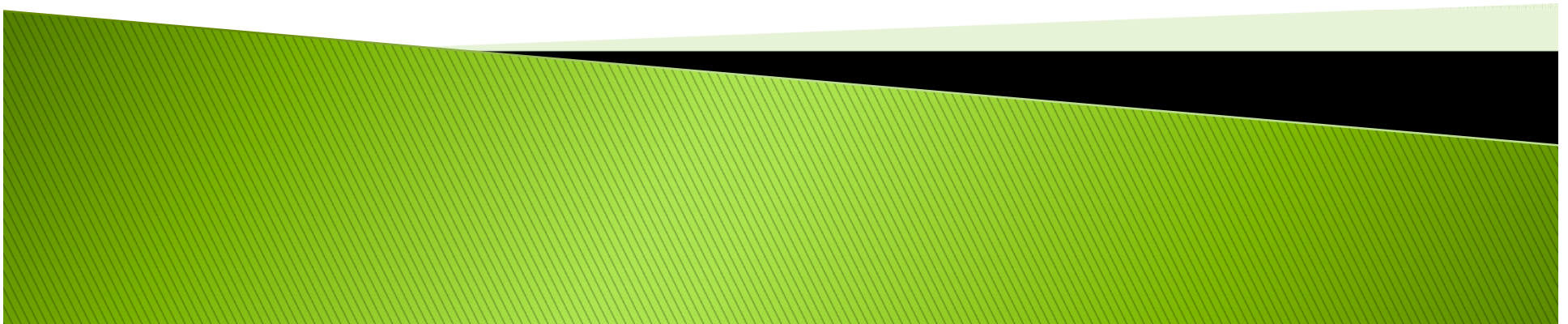


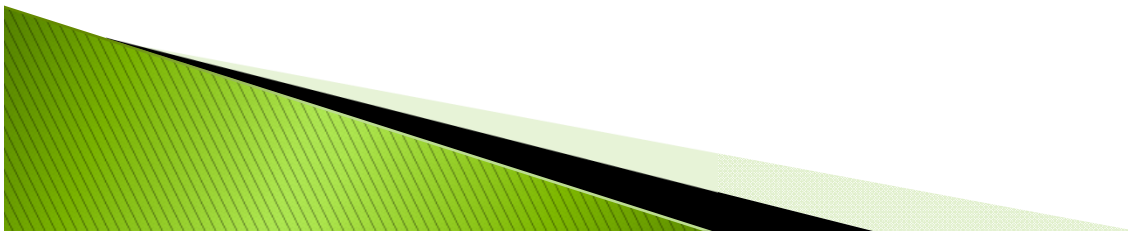
Mindfulness in the Library: A Bridge to Sanity

**Thursday, October 12
VLA Annual Conference**



Mindfulness is paying attention on purpose in the present moment and non-judgmentally.

