



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous

MINDFULNESS

**Breelove Counselling in partnership with the Canadian Mental
Health Association of NB**



BREELOVE COUNSELLING
Breathe. Trust. Let Go

ABOUT BREELOVE COUNSELLING

- Established in 2012
- Trauma Informed Services
 - Servicing individuals aged 18 and older
 - Training for first responders and practitioners
- Focuses on supporting individual resilience and healing.
- Topics we service
 - General mental health
 - Art therapy
 - Adverse Childhood Experiences
 - Trauma
 - Nutritional Psychology
- Offer Practicum placement under the Community Counselling Program in partnership with Canadian Mental Health Association of NB (Moncton location)



TOPICS

1. Mind-Full vs. Mindfulness
2. When it's hard to be mindful
3. Think mindful
4. Mindful Experiences
5. Let's talk about feelings
6. Make the best of it
7. Putting it all together



"MIND-FULL"



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WHAT IS MINDFULNESS?

To deliberately pay attention to whatever you are doing, right now.



CHOOSING AND LEARNING
TO INFLUENCE OUR FOCUS
OF ATTENTION.



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WHEN IT'S HARD TO BE MINDFUL



ACCEPTANCE AND MINDFULNESS

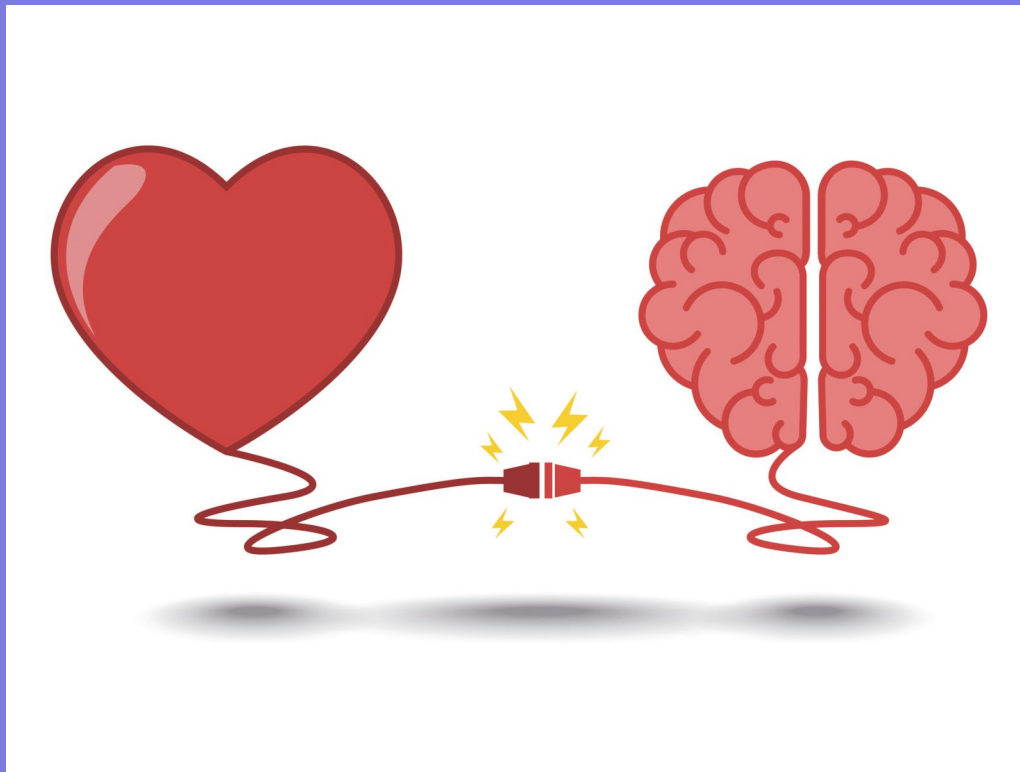


- **Be curious** about our thoughts, feelings and behaviours.
- **Let go** of our need for certainty.
- **Accept** that uncertainty is a part of life.



