

# An introduction to Mindfulness





# What is Meditation?



“Refers to a family of mental training practices that are designed to familiarize the practitioner with specific types of mental processes”

Brefczynski-Lewis 2007



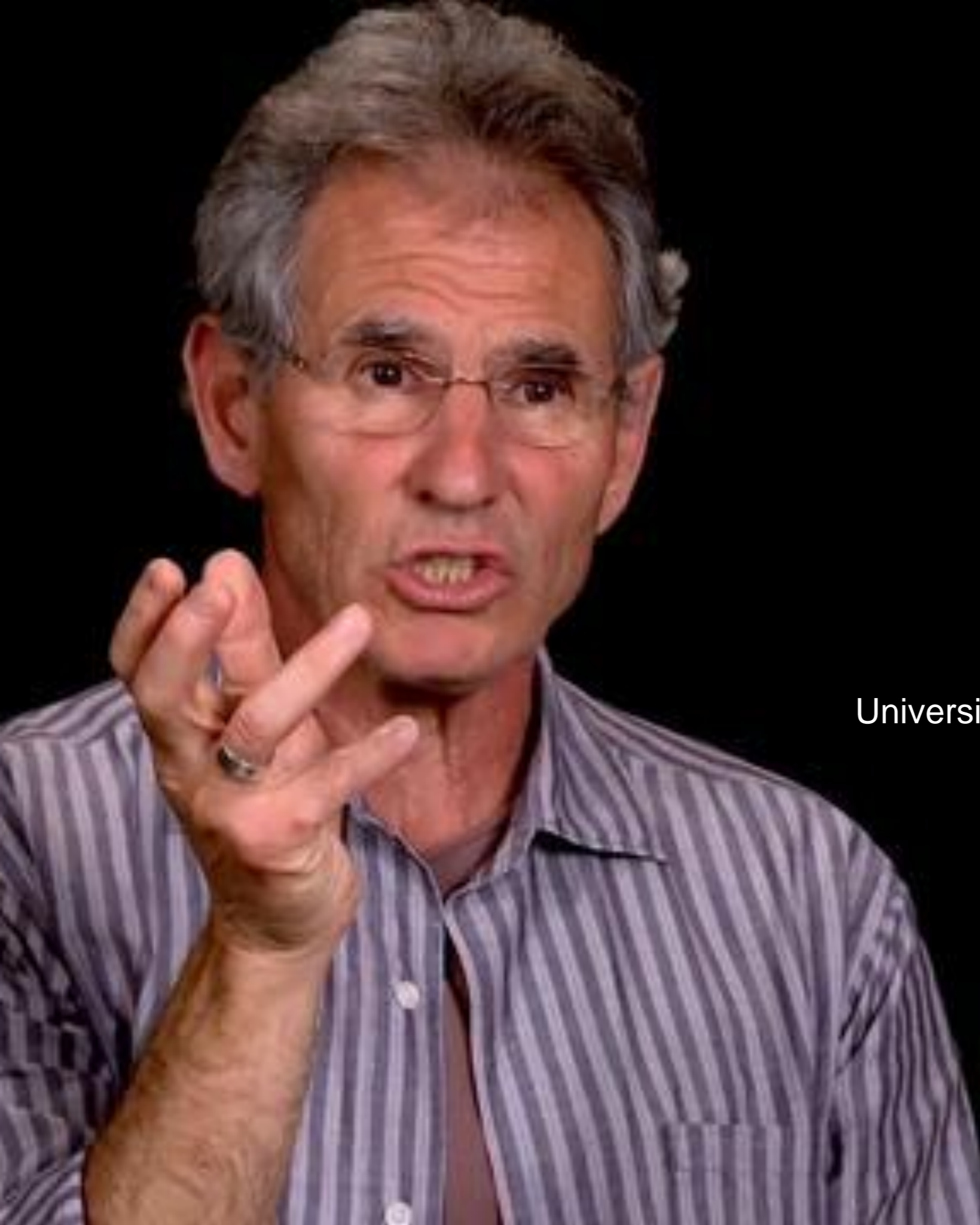
Training the mind

Mental processes





# What is Mindfulness?



# Jon Kabat Zinn

Center for Mindfulness  
University of Massachusetts Medical School





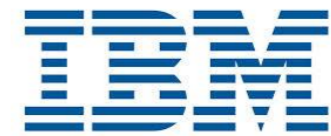
**UCLA** Health



**STANFORD**  
UNIVERSITY



Google™







**LOS ANGELES**

**LAKERS**



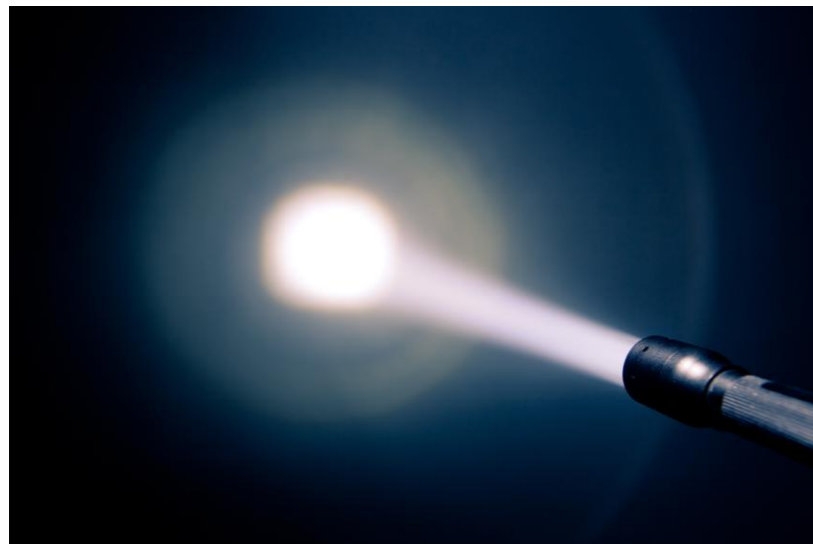
# What is Mindfulness?