Mindfulness for Beginners, Jon Kabat-Zinn



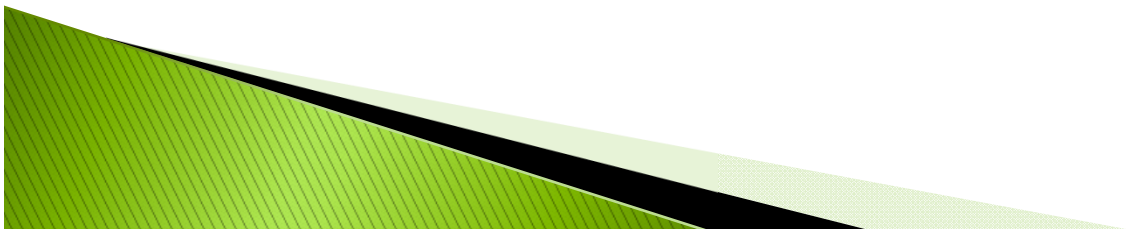
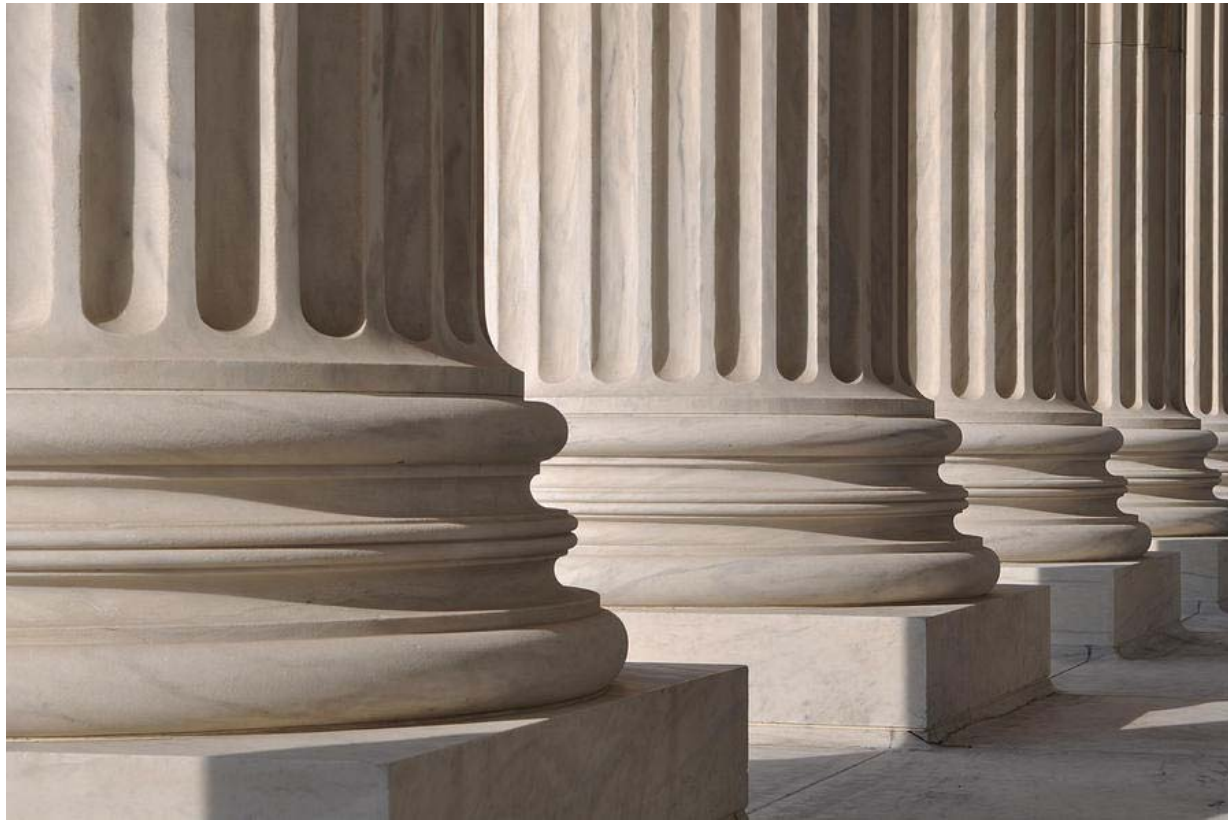


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SEVEN PILLARS OF MINDFULNESS



Non-judging: Not getting caught up in our ideas and opinions, likes and dislikes.

Patience: An understanding and acceptance that sometimes things must unfold in their own time.

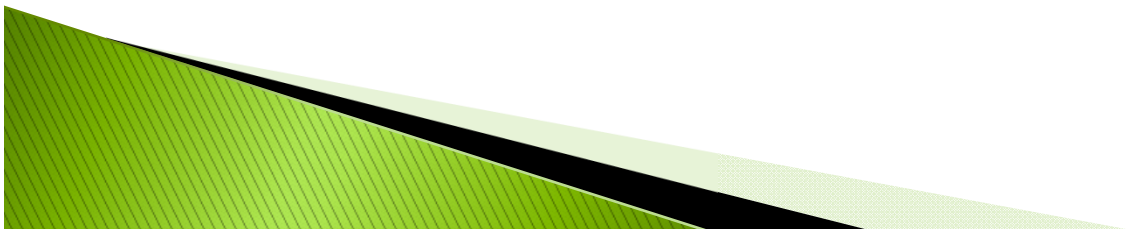
Beginner's Mind: Seeing things with fresh eyes, with a clear and uncluttered mind.

