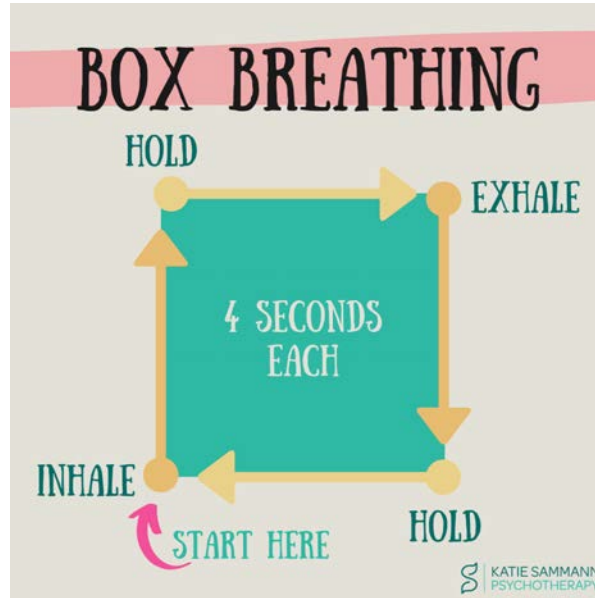
Stress and the Brain

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

Intention

Attention

Attitude

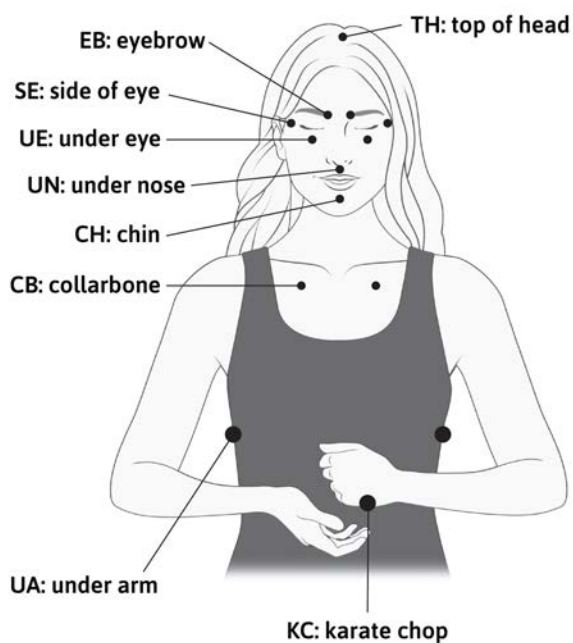


<https://www.psychotherapistaustin.com/blog/box-breathing>

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>:

Tapping Points



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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