“It is the awareness that  
arises from  
paying attention  
on purpose,  
in the present moment,  
without judgment”

Jon Kabat Zinn

*Attention  
on purpose*



*Present  
moment*

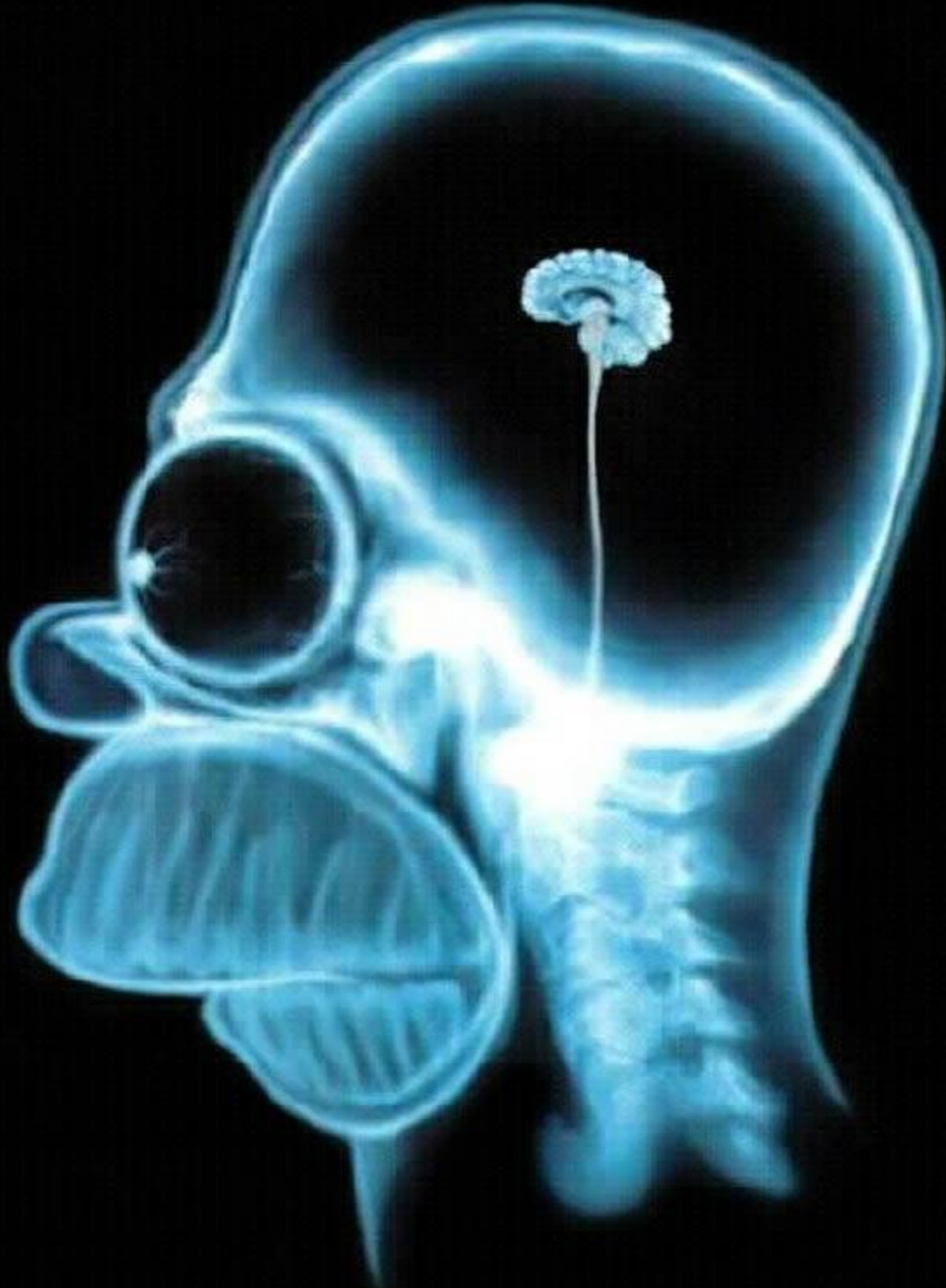


*Curiosity  
Goodwill*



So what ?

