



# HELPING HANDS



## Mindfulness - A Primer

(Excerpts from [mindful.org](http://mindful.org))

Mindfulness is the basic human ability to and what we're doing, and not overly going on around us. No matter or how far to bring us back to focus on where we are feeling. If you want to know what while. Since it's hard to nail down in the meaning in books, websites, audio, definition that treats mindfulness as a possesses, rather than something we *Mindfulness is the basic human where we are and what we're doing, overwhelmed by what's going on*



be fully present, aware of where we are reactive or overwhelmed by what's we drift away, mindfulness is the ability are and what we're doing and how we mindfulness is, it is best to try it for a words, you will find slight variations in and video. Here's an all-purpose quality that every human being already have to conjure up:

*ability to be fully present, aware of and not overly reactive or around us.*

Mindfulness can be cultivated through proven techniques. Try to get comfortably seated or lie down, ( be careful not to fall asleep). You can be mindful while walking, taking public transportation or exercising. Practice taking short pauses throughout the day. You can practice mindfulness with other activities, such as yoga or sports.

When we meditate, the benefits are numerous. Mindfulness reduces stress, enhances performance, helps with insight and awareness through observing our own mind, and increases attention to others' well-being.

Mindfulness meditation gives us a time in our lives when we can suspend judgment and unleash our natural curiosity about the workings of the mind. We can then approach our experiences with warmth and kindness—toward others *and* ourselves.

A Few Things to Know About Mindfulness:

- 1) Mindfulness is not obscure or exotic. It is familiar to us because it's what we already do, how we already are. It takes many shapes and forms.
- 2) Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are proven to benefit ourselves, our loved ones, our friends and neighbors, the people we work with, and the institutions and organizations we take part in.
- 3) You don't need to change. Solutions that ask us to change who we are or to become something we're not can easily lead to failure in remaining mindful. Mindfulness recognizes and cultivates the best of who we are as humans.
- 4) Mindfulness can be transformative. Here's why:

- Anyone can do it. Mindfulness practice cultivates universal human qualities and does not require anyone to change their beliefs. Everyone can benefit and it's easy to learn.

- It's a way of living. Mindfulness is more than just a practice. It brings awareness and caring into everything we do—and it cuts down needless stress. Even a little makes our lives better.

- It is evidence-based. Science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.

- It sparks innovation. As we deal with our world's increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly unresolvable problems.



# Types of Meditation:

(excerpts from The Huffington Post: How to Meditate: A Primer for People Who Don't Like to Meditate)

**Movement meditation.** If you become antsy sitting still for even a few minutes, movement meditation might be for you. This type of meditation allows you to become conscious about movement while strengthening your muscles. Movement meditation isn't for the timid: some classes push your body to a point where you can't focus your mind on the movements.

**Mindful meditation.** Focus is on your breathing and bringing your mind back to the moment. Mindfulness meditation can be challenging because the mind loves wandering aimlessly around in the past or future!

**Transcendental Meditation (TM).** With TM, a practitioner gives you a word that you silently repeat 20 minutes, twice a day, allowing you to "transcend" into deeper levels of consciousness. When your mind wanders or a thought enters, you simply bring your attention gently but firmly back to the word.

**Visualization meditation.** You might know an athlete who uses this type of meditation to "visualize" their competition. Choose a word, activity, or goal and give your complete attention to that thought. Breathing as well as calming your mind and body are crucial precursors for visualizing these goals.



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## IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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## IAM EAP Calendar 2017 EAP I-IV Classes

William W. Winpisinger Education and Technology Center

### EAP I

February 19-24  
October 1-6

### EAP II

April 9-14

### EAP III

June 25-30

### EAP IV

September 17-22