



# Mindfulness for Stress Management

Presented by:  
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# ATENEO BULATAO CENTER

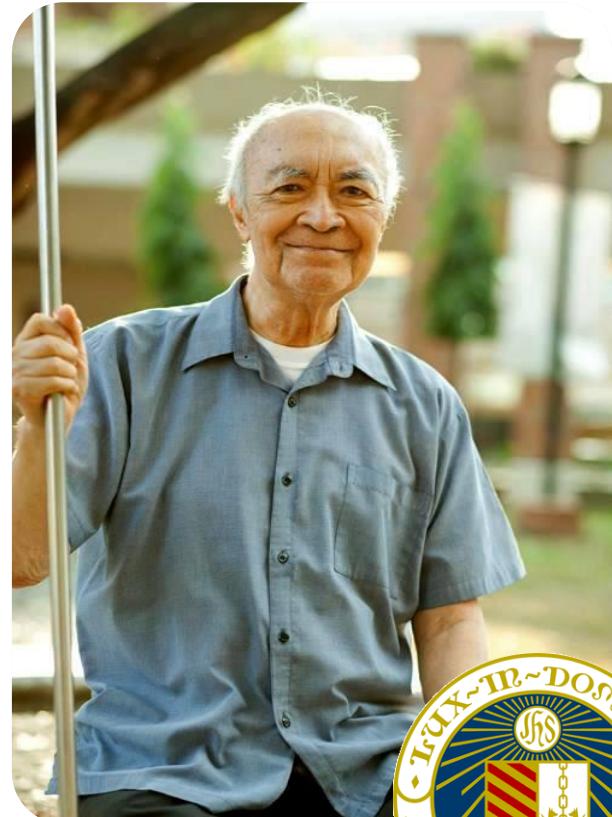
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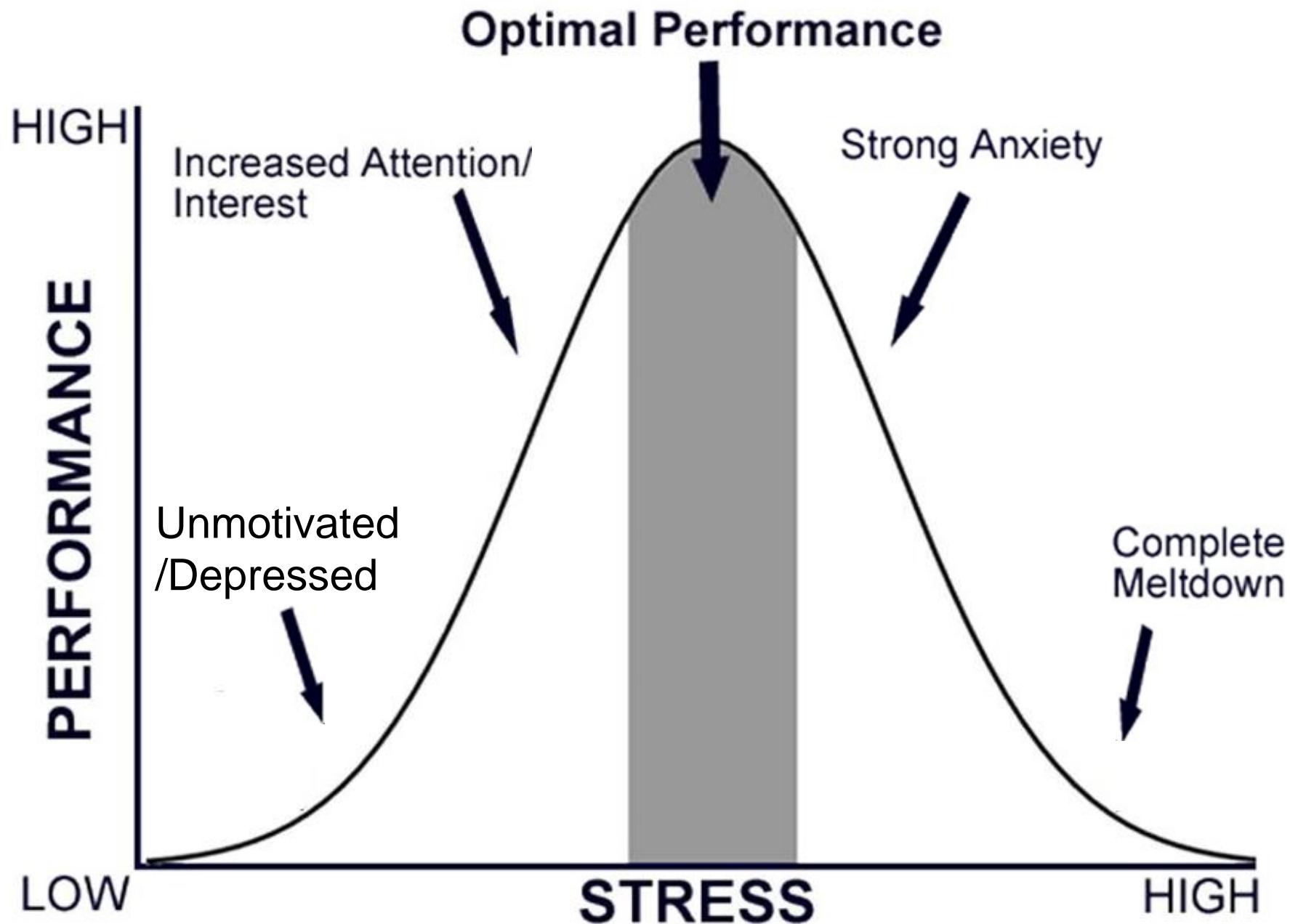
## Walk-through