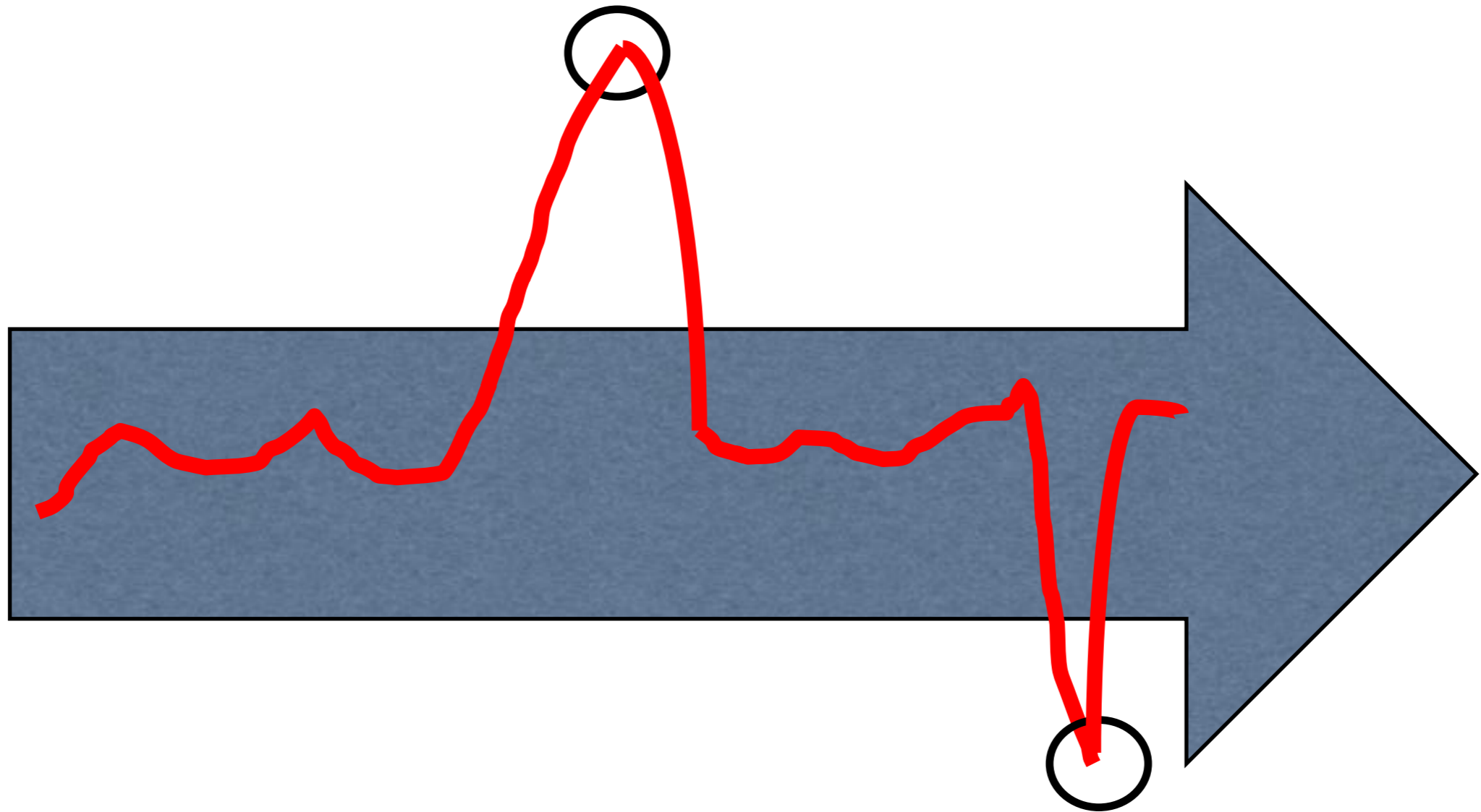






How was the  
exercise ?