Trust: Trusting in your intuition and your own authority.

Non-striving: Trying less and being more.

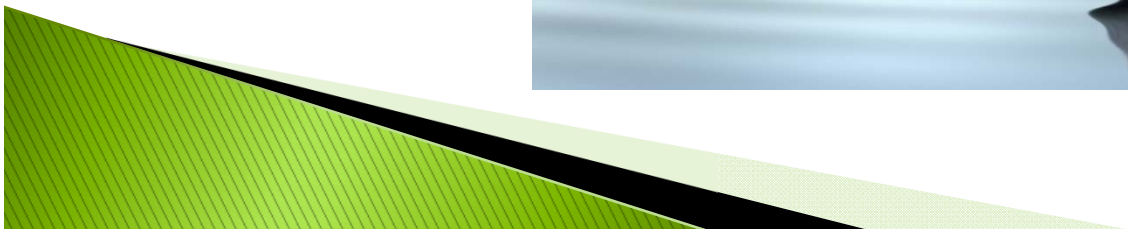
Acceptance: Coming to terms with things as they are.

Letting Go: Letting our experience be what it is.



Non-judging

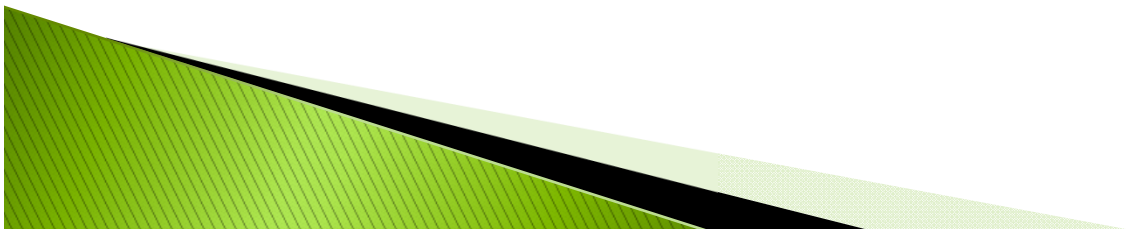
“All that is required is to be aware of it happening”



Patience

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time. A child may try to help a butterfly to emerge by breaking open its chrysalis. Usually the butterfly doesn't benefit from this.

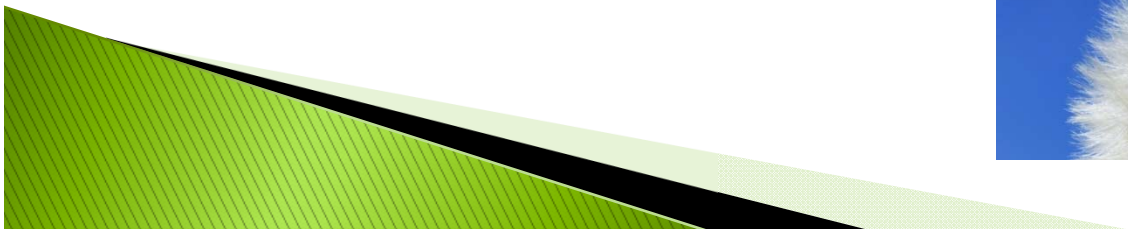
Full Catastrophe Living, Jon Kabat-Zinn



Beginner's Mind

A open, beginner's mind is willing to see everything as if for the first time. No one moment is the same as any other. Each is unique and contains unique possibilities.

