

Mindfulness: A Skillset to Optimize Your Life

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Agenda

1. The mindfulness skillset
2. How mindfulness optimizes experience
3. Guided meditation - See-Hear-Feel
4. Questions and discussion

Additional Resources

Download the guided See-Hear-Feel meditation:
bit.ly/mmkansascity

Free phone apps with guided meditations:
BrightMind
InsightTimer

Facebook page for KC area meditation classes and events:
facebook.com/mindfulnessmeditationkc

(more on next page)

BOOKS

Meditation for Fidgety Skeptics, by Dan Harris, Jeff Warren, and
Carlye Adler

Natural Pain Relief, by Shinzen Young

Happy Teachers Change the World, by Thich Nhat Hanh

ARTICLES

Ireland, T. (2014). *What Does Mindfulness Meditation Do to Your Brain?*. [online] Scientific American Blog Network. Available at:
<https://blogs.scientificamerican.com/guest-blog/what-does-mindfulness-meditation-do-to-your-brain>

Mirfendereski, P. (2017). *The Benefits of Mindfulness Meditation*.
[online] Explore Integrative Medicine. Available at:
<https://exploreim.ucla.edu/mind-body/the-benefits-of-mindfulness-meditation>

