

**Mindfulness:
Supporting Wellbeing
through Mental Fitness**

Presenter:
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Peace
is
every
breath

Calligraphy by Zen Master & Nobel Peace Prize Nominee Thich Nhat Hanh

WHO'S IN THE ROOM?



Two definitions of mindfulness

*“Mindfulness is the **awareness** of what is happening inside and around us in the **present moment**” – Plum Village Community*

*“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and **non judgmentally**” – Jon Kabat-Zinn, MBSR*

What neuroscience tells us about our actions and reactions?

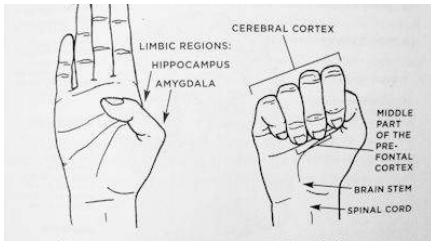


Amygdala
Detects if a trigger is a threat
Initiates "flight/fight/freeze" response



Prefrontal cortex
Center for executive function
Regulates thoughts/emotions/actions impacted by chemicals caused by stress

Hand model of the brain



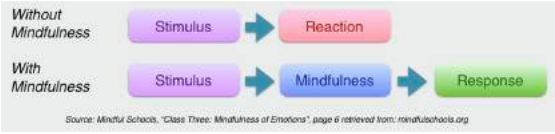
- Dan Siegel, Hand Model of the Brain

Paper Tigers

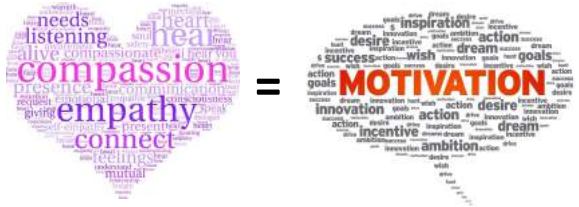


- Exams
- Homework
- Report cards

How does mindfulness fit in?

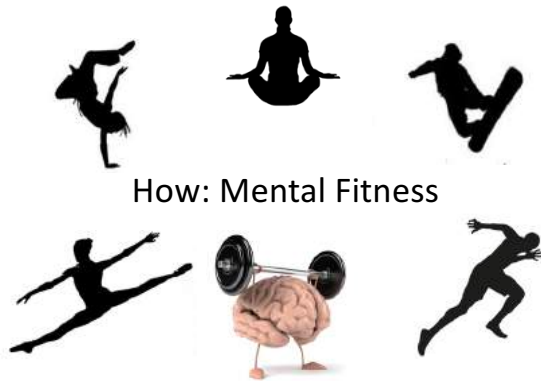


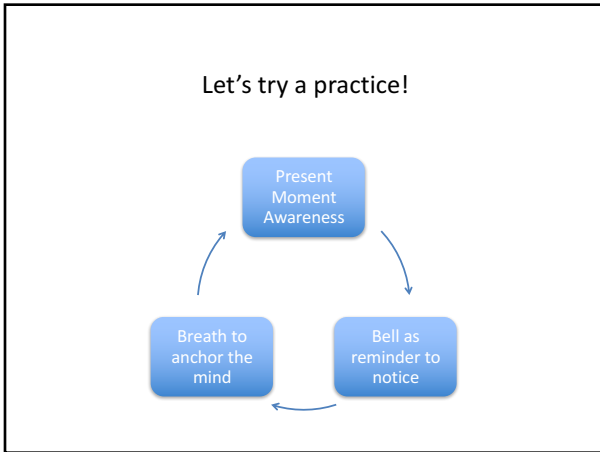
Improving our weaknesses



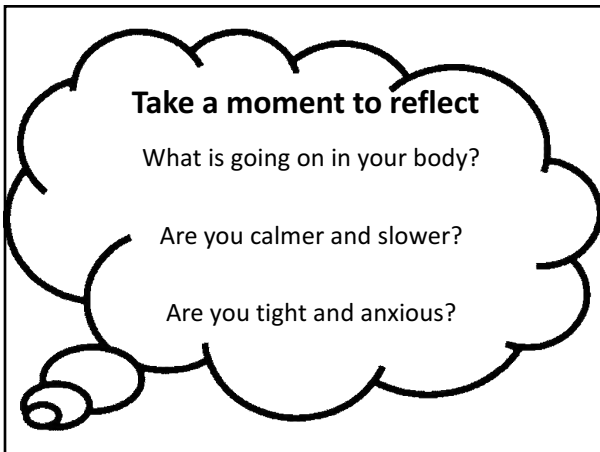
Breines & Chen, "Self-Compassion Increases Self-Improvement Motivation", 2012, DOI: 10.1177/0146167212445599

How: Mental Fitness









Thank you & Resources

The Mindfulness Project SickKids



AMM Certificate, University of Toronto
<http://learn.utoronto.ca>



A Mindful Society Conference
amindfulsociety.org



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