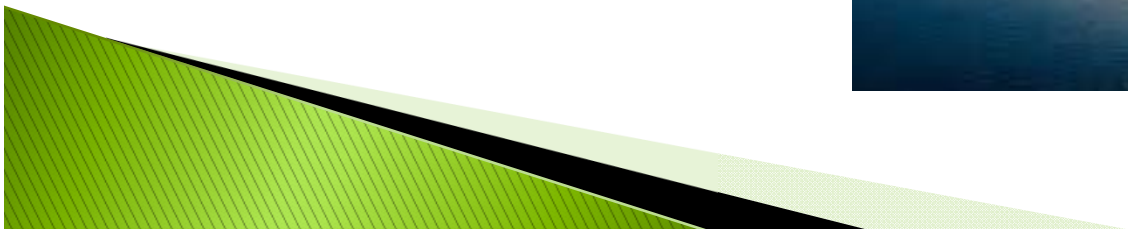
Full Catastrophe Living, Jon Kabat-Zinn



Trust

In practicing mindfulness, you are practicing taking responsibility for being yourself and learning to listen to yourself and trust your own being.

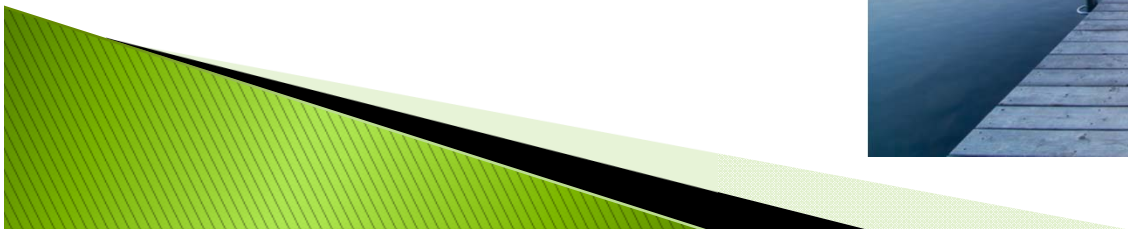
Full Catastrophe Living, Jon Kabat-Zinn



Non-striving

We are simply allowing anything and everything that we experience from moment to moment to be here, because it already is. The invitation is simply to embrace it and hold it in awareness. You do not have to *do* anything with it.

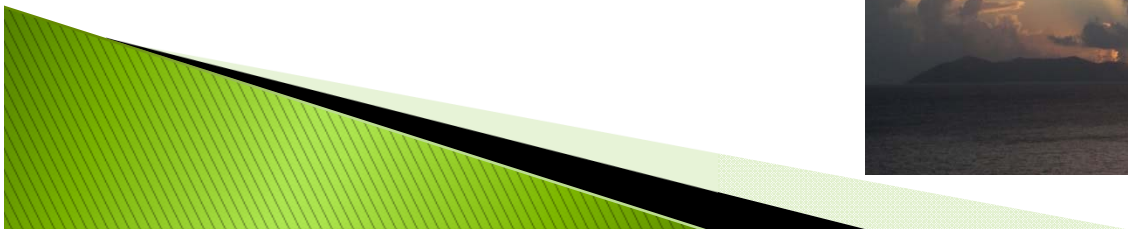
Full Catastrophe Living,
Jon Kabat-Zinn



Acceptance

Acceptance means seeing things as they actually are in the present. . . . It simply means that, sooner or later, you have come around to a willingness to see things as they are.

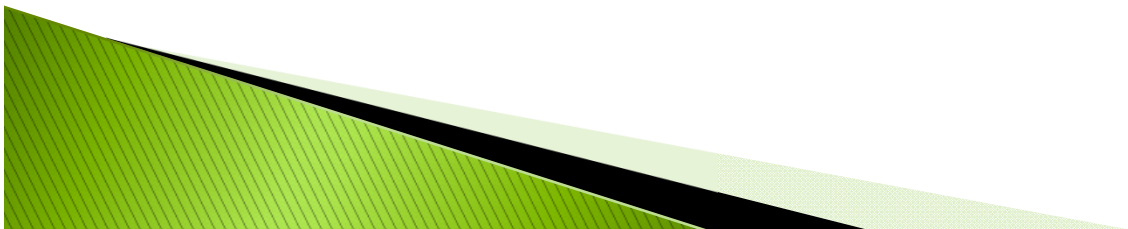
Full Catastrophe Living,
Jon Kabat-Zinn



Letting Go

Letting go is a way of letting things be, of accepting things as they are. . . . When thoughts of the past or of the future come up, we let go of them.