1. Stress and our brain
2. Practice Mindfulness
3. How Mindfulness helps manage stress

# Stressed ka na ba?

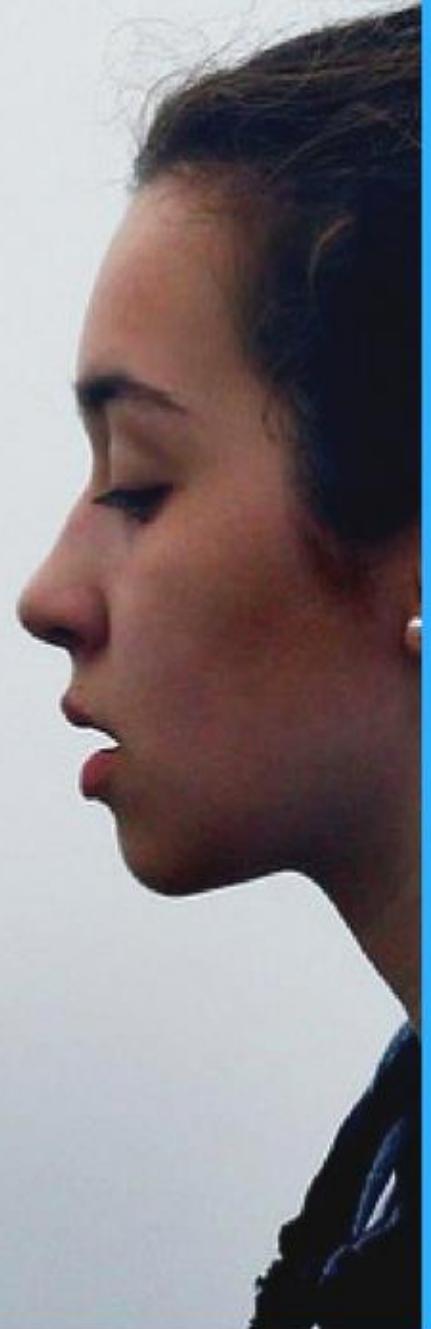
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On a scale of 1 to 10 asan ka na?



# BREATH AWARENESS PRACTICE

LET'S TRY...



