



Becoming More Mindful in an Ever Changing World: How to Utilize Yoga to Tolerate Uncertainty

Logan Hamel, MA, LPC and Rachel Krakauer, B.S.




Let's Get Oriented...

- Are you comfortable?
- Expand awareness
- Five senses



But I *NEED* to Know!

Learning Objectives:

- Attendees will learn and understand widely-used control strategies and the reasons for their ineffectiveness.
- Components of mindfulness, yoga, and their benefits for anxiety and tolerating uncertainty will be outlined
- Attendees will learn how to apply mindfulness skills in their daily lives, (no yoga studio necessary) geared toward tolerating uncertainty.




Uncertainty, Change, Chaos - Oh My!

What comes to mind?



Am I okay?

What we see in individuals with anxiety disorders:

- Asking the same question multiple times (reassurance seeking)
- Staying in comfort zone
- Rigidity
- Difficulty seeing multiple perspectives
- Castastrophizing, future tripping, ruminating
- Control strategies



Control Strategies

- Reassurance Seeking
- Numbing Behaviors
- Perfectionism
- Over-working




What this means...

We're not present!



The Eight Paths of Yoga

- First Path: Social Ethics
- Second Path: Self-Disciplines
- Third Path: Postures
- Fourth Path: Breath Control



The Eight Paths of Yoga

Fifth Path: Withdrawal to Internal Mind

Sixth Path: Concentration

Seventh Path: Meditation

Eighth Path: Full Meditative Absorption



First Path: Social Ethics

What it means in yoga: nonviolence or compassion, truthfulness, generosity without jealousy or envy

How it connects to daily life and therapeutically:

- Self-compassion
- Loving Kindness



Second Path: Self- Disciplines

What it means in yoga: when we surrender to the fact that we are not in control, we are better able to flow with uncertainty

How it connects to daily life and therapeutically: when we surrender to the fact that we are not in control, we are better able to flow with uncertainty

ACT- Acceptance



Third Path: Postures

What it means in yoga: being situated in your body, you realize that your perspective is uniquely your own

How it connects to daily life and therapeutically: Being more connected to your body allows you to tune in to your physiological experiences, emotions, and thoughts.



Fourth Path: Breath Control

What it means in yoga: Being connected to your inhalations and exhalations increases awareness of your experience and increases benefits when connected with postures.

How it connects to daily life and therapeutically: Tuning into your breath can give you useful information about your current state and allows you to be present.



Fifth Path: Withdrawal to Internal Mind

What it means in yoga: pull back from distraction and redirect attention to internal or external experiences

- develop “observing self”
- you can simply observe thoughts and feelings, let them pass through you

How it connects to daily life and therapeutically:

- ACT: self-as-context
- ACT: defusion



Sixth, Seventh, Eighth

What it means in yoga:

- focus your attention on a point of internal or external sensation or feeling
- effortless presence

How it connects to daily life and therapeutically:

- ACT- Acceptance



Meditation

Meditation can be done in many forms, you don't have to be seated in a quiet room

For example:

- Walking, on public transportation, sitting at your desk



Benefits of meditation

Broaden your capacity to observe

Know and describe what you're feeling or thinking

Act with awareness based on what is happening now

Be less judgmental and critical of yourself and others

Feel more centered



More benefits

Reduce stress and anxiety

Be in touch with your “gut” intuition

Build your ability to adapt or deal with difficult situations with more flexibility

Sharpen your attention and memory

Improve your mood



More, more, more

Get better sleep

Boost your immune system and protect your body from the harmful physical effects of chronic stress and aging

Help heal anxiety, depression, and addictions



But how to tolerate uncertainty?

Recipe for Change:

Present-focused

+

Values oriented

+

Self-love

=

I AM OKAY



Loving Kindness or Compassion Meditation

Focuses on developing feelings of kindness and compassion toward oneself and then gradually extending this compassion toward others to increase empathy

- Improve self-esteem, less self-critical, sense of empathy= I AM OKAY.