

# Is Mindfulness For Me?

## Myths & misunderstandings

what is that?



oh,  
just my mind

SQNLDR Carsten Grimm  
Psychologist  
Defence Health



New Zealand  
**DEFENCE  
FORCE**  
Te Ope Kātua O Aotearoa



**MHAW**  
Mental Health  
Awareness Week

# Is Mindfulness For Me?

## Myths & misunderstandings

- What are we even talking about?
- Some common myths
- A better way of thinking about it
- Common traps and barriers
- Tips for giving it a (decent) go
- Headspace



**YOGA ★ JOES**

Here to keep the inner peace.



New Zealand  
**DEFENCE  
FORCE**  
Te Ope Kātua O Aotearoa



**MHAW**  
Mental Health  
Awareness Week

# What is mindfulness?



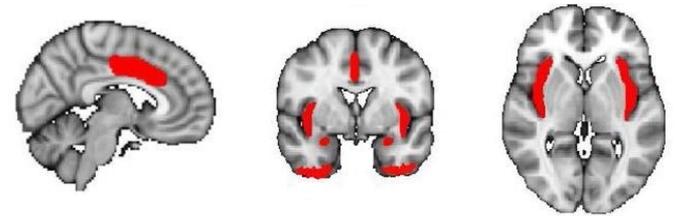
# What is mindfulness?



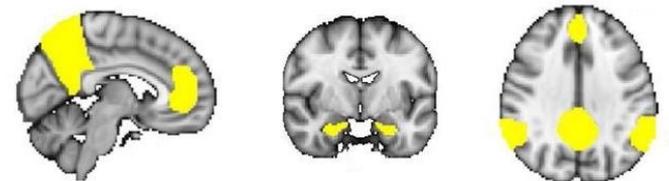
**Attention spotlight**



**Notice stuff**



**Mind-wandering**



# Myths

## **Mindfulness is...**

- Relaxation
- Calming the mind
- Meditation
- Buddhist

Bonus myth:

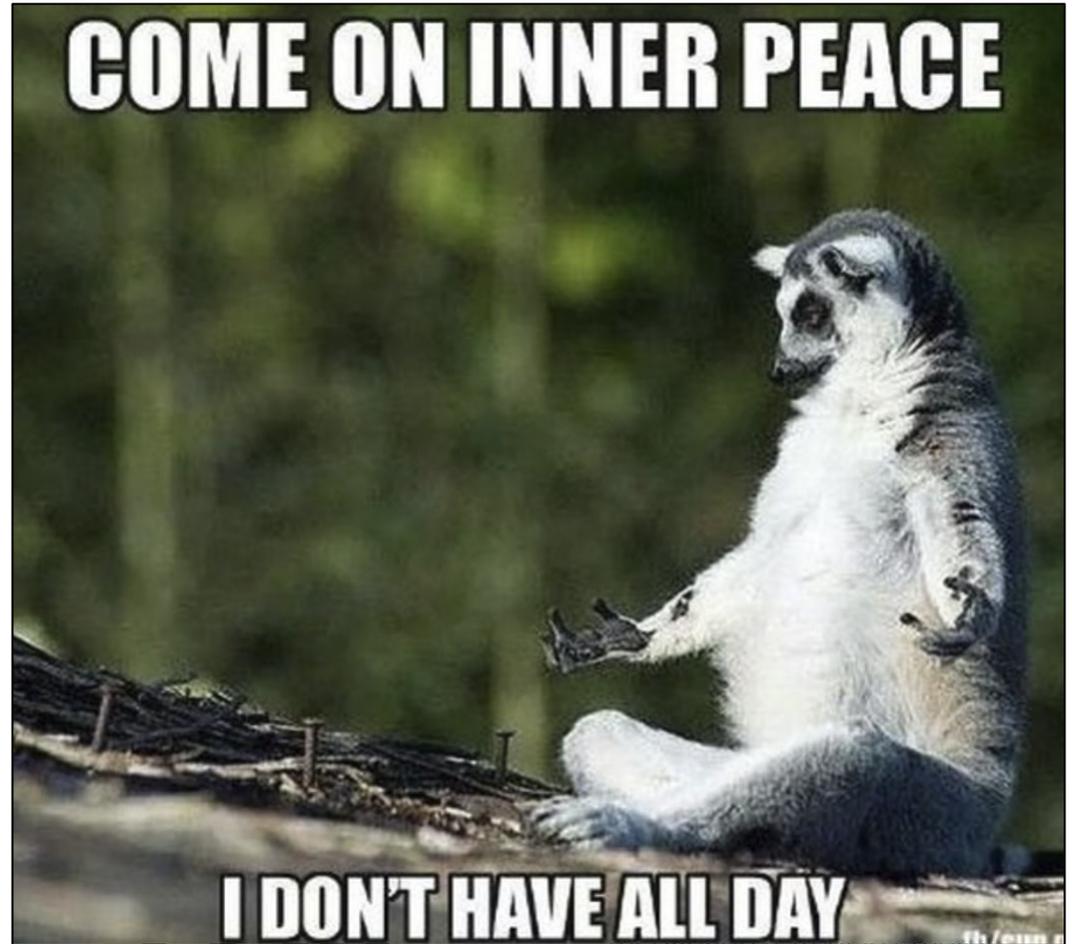
- ...