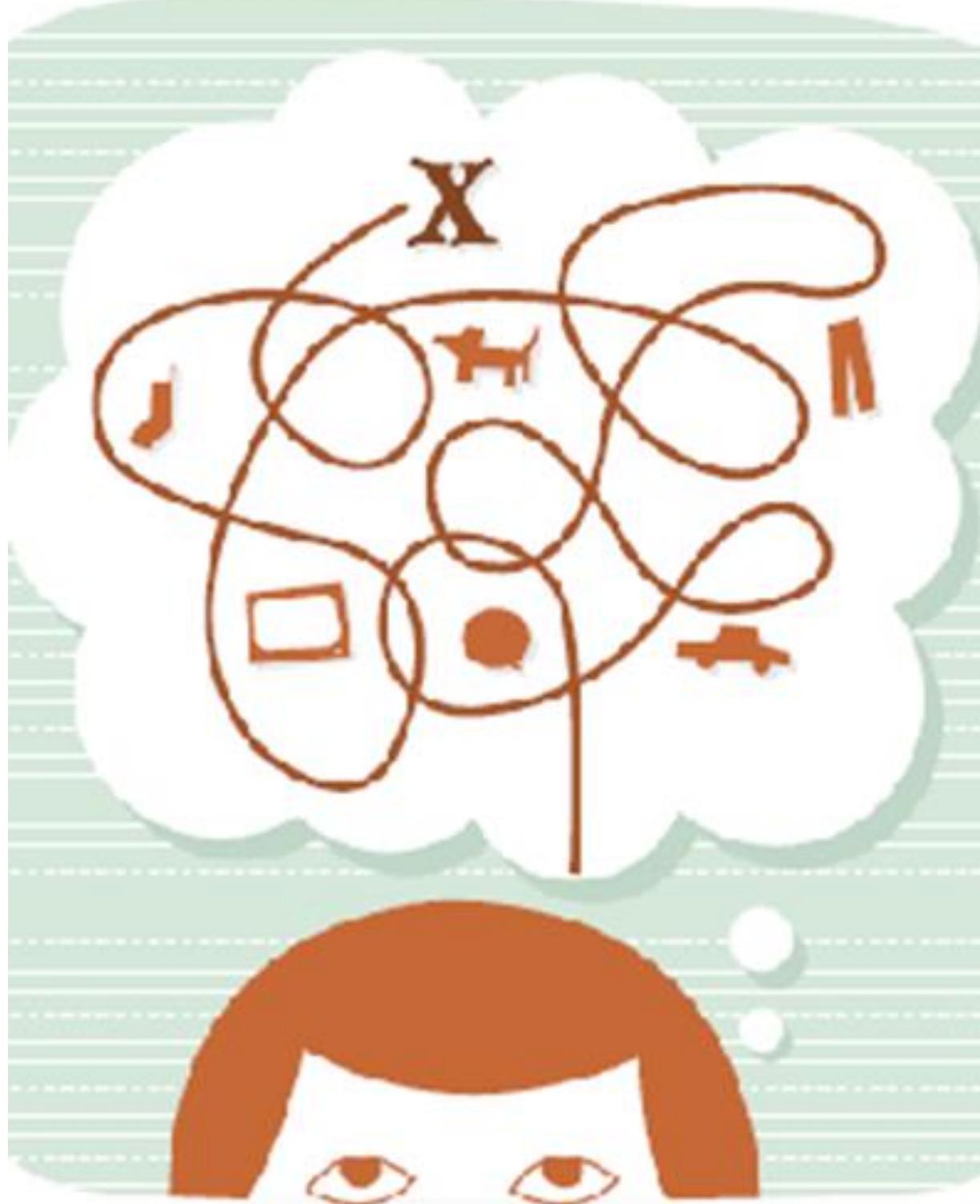
# Inquiry

- **How was it for you?**
- **What did you notice?**
- **Did your mind wander?**



# Key Notes:

- Our mind wanders. And it is natural for it to wander.
- Helps you see how thoughts have a “mind of its own”.
- We may be unaware of our mental activities.



