

How To.....practise mindfulness with TED (2)

Introduction

During the Covid-19 emergency a large number of staff are being required to live and work in difficult circumstances which differs from normal routines. This can become overwhelming at times and maintaining good mental wellbeing is essential.

Mindfulness is a technique which can help you do this and you can undertake it any time, any place and for how long you choose. Mindfulness is about making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything.



This How To....aims to help you become more self-aware, feel calmer and less stressed, feel more able to choose how to respond to your thoughts and feelings, cope with difficult or unhelpful thoughts, be kinder towards yourself.

Why Mindfulness?



Mindfulness is the state of mental calmness, often achieved by focusing your awareness on the present moment and accepting any feelings, thoughts, and sensations.

Regular practice enhances your overall health and reduces stress levels significantly. These videos delve into the science and joy of mindfulness, with several examples of how to begin or continue your practice.

I hope this list of **mindfulness TED talks** encourages you to try mindfulness for yourself and experience its numerous benefits.

All It Takes Is 10 Mindful Minutes

Do you know how much time you have spent lost in your own thoughts? In his talk, Puddicombe asks how many people in the audience have ever looked after their mind.

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

NB If your device is not producing sound – select the tools icon (alt+X) in your web browser, select internet options, select advanced, scroll down to Multimedia, tick play sounds in webpages box.

Meditation, as Puddicombe says, can be the **aspirin for the mind**. He also tells about some of his wonderful experiences as a monk in the Himalayas.

The Art of Stillness

Pico Iyer offers an astonishing amount of information about meditation that he's learned from visiting many of the top social network institutions.

<https://www.youtube.com/watch?v=aUBawr1hUwo>

By observing his thoughts during his journey all over the world, Pico found out that, "There is nothing either good or bad, as Shakespeare told us in 'Hamlet', but thinking makes it so." Do you agree? Let us know in the comments section below.

The Practice of Mindfulness

Diana Winston takes us through some of the research into the benefits of mindfulness.

<https://www.youtube.com/watch?v=oMlaSCxZPN4>

Winston also explains why suffering from physical symptoms of stress has been helpful, and why people are happier if they pay attention to the present moment.

The Mindful Way Through Depression

Depression is episodic and recurrent. In working with people with mood disorders, Zindel faced the challenge of helping them recover from depression and continue with a healthy mindset.

<https://www.youtube.com/watch?v=1A4w3W94ygA>

Zindel wanted to understand the triggers that could make people fall into depression again and again. He found that mindfulness plays an important role in **preventing depression**.

Mindfulness and Healing

When Shannon Paige's cancer was gone, her battle with depression began. She proposes that yoga built her own mind-body connection, and can help in combatting depression.

<https://www.youtube.com/watch?v=UcGUo6uNs34>

Shannon was diagnosed with cancer when she was 21. She has been through lots of battles throughout the entire process but eventually beat it.

Mindfulness in Schools

Richard Burnett tells us that the second mode of mind—apart from thinking—is sensing. He then shows how training in sensing can help children cope with the depression and anxiety of over-thinking.

https://www.youtube.com/watch?v=6mlk6xD_xAQ

Do you think mindfulness is too boring for youngsters? Burnett launched his project “dot B,” aiming to provide fun and memorable uses of meditation.

How Mindfulness Meditation Redefines Pain, Happiness, and Satisfaction

Dr. Kasim Al-Mashat tells us of his hilarious and joyful experiences in a forest—and explains why mindfulness meditation is not a quick-fix.

<https://www.youtube.com/watch?v=JVwLjC5etEQ>

Even when we have everything we want, why is it sometimes not enough? And how “should” we look at pain? Did you agree with Dr. Kasim Al-Mashat insight to these questions?

Which one of these videos do you find most inspirational? How can you incorporate mindfulness into your daily routine.

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