# Meta-attention: the secret to concentration











Bodyscan



# Intuition





# Meta attention is also the key to emotional intelligence



**Self-awareness**

**Self-regulation**

**Motivation**

**Empathy**

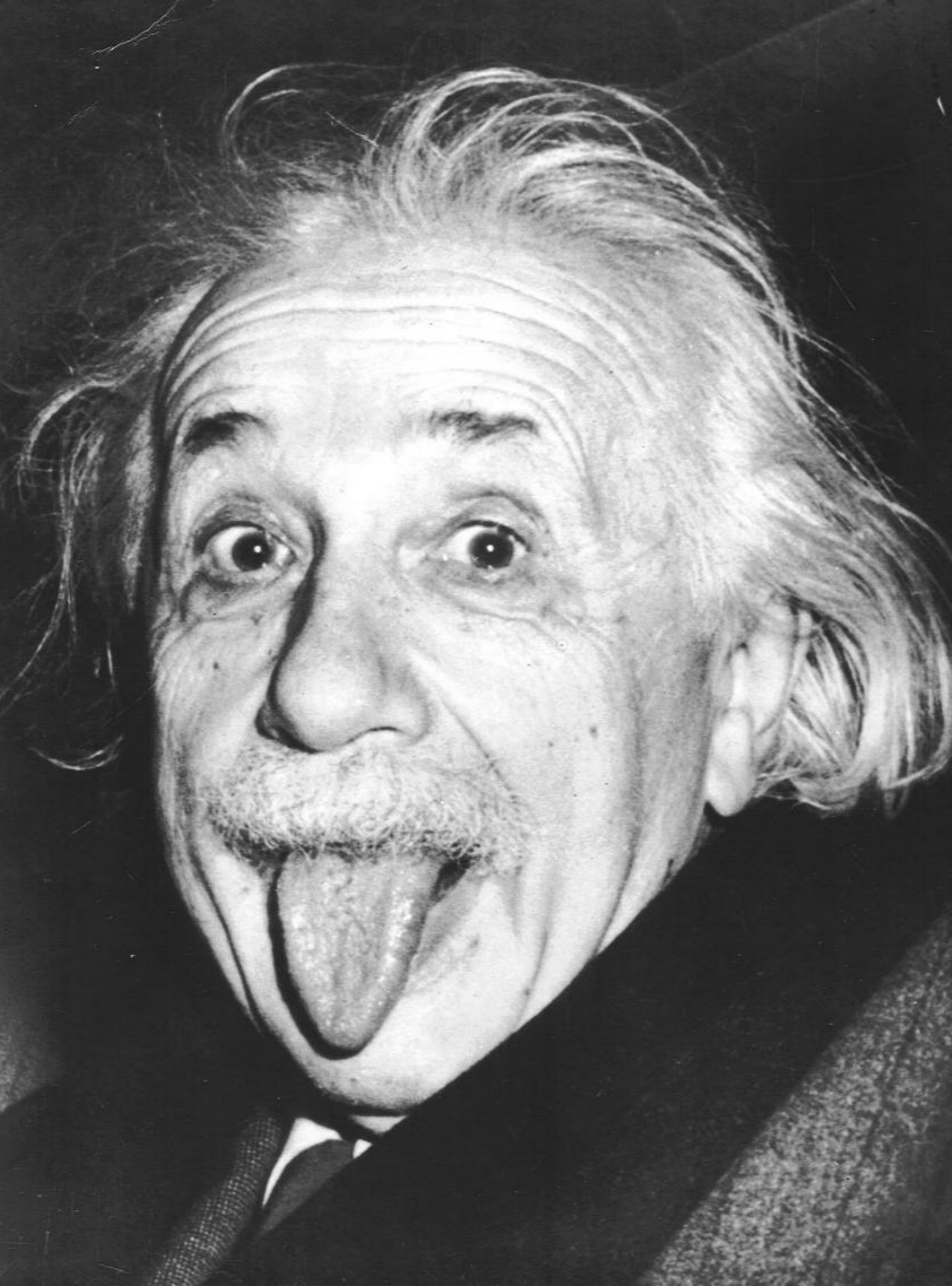
**Leadership**

**Concentration**

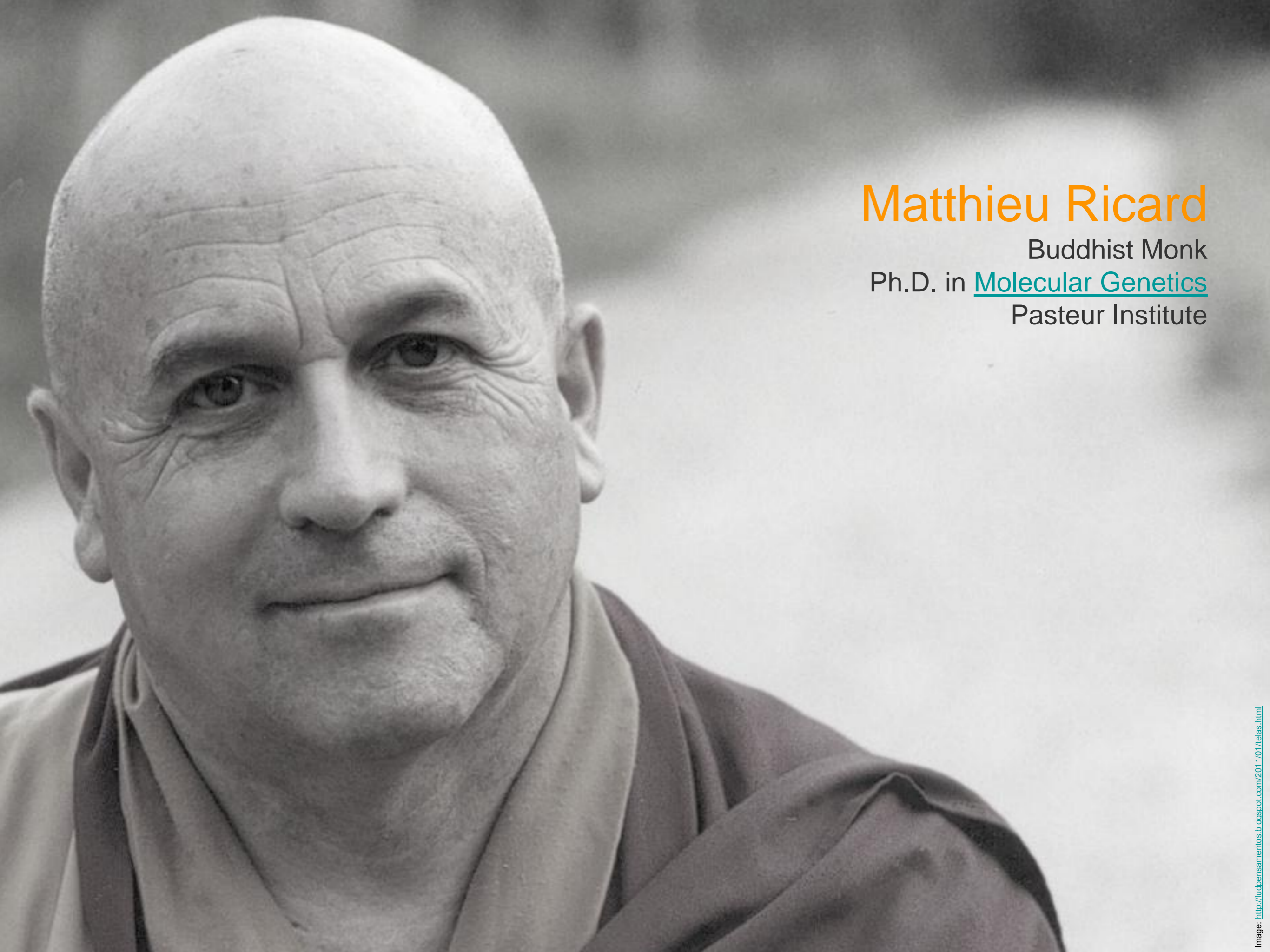
**EI**



**Performance  
Leadership  
Wellbeing**



And the  
Science  
?

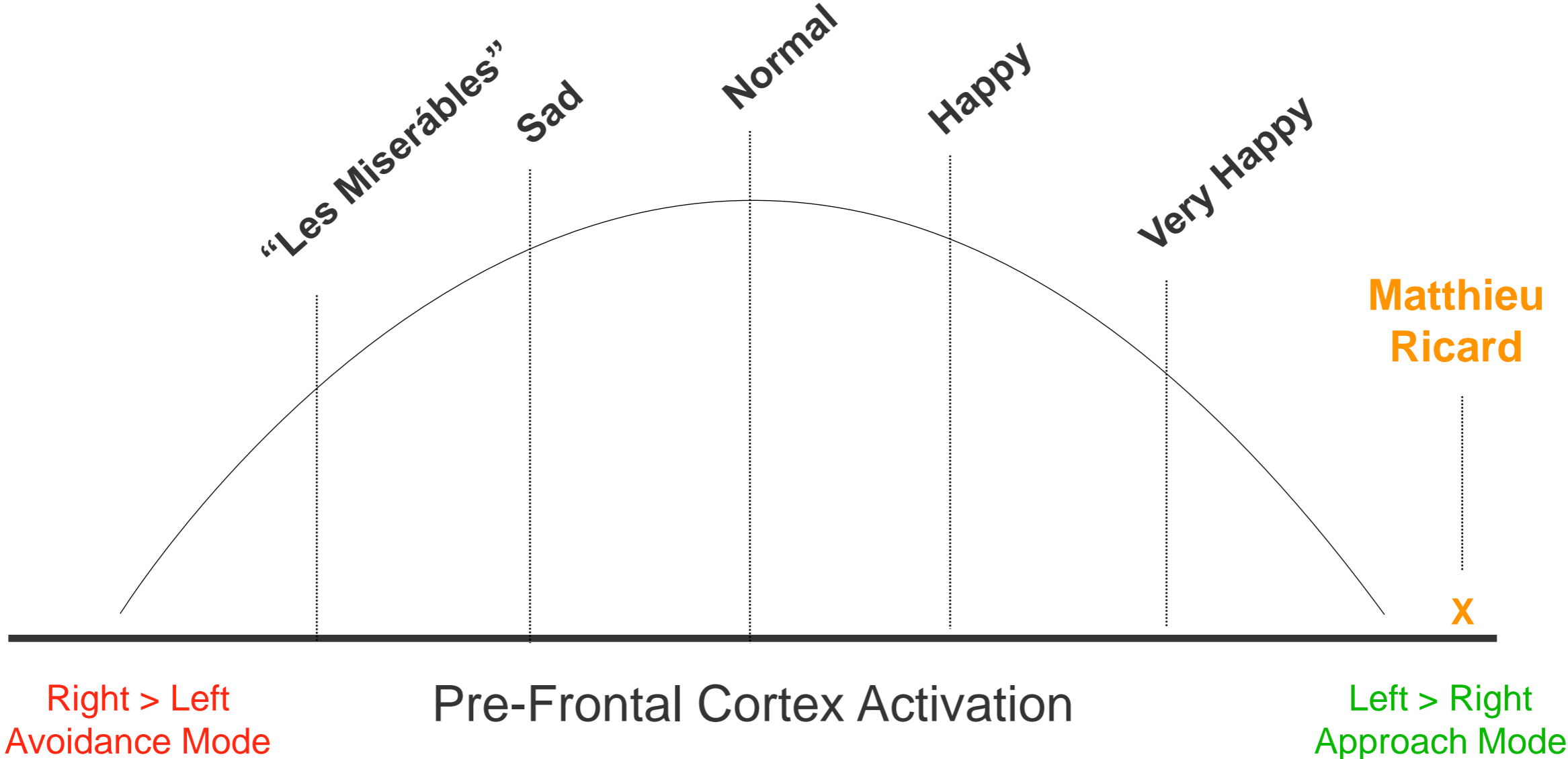


# Matthieu Ricard

Buddhist Monk  
Ph.D. in [Molecular Genetics](#)  
Pasteur Institute



# Study of Richard Davidson with Matthieu Ricard





# Positive effects on Mental health

*Reduces  
depression  
relapse*

(Segal, Williams & Teasdale, 2002)

*Eating  
Disorders*

*Reduces  
Anxiety*

(Hofmann, 2010)

*Mindfulness*

*Social Anxiety  
Disorders*

(Goldin & al. 2009 & 2012)

# Positive effects on Health

*Increases  
Immunity*

(Davidson, Kabat Zinn et al., 2003)