# Myths

## Mindfulness is...

- Relaxation
- Calming the mind
- Meditation
- Buddhist

Bonus myth:



# Myths

## Mindfulness is...

- Relaxation
- Calming the mind
- Meditation
- Buddhist

Bonus myth:



# Myths

## Mindfulness is...

- Relaxation
- Calming the mind
- Meditation
- Buddhist

Bonus myth:



# Myths

## Mindfulness is...

- Relaxation
- Calming the mind
- Meditation
- Buddhist

Bonus myth:

“

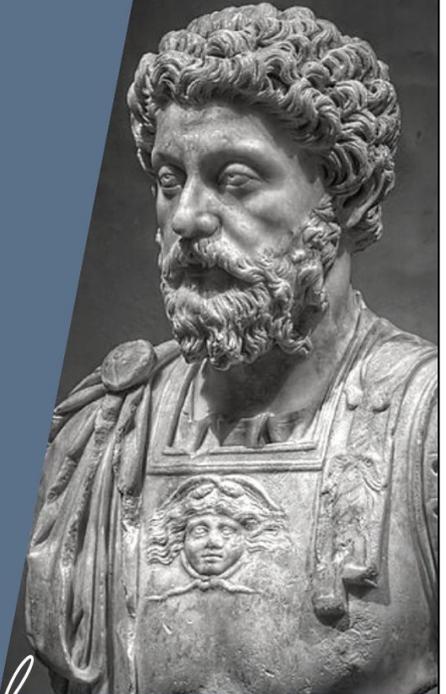
*It's not what happens to you, but how you react to it that matters.*

---

EPICTETUS

50 – 138

*A* Moment *of* Wisdom



# Myths

## Mindfulness is...

- Relaxation
- Calming the mind
- Meditation
- Buddhist

## Bonus myth:

- All you need is mindfulness!



# A better way

**Mindfulness is...**

## **BRAIN FITNESS**

*Train Your Brain Like Your Life Depends On It*

**MBAT**  
MINDFULNESS-BASED  
ATTENTION TRAINING

### *Session Overview:*

We will discuss how what we practice we get good at, and notice the connection and similarities between physical training and mental training.

**... just like getting fitter & stronger.**

# Mindfulness practice

**Progression →**



- **Beginner**
  - Trap: Remember the start is always hardest
  - Task: Habit
- **Getting the hang of it**
  - Trap: Got this, I don't need to practice
  - Task: More mindfulness in daily activities

# Your turn – practice!

## Mindfulness Anchors



sensations of the BREATH



sensations in the BODY



SOUNDS in the environment



breath

body

sound

# Find what works for you...

There are lots of different ways to practice



RNZAF TŪRANGAWAEWAE



· 16 h ·

More from the Orokoroa (Maori meditation)



Try a course/ app



Be in nature

Yoga



 headspace

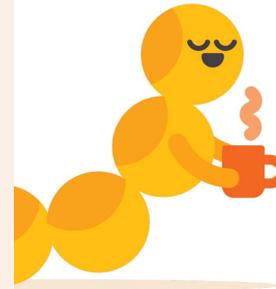




# The most science-backed meditation app in the world



There are 19+ scientific studies showing the great things Headspace can do for your well-being, at work and at home. Here are a few highlights.



One month of Headspace can cut your stress by one third

Just one 15-minute meditation with Headspace can improve focus and reduce mind-wandering by 22%



10 days of Headspace reduces negative emotions by 28%

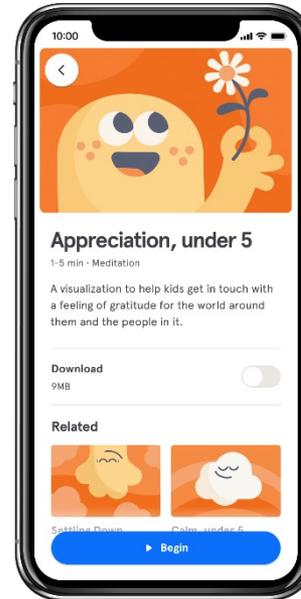
## Meditation

Learn to mindfully manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.

