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IN SIGHT *for Oregon Lawyers and Judges*

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

MINDFULNESS WITHOUT MEDITATING

Articles about mindfulness and meditation are seemingly everywhere these days. Meditation is one way to cultivate mindfulness, but not everyone is ready for or interested in meditating. While the scientific benefits of meditation are well documented, it's not necessary to meditate in order to be mindful.

Merriam Webster defines "mindfulness" as the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis. Another way of saying it is: paying attention to what is happening in the moment, with curiosity and without judgment. Often we just tune out, ruminating over the past or worrying about the future. But opportunities to be present in the moment abound in everyday life.

Being mindful can mean simply focusing on your senses and the information they are taking in. Here is a list of some readily available opportunities, but you can use any experience or situation as an opportunity to be mindful. Happy practicing!

- Hearing the phone or email tone
- Listening to or feeling the rain
- Watching a candle
- Smelling the trees
- Using your non-dominant hand
- Walking, running, or working out
- In a conference or meeting

- Savoring interactions with friends or family
- Consciously interacting with difficult people
- Petting a dog or cat
- Cooking or eating
- Washing dishes
- Drawing or painting
- Listening to or playing music
- Gardening or doing yard work

Recommended Reading on Mindfulness

Chapman, Susan Gillis. (2012). *The Five Keys to Mindful Communication*. Boston, MA: Shambhala.

Chozen Bays, Jan. (2011). *How to Train a Wild Elephant & Other Adventures in Mindfulness: Simple daily mindfulness practices for living life more fully and more joyfully*. Boston, MA: Shambhala.

Hanson, Rick. (2013). *Hardwiring Happiness: The new brain science of contentment, calm, and confidence*. New York, NY: Harmony.

Hanson, Rick & Mendius Richard. (2009). *Buddha's Brain: The practical neuroscience of happiness, love & wisdom*. Oakland, CA: New Harbinger.

Henepola Gunaratana, Bhante. (2002). *Mindfulness in Plain English*. Boston, MA: Wisdom Publications.

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Kabat-Zinn, Jon. (2005). *Coming to Our Senses: Healing ourselves and the world through mindfulness*. New York, NY: Hyperion.

Kabat-Zinn, Jon. (2011). *Mindfulness for Beginners: Reclaiming the present moment – and your life*.

Kabat-Zinn, Jon & Myla. (1998) *Everyday Blessings: The Inner Work of Mindful Parenting*. Hachette Books.

Neff, Kristin. (2011). *Self-Compassion: The proven power of being kind to yourself*. New York, NY: Harper Collins.

Nhat Hanh, Thich. (2001). *A Pebble for Your Pocket: Mindful stories for children and grown-ups*. Berkeley, CA: Plum Blossom Books.

Scheff, Leonard & Edmiston, Susan. (2010). *The Cow in the Parking Lot: A Zen approach to overcoming anger*. New York, NY: Workman.

Shafir, Rebecca. (2000). *The Zen of Listening: Mindful communication in the age of distraction*. Wheaton, IL: Quest.

Siegel, Ronald. (2010). *The Mindfulness Solution: Everyday practices for everyday problems*. New York, NY: Guilford Press.

Strosahl, Kirk & Robinson, Patricia. (2015). *In This Moment: Five steps to transcending stress using mindfulness and neuroscience*. Oakland, CA: New Harbinger.