*Psoriasis  
health faster*

(Kabat Zinn et al., 2012)

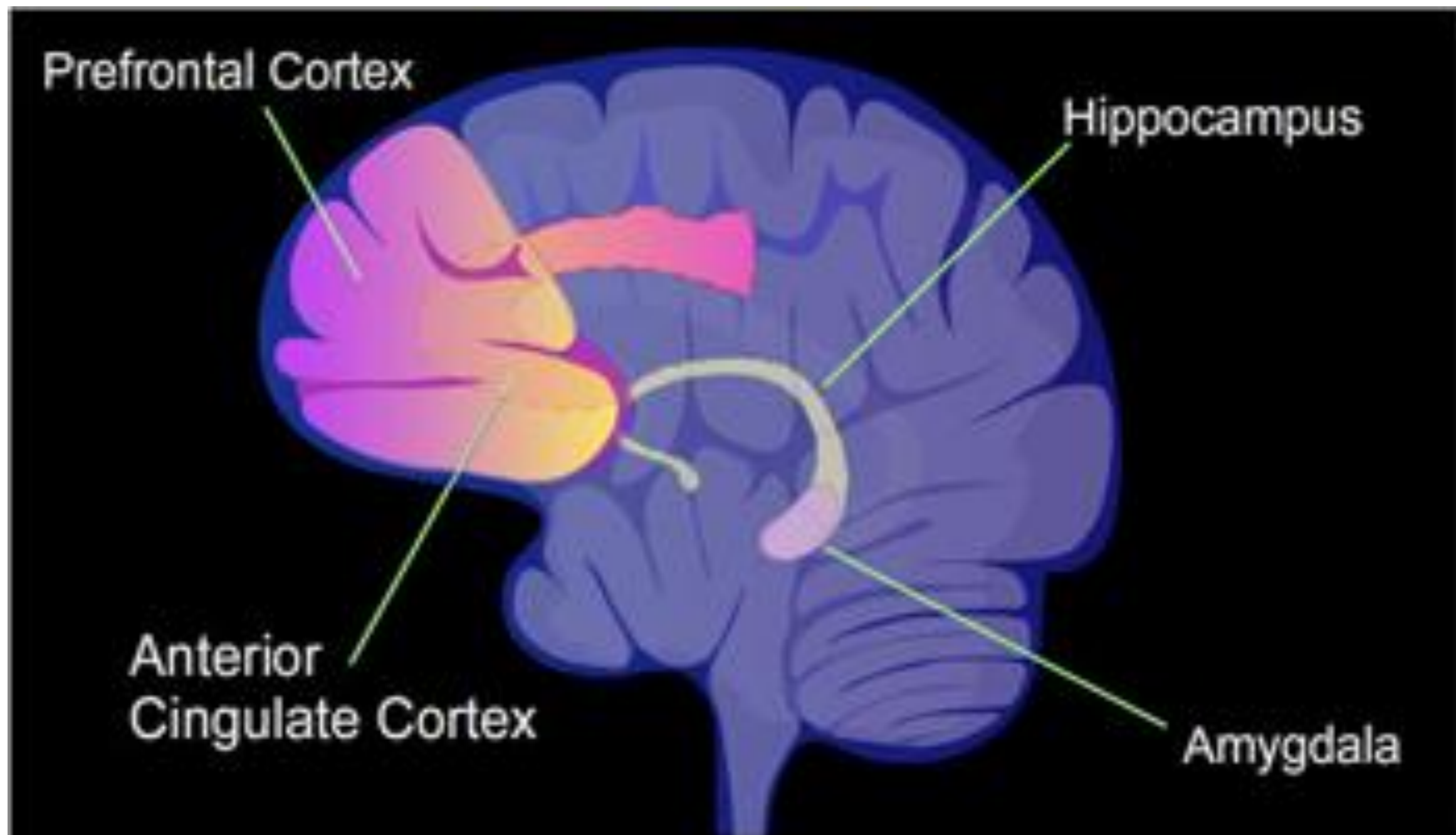
*Chronic  
Pain*

(Bruckstein, 1999)

*Mindfulness*

*Treatment of  
Cancer*

(Ledesma & Kumano, 2009)

