



# Mindfulness and Other Daily Practices

# Survey of Business Leaders

# Stress

(noun)

a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

# Living under Stress

Stress unhealthy individual

- Poor mental health
- Poor physical health
- Poor work performance
- Poor leadership abilities
- Poor relationships
- Low quality of life



# Religious Terms?

Most religious traditions  
describe the original human  
existence

GhfYgg Å Ug g]bZi ` ` ]j ]b[ ?

Stress: a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

Sinfulness: a state resulting from an immoral act considered to be a transgression against divine law or plan

# Living under Stress/Sin

Stress unhealthy individual

- Poor mental health
- Poor physical health
- Poor work performance
- Poor relationships
- Low quality of life

Sin

Traditional Western  
theology:

What is  
Pride?



due to:

Pride

Independence

Will-to-power of  
self (against  
God)



Bi h k \ Uh ] g î g ] b i' h c X U m ?

through

*Valerie Saiving, The Human Situation: A Feminine View (1960)*

# Temptations today?



# Mindfulness

# What Is Mindfulness?



Practice: Engaging in mindfulness practice itself

State: The outcome of practice; being in a state of mindfulness

Trait: A dispositional characteristic; a person's tendency to more frequently enter into and more easily abide in mindful states

# Mindfulness

^ in a particular way: on purpose, in the present moment, and nonjudgmentally

^ Jon Kabat-Zinn (Professor of Medicine Emeritus and Founder of Mindfulness-Based Stress Reduction and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School)

# Mindfulness

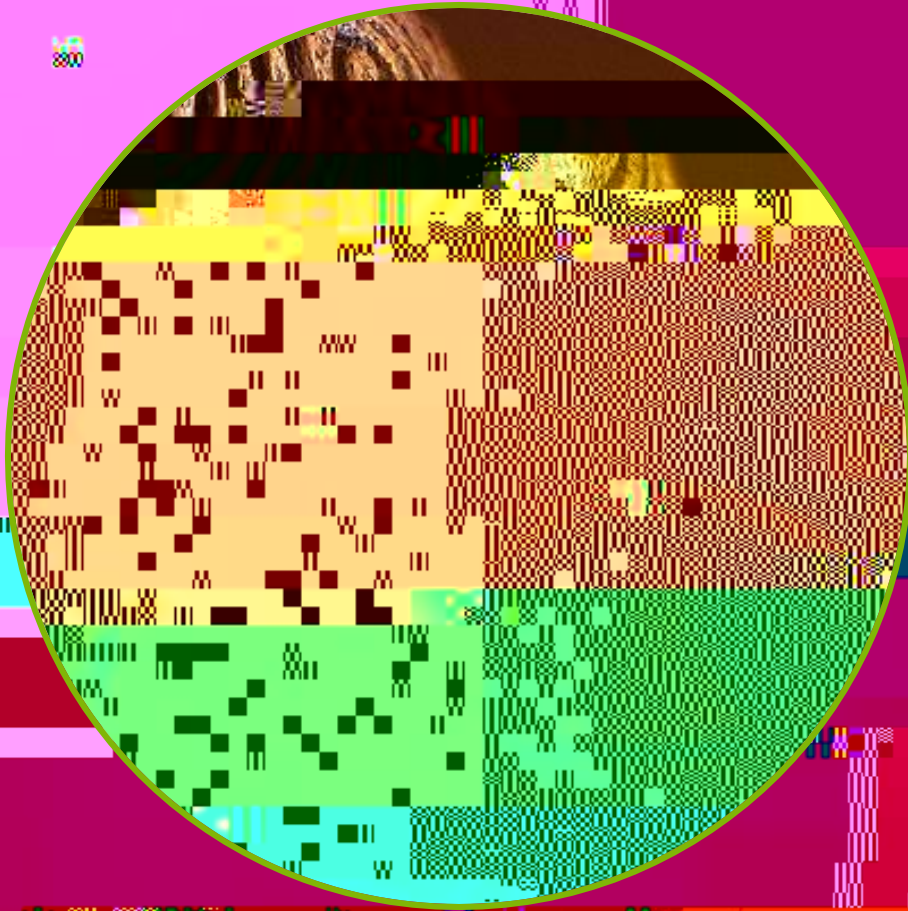
Î a way of being in which one is  
on the reality of the present  
moment, accepting and acknowledging it,  
without getting caught up in the thoughts that are  
about the situation or emotional reactions to the  
situation;

