



Mindfulness Workshop

Structure

1. Introduction
2. Defining mindfulness
3. Interactive activities
4. Mindfulness practice
5. Conclusion and reflection



Defining mindfulness activity

Instruction: Give the participants pieces of paper and tell them to think about what is mindfulness for them and then to draw their idea on the paper.

When everybody has finished take turns and ask them to explain what they have drawn on the paper.



Introduction for the facilitators

According to Jon Kabat-Zinn, "mindfulness means paying attention in a particular way; on purpose, in the present moment, and non judgmentally."

In our modern, busy lives, we constantly multi task. It's easy to lose awareness of the present moment as we become lost in our thoughts.





"How mindfulness can help to deal with the fake news and propaganda — Attention.

Mindfulness involves training to focus attention on the present moment and observe details — foundation for critical thinking.

Non-judgment: Mindfulness encourages adopting an open and non-judgmental attitude toward thoughts, emotions, and experiences.

Control of emotions: Mindfulness practice involves acknowledging and accepting emotions as they arise, without getting overwhelmed or reacting impulsively.



the facilitators now move on with the first game

Myth game

The facilitator split the group in small groups of three people and give each group two myths:

1. Mindfulness is only good for mental health
2. Mindfulness is only for those who are anxious or depressed

Then the facilitator ask the groups to debunk those myths in about 10 minutes and then discuss about it.

Benefits of mindfulness meditation

01

Stress Relieve and Less Anxiety

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety

02

Better Focus and Productivity

Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them

03

More Patience

Mindfulness teaches us to practice patience so it comes naturally to us when we need it

Benefits of Mindfulness Meditation



04

Improve Sleep Quality

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety

05

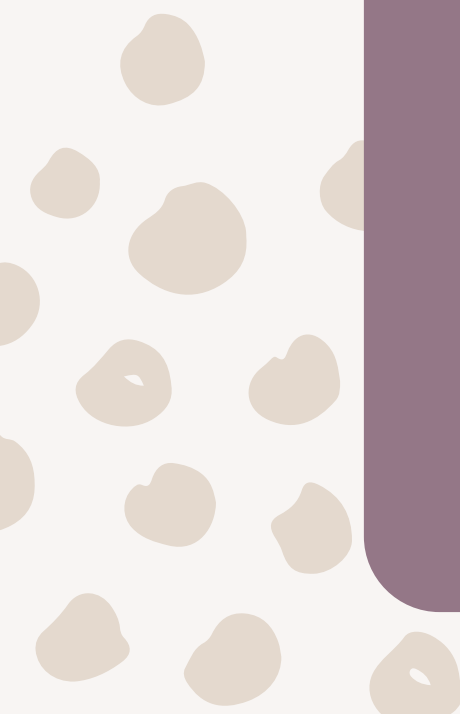
Personal Development

Mindfulness meditation helps you better understand your authentic self by teaching you how to observe without judgment.

06

Improve Social Relationships

It's been shown to foster stronger social connections by allowing you to connect with others on a deeper level.



Baloons game

**Give every participant a balloon.
Make them blow all the bad vibes inside
until they inflate it.**

**After they have to pop the
balloon to drive them away.**

**Thee purpose of this activity is to
eliminate energy and negative thoughts**

Mindfulness Meditation

5-5-5 method

1. Inhale very slowly through your nose for 5 seconds
2. Exhale very slowly through your nose or mouth for 5 seconds
3. Wait for 5 seconds
4. Repeat the process three more times (1 minute total).
5. Notice how you feel

5-4-3-2-1 method

This technique involves looking around you and finding five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.



3 minutes breathing

1. Notice what is going on with you right now, whatever thoughts may be around, whatever feelings or emotions
2. Gathering your attention on your breath
3. Expand attention to the body of the whole as if the whole body could breathe right now. You could be aware of all the sensations in the body from the top of the head to the toes to the fingertips



Reflection

Ask the following questions:

- 1. How was the whole experience**
 - 2. How do you feel right now?**
 - 3. Which one of those techniques do you think you can use in the future?**
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Reflection part

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Thank You!