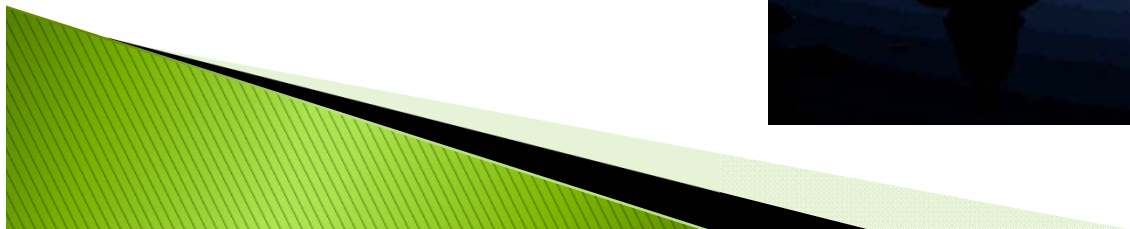
Full Catastrophe Living,
Jon Kabat-Zinn



The Practice of Mindfulness



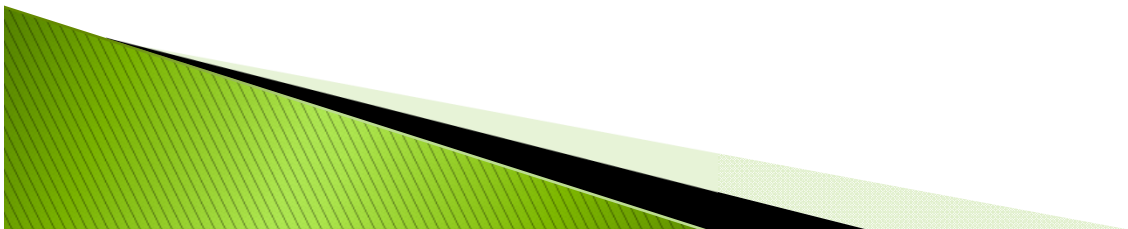
Meditation is the exercise that strengthens our ability to be mindfully present throughout the day. Meditation strengthens our mindfulness “muscles.”




Guided meditation

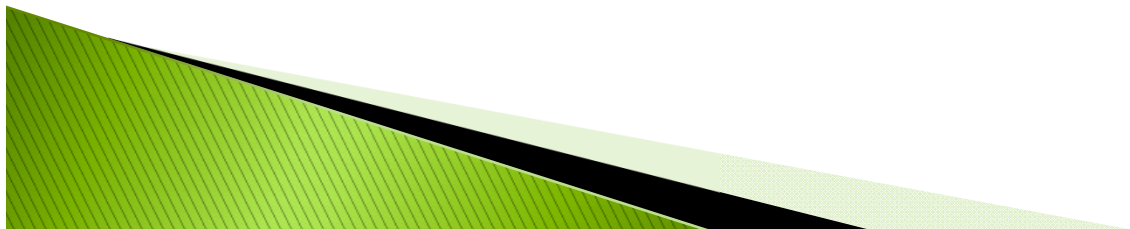
The Mindful Awareness Research Center is a partner of the Norman Cousins Center for Psychoneuroimmunology within the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA.