# So what if the mind wanders?

## Uncovering default cognitive processes

- AMYGDALA: Built-in process for our survival + PRE-FRONTAL CORTEX: goal-setting, planning, higher-order-thinking, self-control
- Scan for dangers
- Our attention is primed towards evaluating experiences as threatening.
- Sense threat = RUN, FIGHT, or PLAY DEAD
  - AMYGDALA HIJACK



# The brain trying to help....



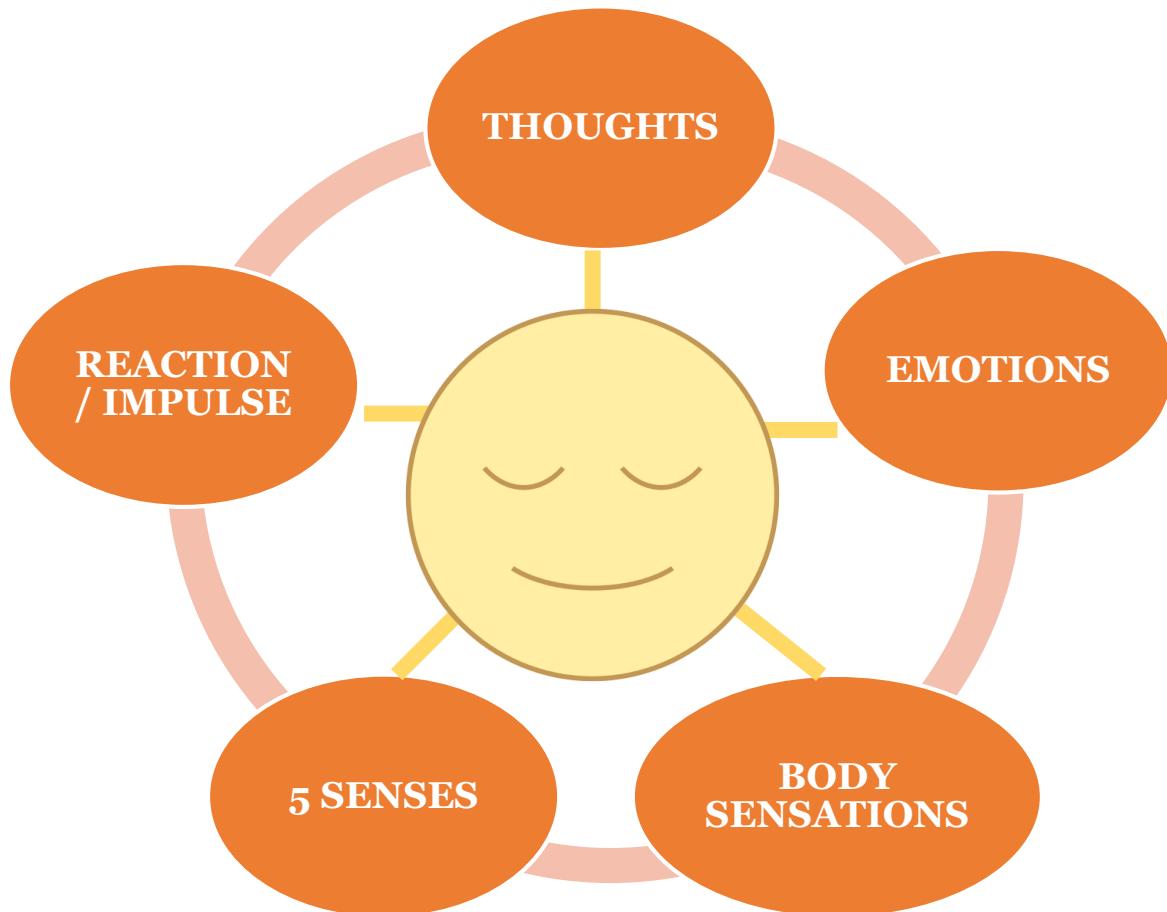
- Mind search for reference to
  - predict,
  - interpret,
- Assumes the worst. Makes it urgent
- Each mind search/wander, lead to escalating emotions, to PANIC and DISTRESS.
- Failing to engage our thinking PFC.
- Modern-day fight, flight, play dead responses
- And then we get tired, get unmotivated and get low on energy.



