Mindfulness and Recovery

Jessica Starr, LPC, SEP-IT, Wellness Now Group
“Getting your moment’s worth!”
Paying attention in a particular way:

On purpose

In the moment

Without judgment
Being vs. Doing
Gut feelings
Heart beat
Pulse
Tension
Gut feelings
Smell
Taste
Sights
Touch
Hearing
The Brain, Trauma, and Mindfulness

Prefrontal Cortex

Hippocampus

Amygdala
Mindfulness

Attention Regulation

Body Awareness

Emotion Regulation

Self-Regulation
Learning more

WEBSITES
www.mindful.org
www.experiencewellnessnow.org

AUTHORS/TEACHERS
Jon Kabat-Zinn
Daniel Siegel

APPS
Insight Timer
CALM
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor E. Frankl