Free guided meditations



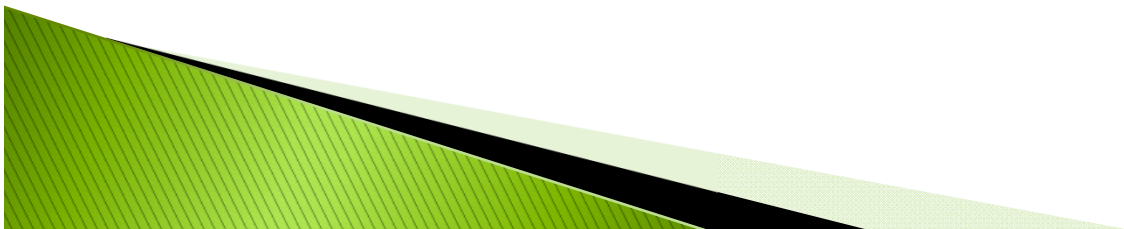


*BE PRESENT
IN THE MOMENT
YOU'RE IN*



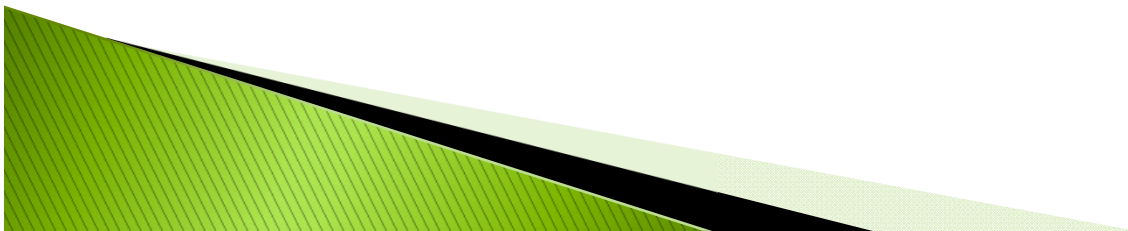
People who participated in an eight-week mindfulness meditation program experienced increased density in brain regions associated with memory, one's sense of self, empathy and stress response.


Mindfulness practice leads to increases in regional brain gray matter density, Psychiatry Research: Neuroimaging, 2011, Volume 191, Issue 1, Pages 36–43.



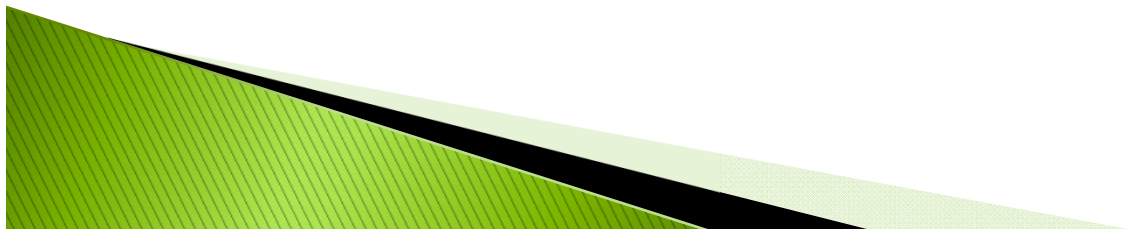
Benefits of mindfulness in the library

- Lowers stress and anxiety
- Increases productivity
- Improves memory
- Builds resilience



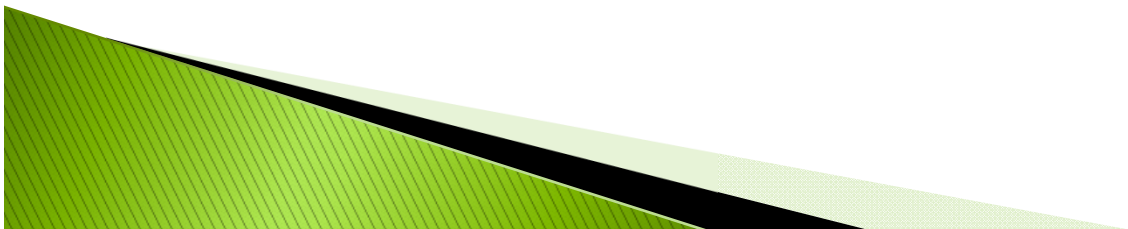


*RESPOND RATHER
THAN REACT
IN STRESSFUL
SITUATIONS*



Practical ways to incorporate mindfulness into your work day:

- Reboot your brain with taking a breath
- Notice your stress reactions
- Spend at least 5 minutes each day doing nothing
- Mono-task
- Stand up and stretch
- Have a mindful bite