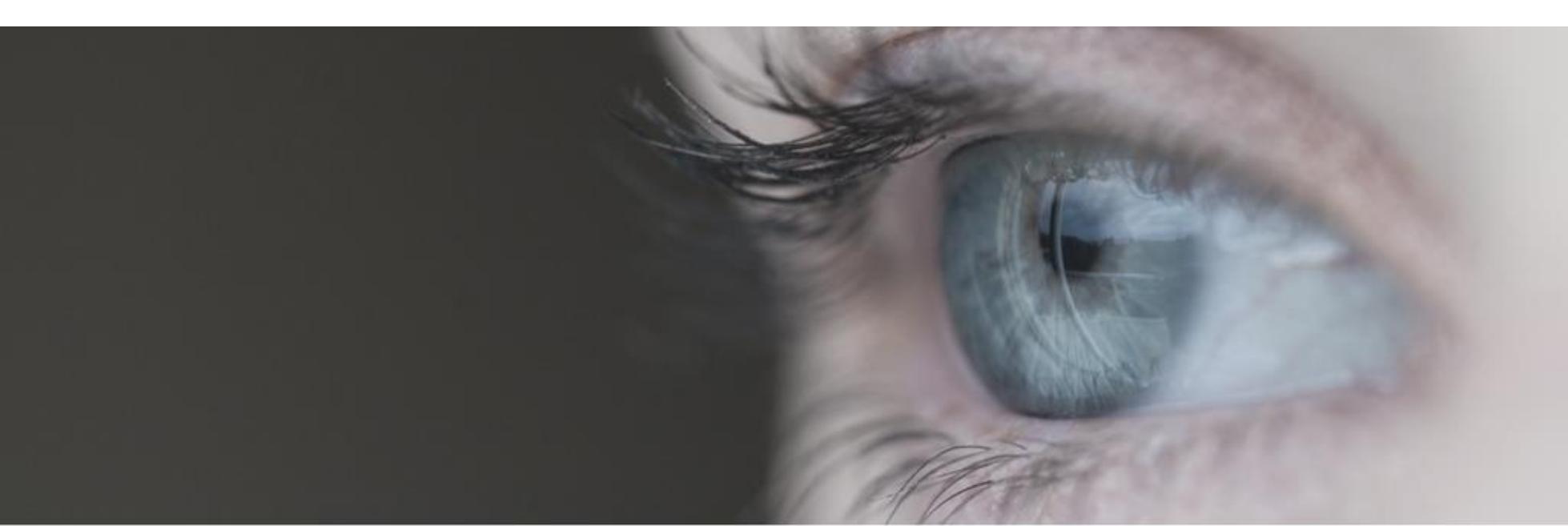
Constant distractions and mind wandering can be a  
source of stress.

Trouble is...most of us don't notice our focus declining until  
we become completely overwhelmed.

# FOCUS: Mindfulness helps manage your wandering mind



- Helps you pause and recognize when mind has drifted away.
- Strengthen your ability to bring your mind back to breathing.
- Eventually the mind settles to a calm as you do this.



## WHAT IS MINDFULNESS?

Paying attention in a particular way  
on purpose.

in the present moment,  
and non-judgmentally  
(Kabat-Zinn, 1994, p.4)



## A FORM OF MENTAL TRAINING

Mindfulness is a form of mental training that develops a rather *reflective* rather than reflexive mode of responding to internal and external events (Shapiro, Carlson, Aston, Freedman, 2006)