### Guided Meditation



### Kids Meditation



### Mindful Eating



### Sleepcast



### Sleep Music

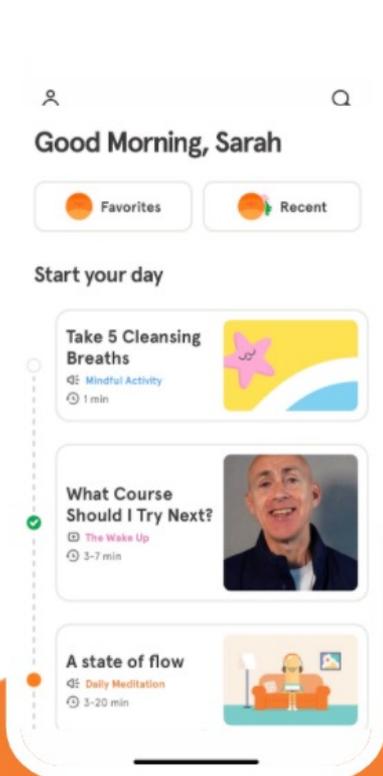


## Sleep

From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music and other unique audio experiences.

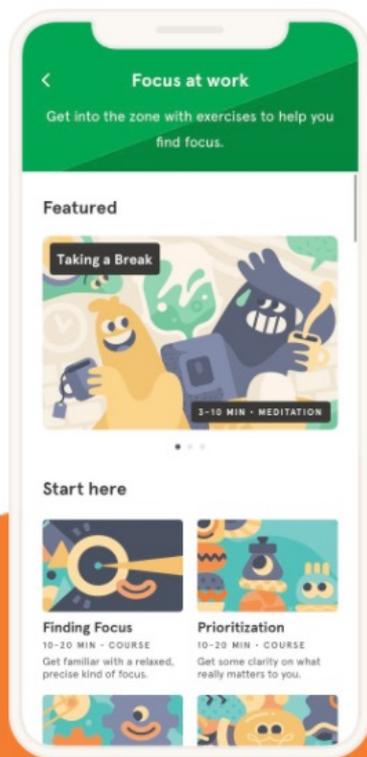
# A Day With Headspace

## Start your day



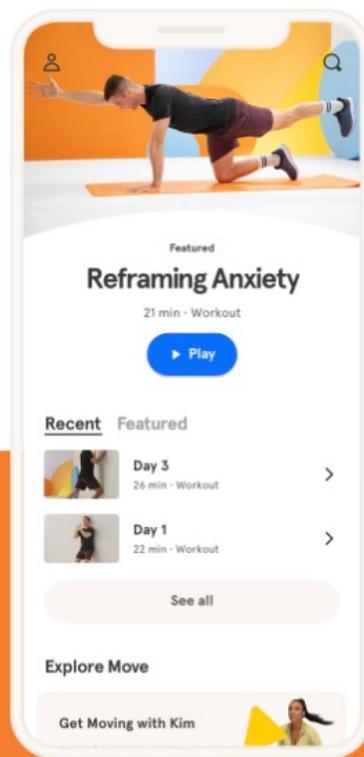
Fresh, daily content  
Inspiring stories  
Advice from experts

## Focus at work



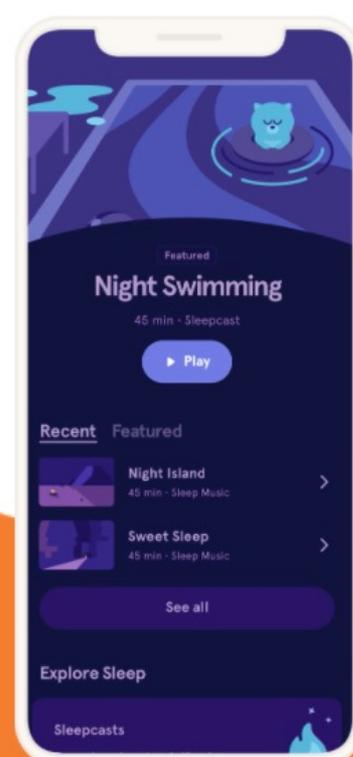
Productivity & Creativity  
Mindful tech  
Presentations

## Move exercise



At-home workouts  
Walks, jogs, & runs  
Rest-day exercises

## Sleepcast



Sleepcasts & Sleep music  
Wind downs  
SOS exercises

# Honoring Veterans Day



## Acknowledging Breast Cancer Awareness



## Spread around a little kindness



# Your 'me-time' holiday calendar



When we make time to look after ourselves, we are better able to show up for others.