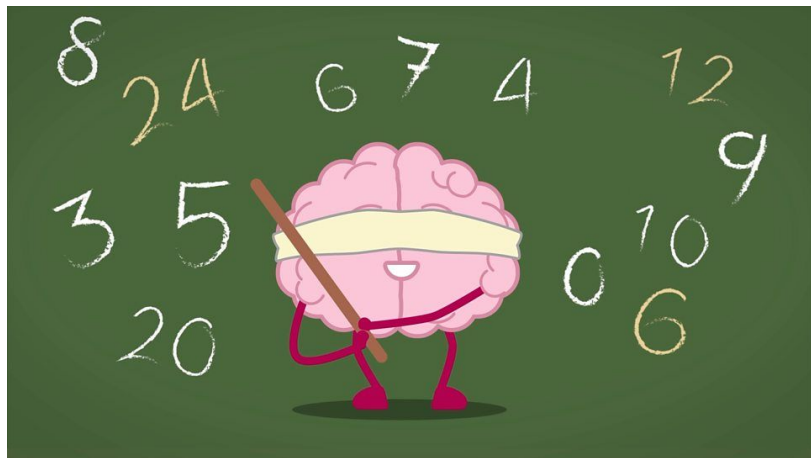
1. BE AWARE
2. DON'T REACT
3. LET GO
4. BE PRESENT-FOCUSED
5. DEAL WITH A WANDERING MIND





THINK MINDFUL

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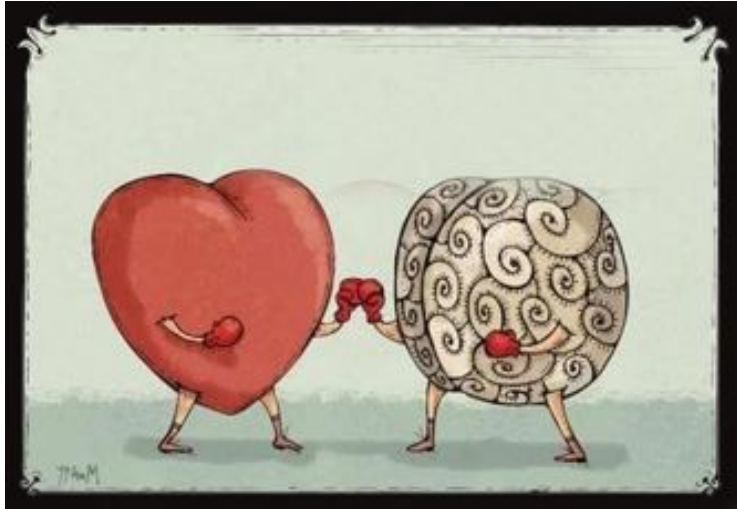