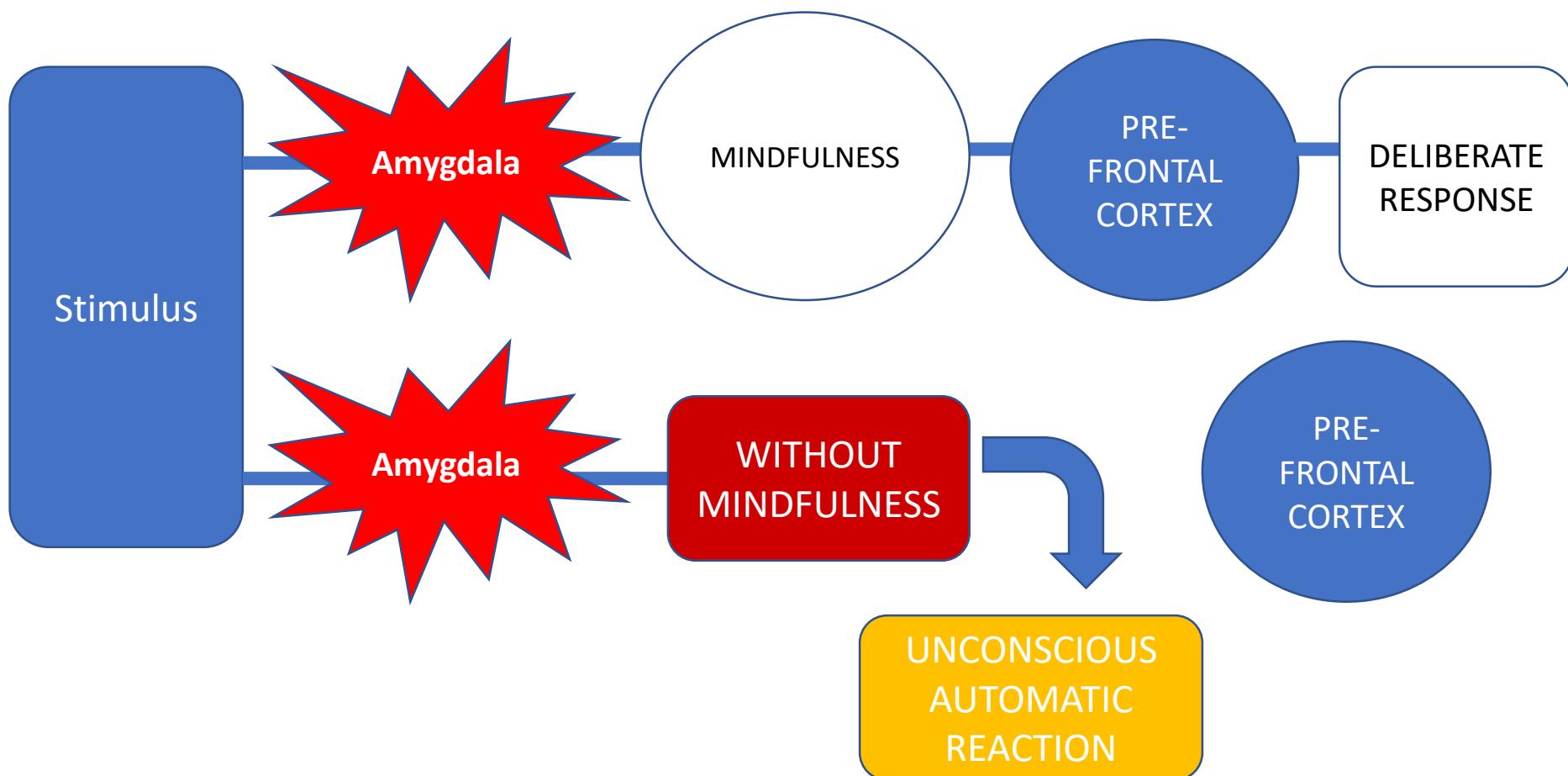


By paying attention to the patterns that lead to your lack of focus, you can begin to manage distractions and manage stress.



Mindfulness is key  
to emotional  
resilience, which is  
a key contributor  
in our ability to  
quickly recover  
from stress.

Mindfulness creates the space, shifting brain activity from AUTOMATIC reactive amygdala to the thoughtful pre-frontal cortex.



**BETWEEN STIMULUS  
AND RESPONSE  
THERE IS A SPACE.  
IN THAT SPACE IS OUR  
POWER TO CHOOSE OUR  
RESPONSE.  
IN OUR RESPONSE LIES  
OUR GROWTH AND OUR  
FREEDOM.**

Viktor Frankl

# THANK YOU

WE HOPE YOU BEGIN YOUR OWN  
MINDFULNESS JOURNEY WITH US.



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