Î Mirabai Bush (Co-Founder and Senior Fellow, Center for Contemplative Mind in Society)

# Where Does Mindfulness Come From?



# Mindfulness in Buddhism



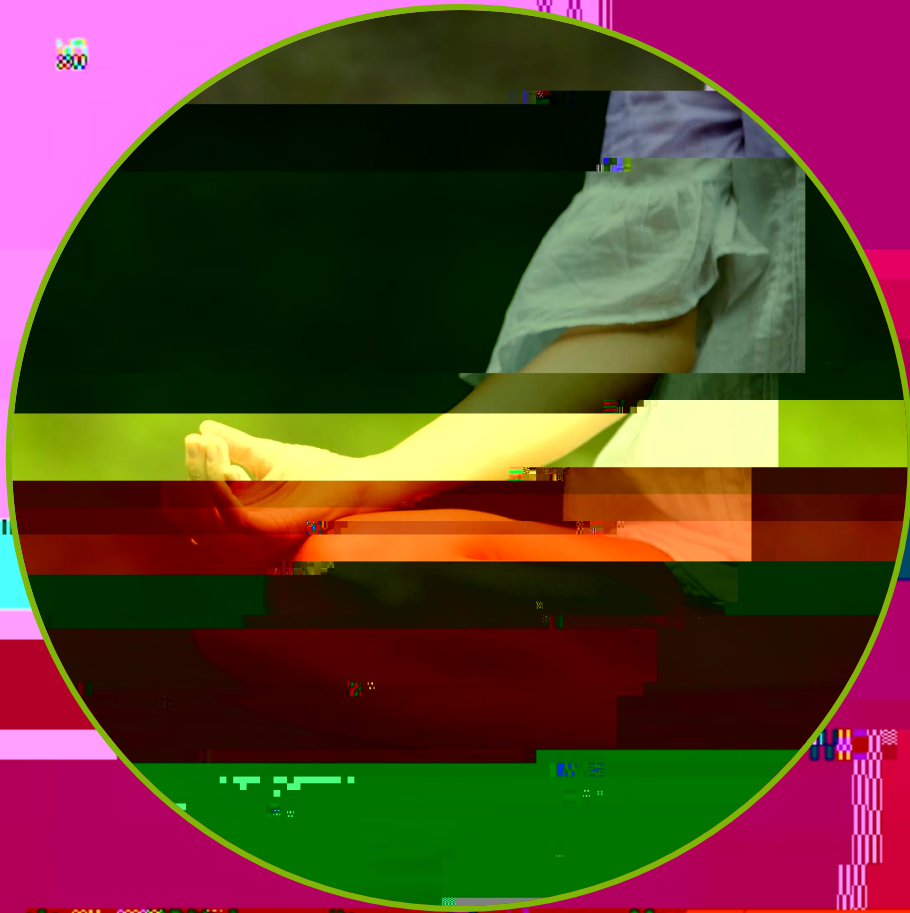
Meant to allow one

- to tame the mind
- to be present in the moment
- to observe mental and physical phenomena as they happen
- to cultivate compassion
- to gain insight into the nature of reality, the self, and suffering--its cause and elimination

The Buddha taught followers to try to see things and ourselves for what they are—transitory and interrelated. In order to cease our desires for selfish gain and experience true fulfillment, i.e., nirvana.



How do I  
become mindful?