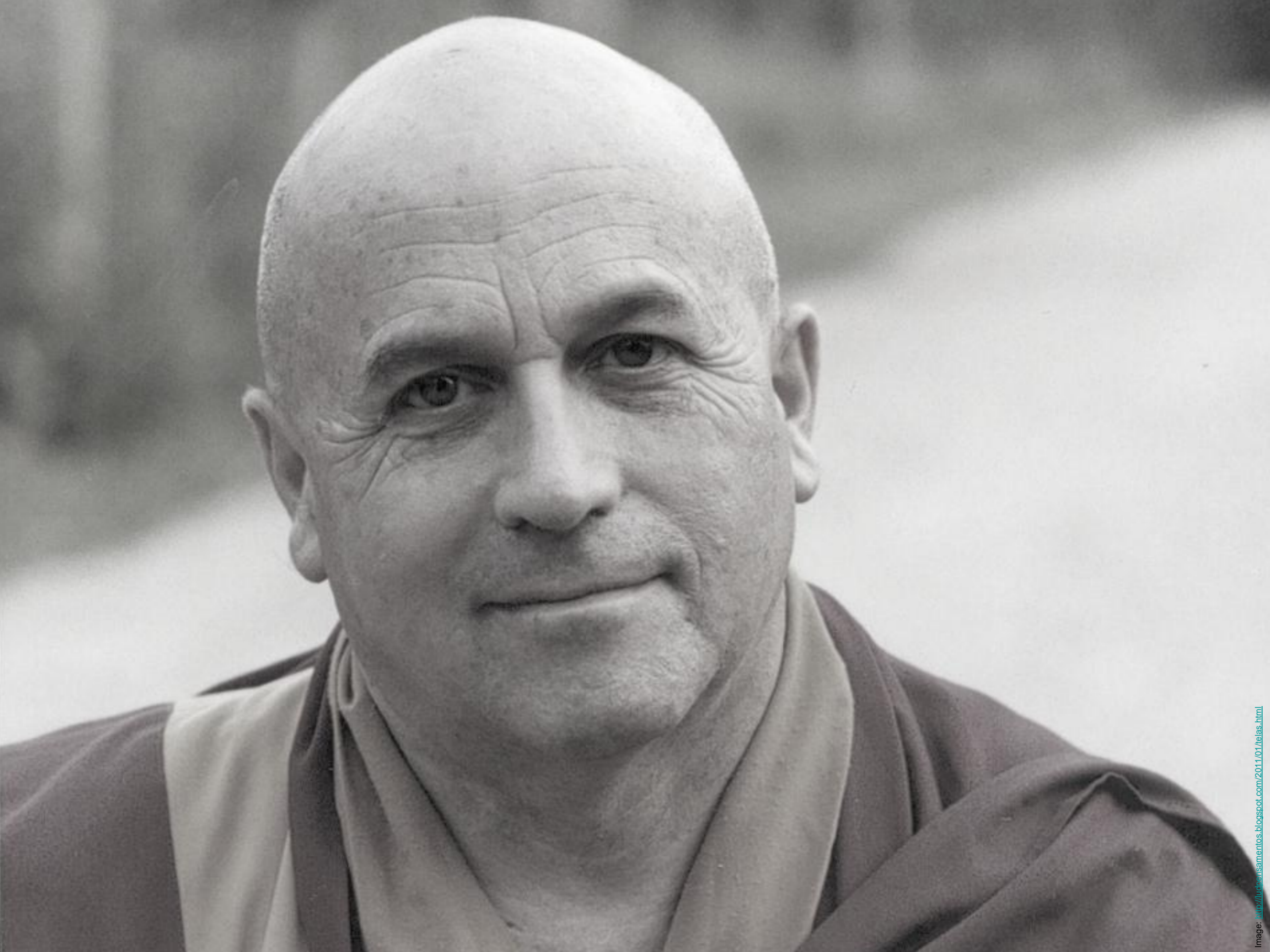


So...



**LOS ANGELES**

**LAKERS**



... just train your  
mind!