The holidays can sometimes be a little overwhelming. To support you, we've created this 'me-time' calendar to help you prioritize your mental health. The more you schedule time to look after you — using exercises and resources in the app — the more you'll feel on top of things, no matter how busy the season gets!

Friday, December 1

Managing Holiday Anxiety  
Meditation



Tuesday, December 5

Decompressing After Work  
Meditation



Thursday, December 7

Redefining the Holidays  
Meditation



Tuesday, December 12

Breathing in Hope  
Meditation



Thursday, December 14

Loneliness at the Holidays  
Meditation



Monday, December 18

Holiday Perfectionism  
Meditation



Wednesday, December 20

Holiday Gratitude Practice  
Meditation



Tuesday, December 26

Breathwork for the Moment  
Meditation



Thursday, December 28

Naming Grief  
Meditation



Sunday, December 31

Goals and Dreams  
Meditation



🔗 View this calendar using your smartphone to access the in-app resources

Love your mind, today and every day.

Headspace offers guided meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Have a question? Email [help@headspace.com](mailto:help@headspace.com)





Tō Hauora  
Your Health

Mahia Atu  
Take Action

Kaituku Tautoko  
Support Providers

  
Get help now

  
Tools and resources



# Pūtahi Hauora Defence Health Hub

Find the latest information on health and wellbeing for  
NZDF, families & veterans.

Using this website →



## Search

Showing 1 - 10 of 22 results for "headspace"

Headspace



Search

[Headspace mobile app content introduction](#)

[Headspace - Mindfulness app](#)



# Getting Started & FAQ Guide

New Zealand Defence Force (NZDF) is giving all RF and Civilian personnel free access to the Headspace mindfulness app.

**Signing up is easy, just follow this simple 6 step guide.**

If you already have a personal Headspace account check out page 4 for more information.



# Is Mindfulness For Me?

## Myths & misunderstandings

### Summary:

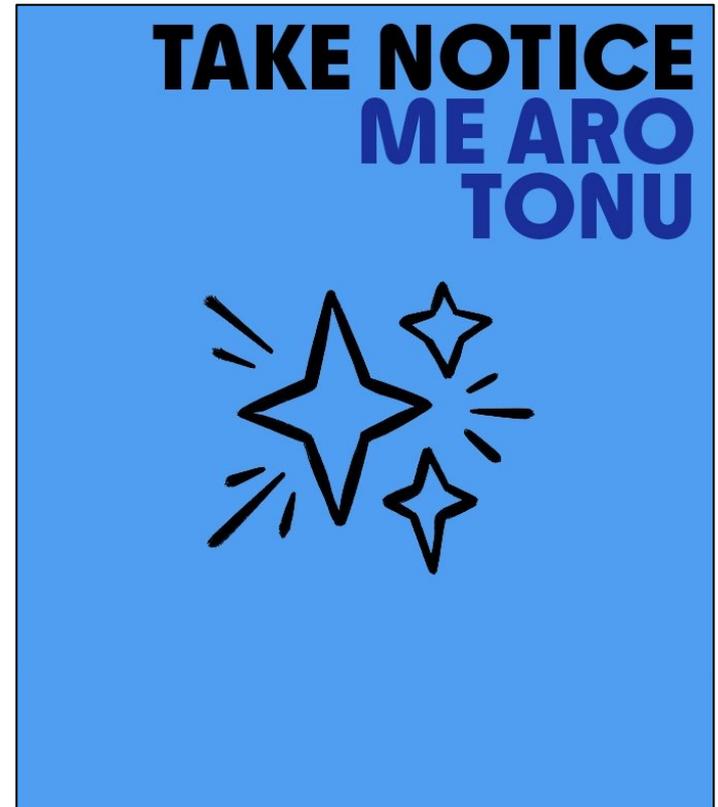
Mindfulness is training your ability to notice.

Find what works for you.

You can try Headspace for free.

Create a routine/ habit.

See if it works for you!



SQNLDR Carsten Grimm  
Psychologist  
Defence Health



**MHAW**  
Mental Health  
Awareness Week