What are

# Meditation or Contemplation

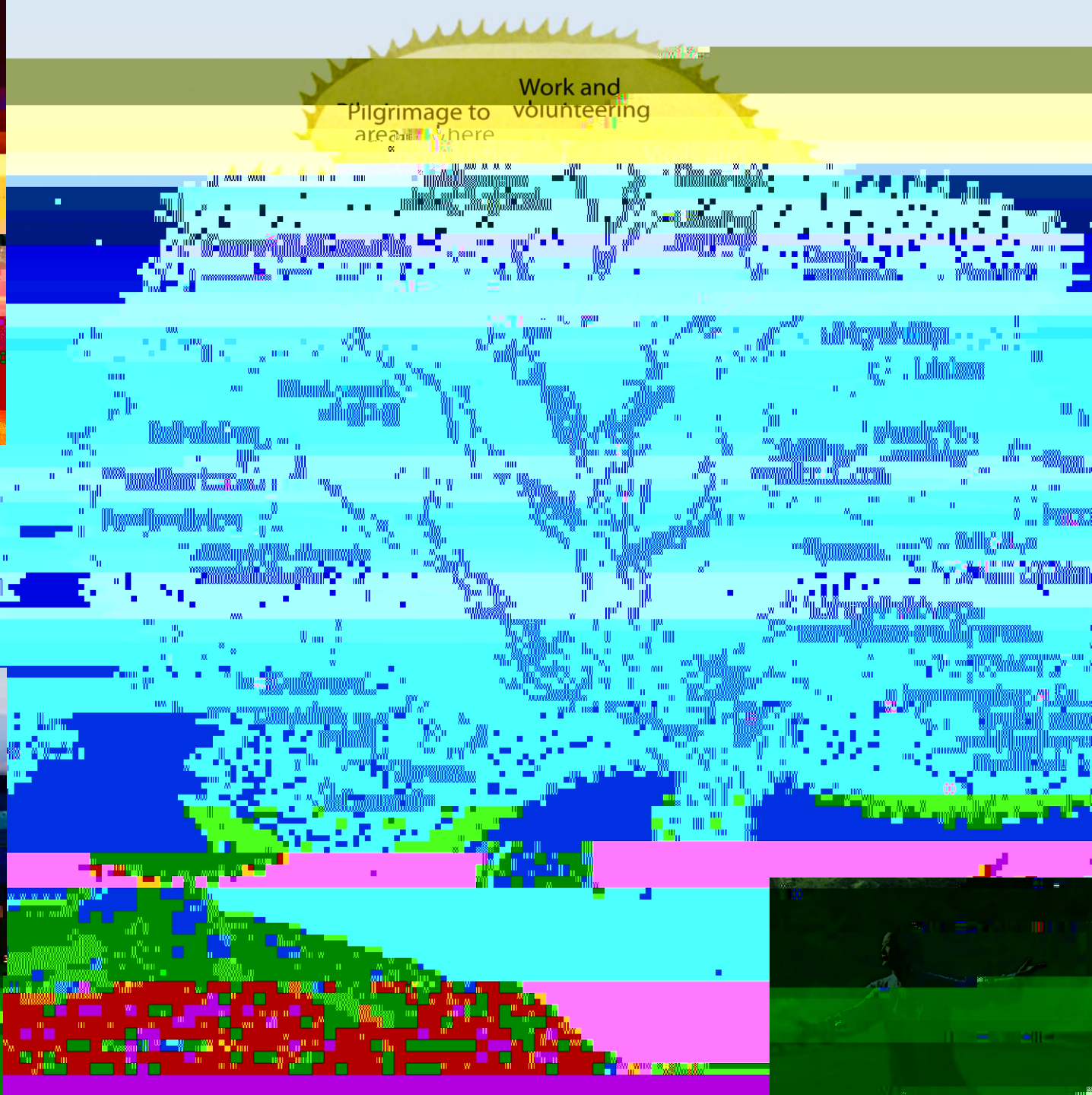
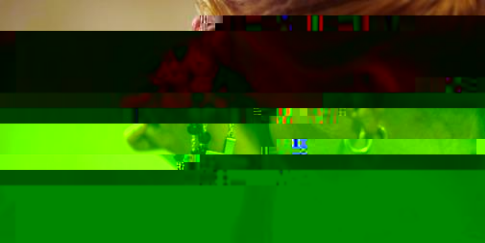
Can be done in many forms





# You can learn to focus

Throughout your day



# Potential Benefits

Find your  
focus

