Mindfulness for Librarians

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Mindfulness is:

- Learning to awaken to the present moment as it is,
- with compassion, and without judgment.

- It also involves being present and aware of things as they are and responding to conditions mindfully / intentionally rather than reacting impulsively.
Intention:
“At least do no harm to self or others.”

Having an intention for living helps us live mindfully and self correct more quickly; helps us respond intentionally instead of reacting impulsively.
Why Body Scan?

1. We get out of our heads and into our bodies.
2. Learn to soften around body just as it is.
3. When we quiet the body, the mind follows.
4. We become more grounded, less spacey.
Why Emotional Awareness?

• To recognize anger, joy, unworthiness
• To gently investigate: Why?
• To respond mindfully instead of reacting emotionally
• To learn that we are more than our emotions
Benefits of Breather

- Quiets the mind
- Grounds us in the present moment
- Helps us detach from thoughts or feelings
- Helps us learn that we are more than our thoughts and feelings
- Reduces stress
Loving Kindness Practice

• For self
• For loved ones and benefactors
• For people we hardly know
• For people who have been difficult (as able)
Loving Kindness

• Helps us express kindness and concern toward
• Self
• Loved ones
• People we don’t know
• People who have been difficult
Why Loving Kindness Practice?

• To learn to love ourselves (We have to experience love and acceptance of self before we can be caring and kind to others.)
• To learn to stand firm as people of good will.
• To let go of resentment
• To quietly counteract terrorism
L/K does not mean

• That we expect to change people
• That we don’t make judgments about who we want to spend time with
• That everyone has to be our best friend
• That we don’t speak our minds when appropriate
Communication

• **Passive** – anything is ok. Whatever …

• **Assertive** – We say what we need to say without hurting self or others.

• **Aggressive** – We overpower other to gain control; we don’t respect other. We harm ourselves and other.
Stay in “Don’t know mind”.

- Avoid making up stories to explain our feelings.
  - Ex: I didn’t get a response to text to my friend. My friend is angry with me because ......................... (the sad story)
- On checking my messages, I saw that I had not sent the original text. Oops!
- Worse when we involve people and blame them for the sad drama in our tall tale.
Stress Chart

"Paused when agitated or doubtful and asked for the right thought or action." Big Book of AA: on learning to respond instead of reacting. Using the breath and awareness to admit powerlessness and ask the Spirit to enter in and make our behavior more skillful.

Ethel Fraga (Text)
CP Presenter
MBSR Instructor (Chart from MBSR Instructor Manual)
Eating Meditation

- Gratitude for nourishment
- Interconnectedness
- Is this good for me? If so, how much?
Walking Meditation

• Coordinate breathing and stepping as a way of being simply present. Keep eyes slanted toward floor / ground ahead of you. If distracted begin again and again.
Thank you!

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