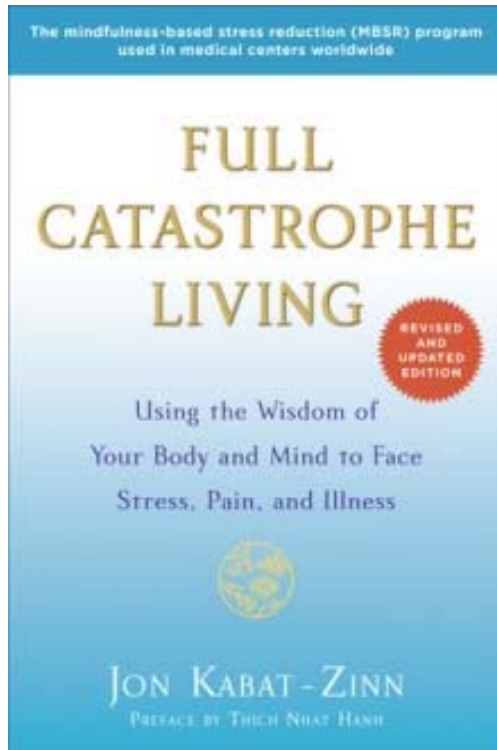




*FOCUS ON ONE
TASK AT A TIME*



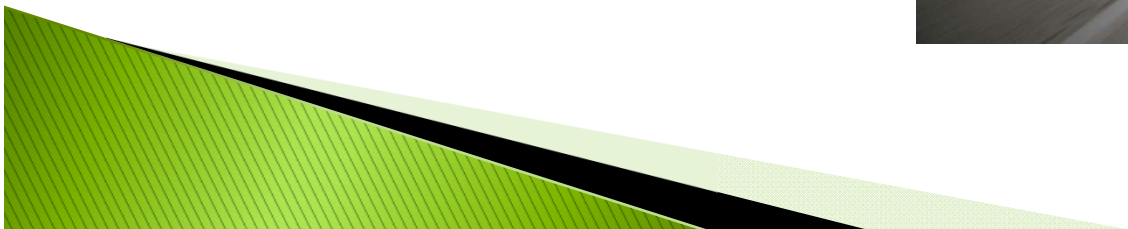
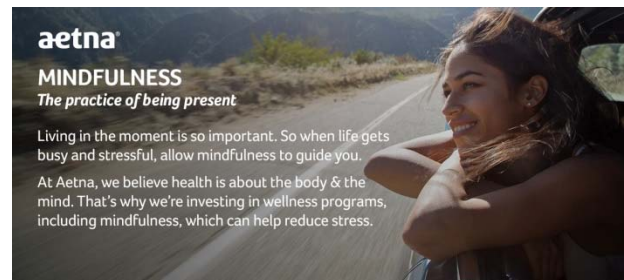
Resources:



mindful
taking time for what matters



[UCLA Mindful Awareness Research Center](http://marc.ucla.edu/)
<http://marc.ucla.edu/>

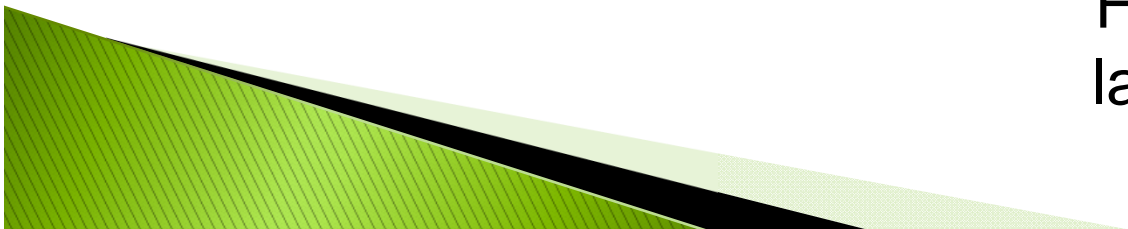


Thank you!



Mind Full, or Mindful?

Susan La Paro
Head of Youth Services
laparo@yorkcounty.gov



Please remember to submit your
survey:

tinyurl.com/th2017vla

