



Mindfulness & Meditation

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Mindfulness is the ability to be present, to let go of guilt from the past and worry about the future so we can live fully in the moment. Mindfulness is key to managing stress. It allows us to free ourselves from negative thought patterns and destructive behaviors that interfere with our ability to meet our goals and live a productive life. Mindfulness is linked to the ancient tradition of meditation, known to improve our physical and psychological health, as well as our mental functioning. Come to this workshop to learn mindfulness skills and meditation practices that promote personal insight.

Session Goals:

1. To develop an understanding of mindfulness.
2. To understand how mindfulness can help us manage stress and anxiety.
3. To discuss the art of meditation and how it promotes mindfulness.
3. To participate in a meditation practice.

Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. ~Unknown

Are you present?

Dr. Wayne Dyer believes that many of us are paralyzed by unproductive emotions that perpetuate stress: Guilt, “should haves” about the past; and worry, fear about the future often immobilize our thoughts and prevent us from experiencing life as it is happening now. Our goal is to learn to be present.

I. Learning Tools

A. What is Mindfulness?

B. Evidence Based: Research Supporting the Benefits of Mindfulness

C. Principles of Mindfulness

D. Mindful Approaches to Stress and Anxiety

- 1. Stress: Perception or Reality?**
 - 2. How does mindfulness help us manage stress and anxiety?**
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E. The Art of Meditation:

- 1. What is meditation?**
 - 2. How does meditation promote mindfulness?**
 - 3. Meditation Considerations**
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II. Practical Application: Meditation Practice~ Learning to Increase Mindfulness in Everyday Life

*If you think the problem is outside of you, that thought is the problem.
~ Stephen Covey*

**Thank you for attending this workshop.
Stay Connected:**

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