Negative bias of the brain

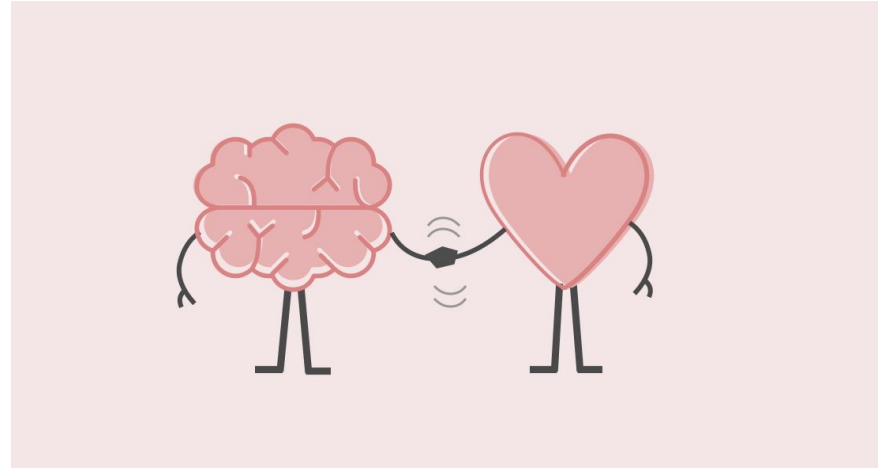


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REASONING WITH SELF



Logical vs. Emotional



Authentic self



Mindful Experiences



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FEELINGS



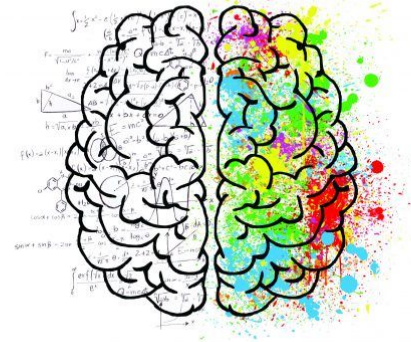
LET'S TALK ABOUT FEELINGS

- Labeling Feelings can help us be curious and open to **all** our feelings.
- **Naming the emotion** means we can figure out what to do about it.



LET'S GET TECHNICAL

emotionally



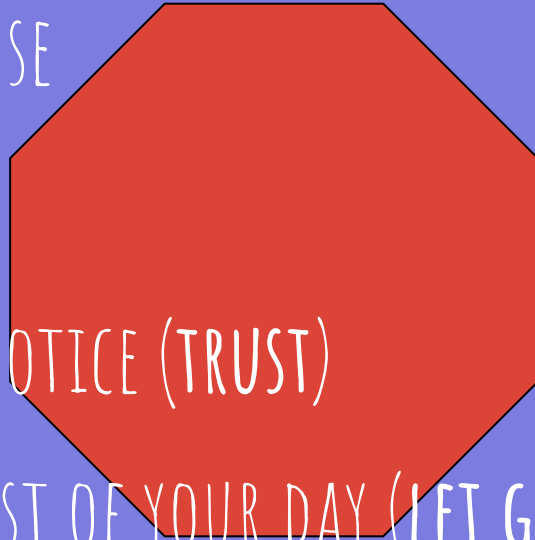
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S- STOP AND TAKE A PAUSE

T- TAKE A BREATH

O- OBSERVE WHAT YOU NOTICE (TRUST)

P- PROCEED WITH THE REST OF YOUR DAY (LET GO)



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MAKE THE BEST OF IT



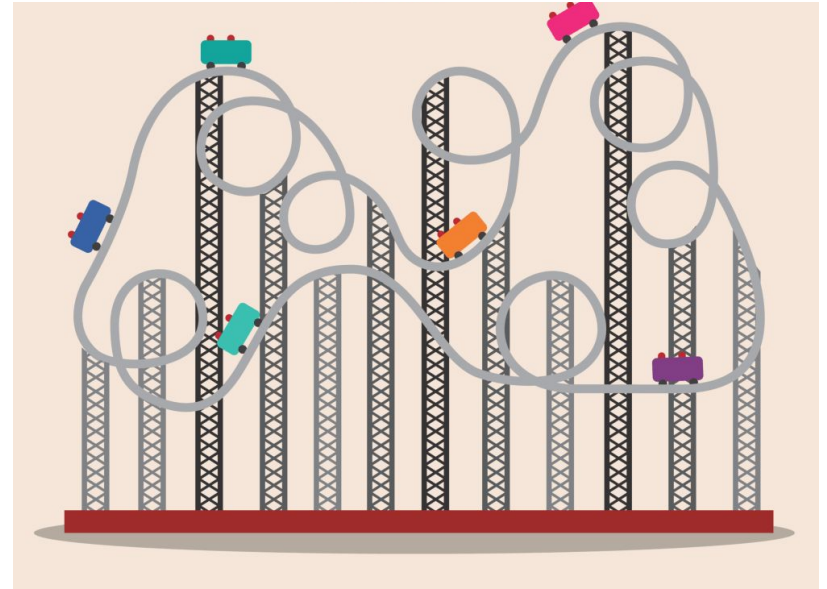
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THE UPS AND DOWNS

Developing new skills is **challenging**.

Even with practice, we may face challenges that will **throw us off balance!**

Remember. We are only human.
The ups and downs are part of **the journey!**



PUTTING IT ALL TOGETHER



BREATHE



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TRUST



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LET GO



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HAVE A MINDFUL DAY!

Visit us breelove.ca | Engage with
[@breelovecommunity](https://twitter.com/breelovecommunity) | Follow our partner [@cmhanb](https://twitter.com/cmhanb)

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