# Thank-You !!

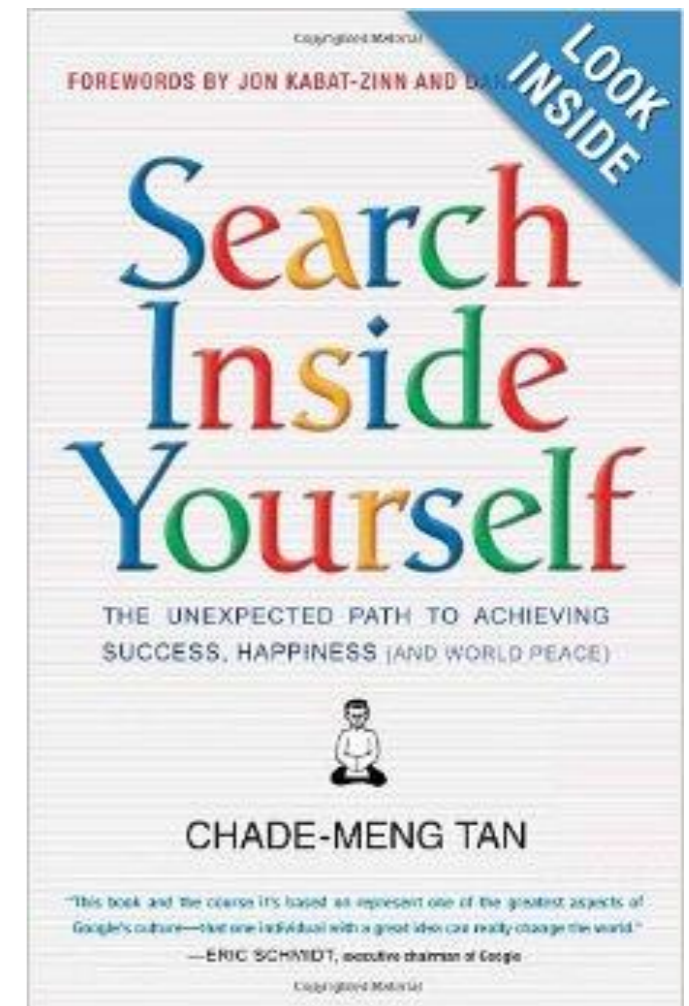
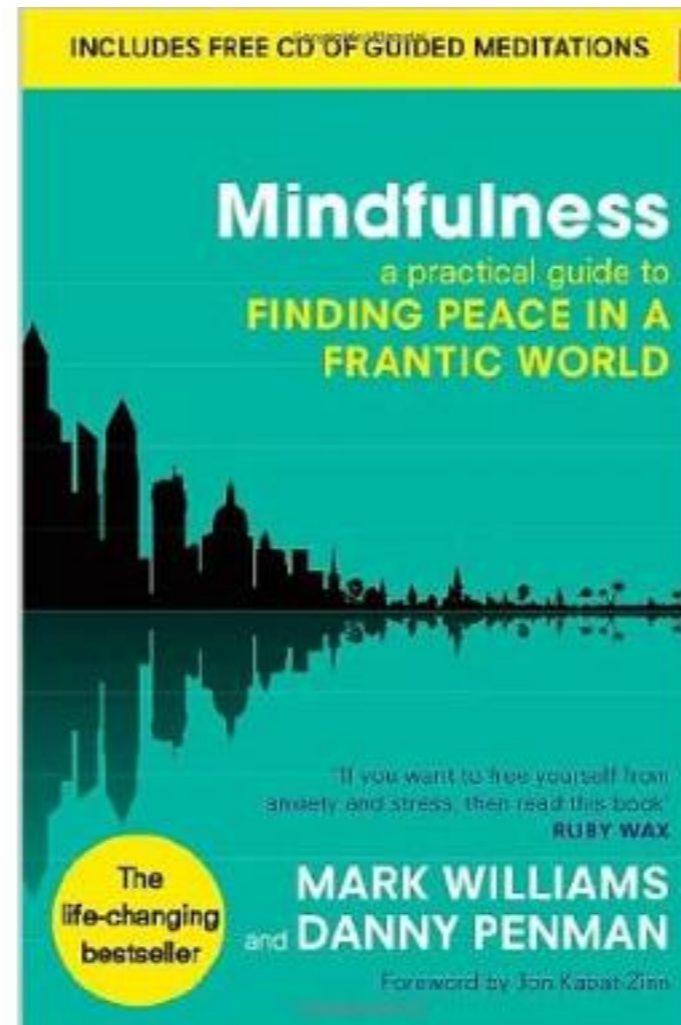
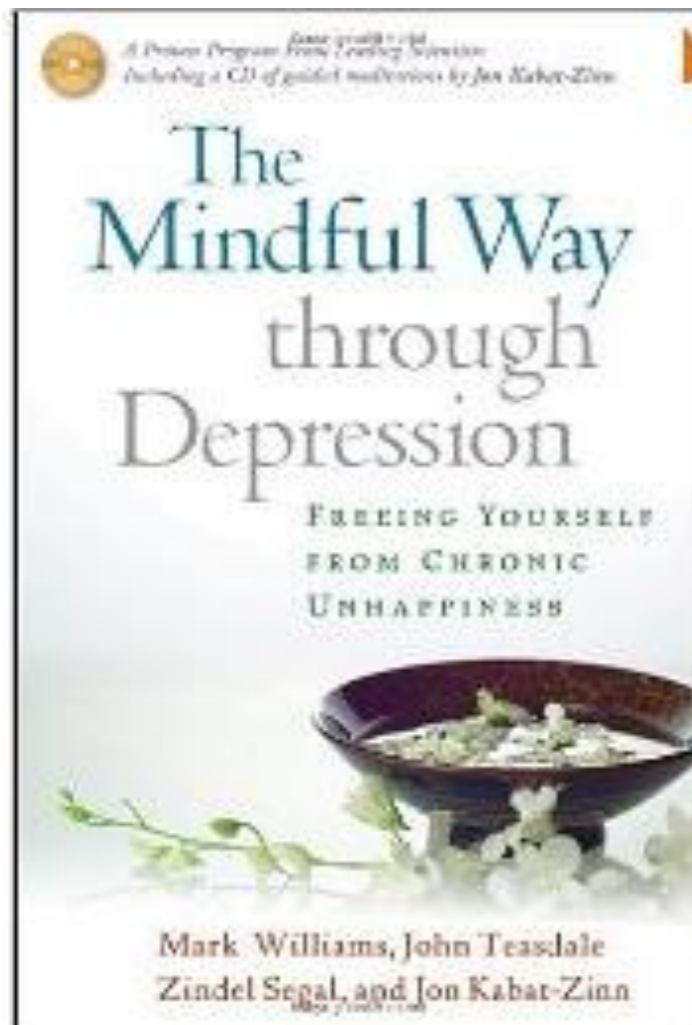
Mathieu Gerardin

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# Ressources - Books



# Ressources – On line



The screenshot shows the Udemy website interface. At the top, there is a navigation bar with a green button labeled 'Scopri', a search bar with the text 'Ricerca' and a magnifying glass icon, the 'udemy' logo, and the text 'Insegna Onli'. Below the navigation bar, there is a course listing for 'ZBHD - Programa de introdução à meditação mindfulness'. The listing includes a video player thumbnail with a hummingbird illustration and the text 'ZBHD A Sua Vida. Alta Definição.' To the right of the thumbnail, the course title is displayed in large black text, followed by a quote: '"Um programa transformador que é acessível a todos e nos dá as ferramentas necessárias para um reencontro conosco"'.



**Vasco Gaspar**

# Resources - Group program

## MBSR - Mindfulness Based Stress

### duction



- 8 week Course
- Weekly group sessions
- 45mn daily practice
- Full day practice
- Led by us

