



Mindfulness Practices to Build Resilience



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Learning Objectives

- (1) Identify at least one potential health outcome related to mindfulness practices
- (2) Describe how mindfulness practices might be incorporated throughout the day to promote healthy outcomes



Mindfulness




Meditation



Why Mindfulness Matters for Entrepreneurs

Mindfulness techniques help to decrease burnout and stress

How mindful is your sex life? The women behind sexual wellness app Ferly

Mindfulness Expert's Advice on Living Better and Sleeping Longer

treatment

How Mindfulness Can Help Engineers Solve Problems

The Latest in Military Strategy: Mindfulness

Therapy Promising for ADHD in

How Mindfulness Can Help Engineers Solve Problems

5 Mindfulness Habits for Creatives, Healthier Skills

Is mindfulness making us ill?

Mindfulness meditation is huge, but science isn't sure how, or whether, it works

Our obsession with mindfulness is based on limited scientific evidence The Little-Known Downsides of Mindfulness Practice

Mindfulness has some potentially serious pitfalls.

The dark side of mindfulness: It's supposed to be calming. But there's growing evidence the fashionable therapy can be harmful

Why Corporations Want You to Shut Up and Meditate

Ron Purser's new book *McMindfulness* examines how spiritual practices and self-care became tools for corporate compliance.


► THE VALUE OF THE MEDITATION MARKET

The meditation market is growing and there is money to be made, especially for those developing products to make it more accessible to the masses.

Apple identified mental wellness / mindfulness apps, including meditation apps, as the number one app trend of 2018.



\$1bn
In 2015 the meditation and mindfulness industries are thought to have earned \$1 billion

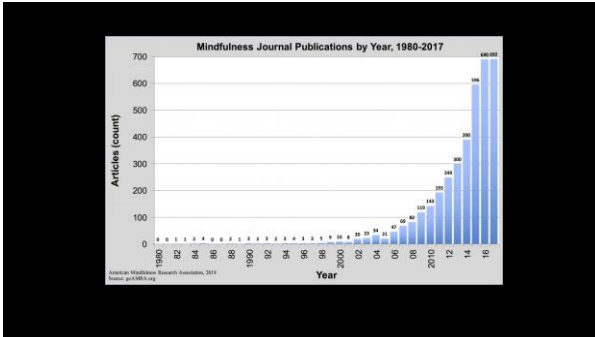
40m downloads
The meditation app; Headspace, has been downloaded just under 40 million times.



Retrieved from: <https://www.thegoodbody.com/meditation-statistics/>

Mindfulness Apps



Yoga



Spiritual Roots of Mindfulness



Obstacles to Mindfulness

- “Busyness”
- Cell phones
- The internet
- Social media



Mindfulness and Healthcare

Mindfulness Based Stress Reduction (MBSR)



Meditation: Let's give it a try



Mindfulness & a Healthy Lifestyle

Where to start?

- Meditation: 2 minutes a day for one month
- Choose one activity to do mindfully
- Address the obstacles to mindfulness



Questions?