

Mindful Moments

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Overview

- ▶ Mindfulness: What it is
- ▶ Mindfulness: What it is not
- ▶ Benefits of Mindfulness
- ▶ Finding your mindful moments – as a person & lawyer
- ▶ Body Scan Meditation

Mindfulness: What it is

- ▶ “The awareness that arises from paying attention, on purpose, in the present moment and nonjudgmentally.”
 - ▶ John Kabat-Zinn

Human Doings v. Human Beings

- ▶ We spend most of our lives in “doing mode”
 - ▶ Moving from one task to the next (multi-tasking)
 - ▶ Thinking about future tasks
 - ▶ Worrying about past or future events
- ▶ Mindfulness helps cultivate your “being mode”
 - ▶ Application of attention and awareness to each moment
 - ▶ Grounds you in “who” is “doing all the doing”
 - ▶ Reduces your “auto-pilot”

Mindfulness: What it is not

A “cure” for stress or illness

Meditation

A way to “shut off” for a few minutes

Religion

Meditation v. Mindfulness

Mindfulness is a
form of
meditation

Meditation is a
way to practice
mindfulness

You do not need
to meditate in
order to be
mindful

Benefits of Mindfulness

- ▶ Scientific evidence that mindfulness can help with:
 - ▶ Stress reduction
 - ▶ Anxiety
 - ▶ Panic
 - ▶ Depression
 - ▶ Chronic pain management
 - ▶ Improved quality of life in chronic illness patients (cancer & M.S.)
 - ▶ How the brain processes difficult emotions under stress
 - ▶ Parts of the brain physically change with dedicated MBSR

Finding your moments – as a person

- ▶ Brushing teeth
- ▶ Showering
- ▶ Drinking coffee/Meal preparation
- ▶ Sunrise/Sunset
- ▶ Washing hands
- ▶ Walking
- ▶ Driving



Finding your moments – as a lawyer

- ▶ Reading emails
- ▶ Answering your phone
- ▶ Listening to your client, colleague, boss
- ▶ Delivering oral argument
- ▶ Taking a deposition
- ▶ Beginning a new project
- ▶ Ending your workday

Body Scan

Final Thoughts...



Practicing mindfulness is like learning a second language –

It takes time, dedication, and *practice*

- Post-it notes got me started!



May or may not notice meaningful change right away

You might feel instant relief after a meditation

Like physical exercise, it often takes time to see results



If you practice enough, it can become second nature

Not about how “long” or how “intense”

What matters is that you try

Be kind and be patient with yourself

Ways to continue your practice

- ▶ Download meditation apps:
 - ▶ Insight Timer, Calm, Headspace
- ▶ Attend a mindfulness workshop
 - ▶ ASU– Center for Mindfulness, Compassion, & Resilience
 - ▶ [Home | Center: Mindfulness, Compassion and Resilience \(asu.edu\)](#)
 - ▶ **Foundations of Mindfulness for Lawyers – February (4-week workshop)**
- ▶ Take an MBSR Course
 - ▶ U of M – Center for Spirituality & Healing
 - ▶ [Mindfulness Programs | Center for Spirituality and Healing - University of Minnesota \(umn.edu\)](#)