

# CARING FOR CAREGIVERS SERIES

## MINDFULNESS: NO TIME LIKE THE PRESENT

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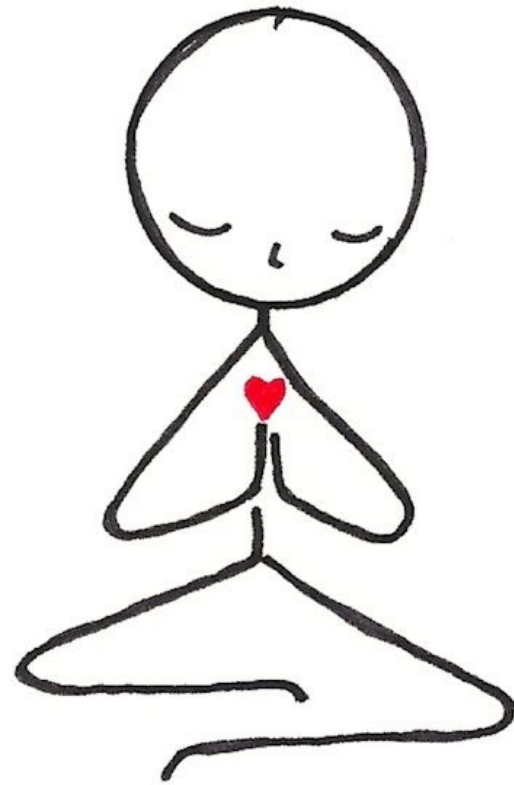
Kira Vimalakanthan, M.A.



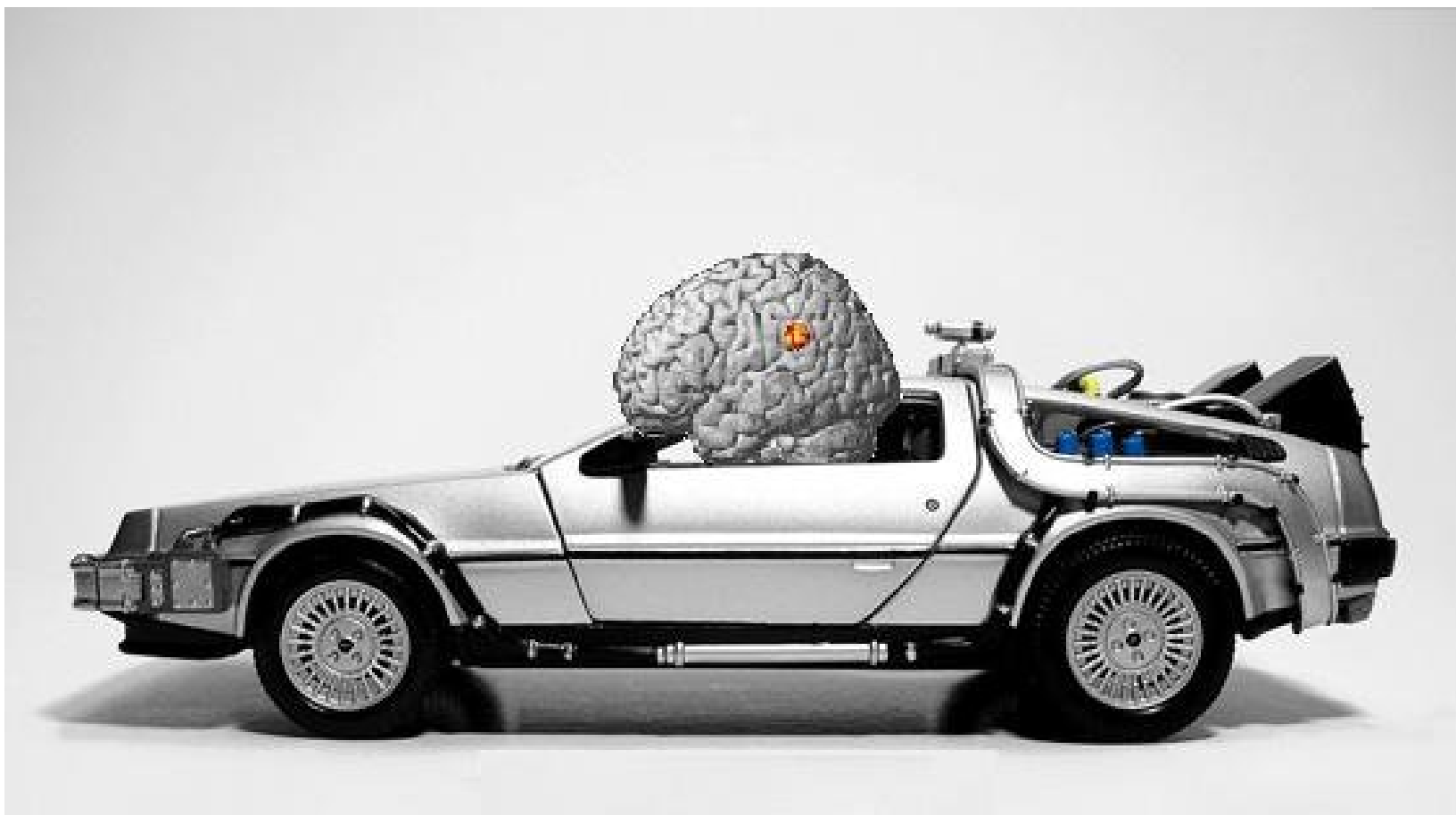
**Autism**ONTARIO



SAAAC  
AUTISM  
CENTRE



# The Time-Traveling Brain



# What is Mindfulness?

*“the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally”*

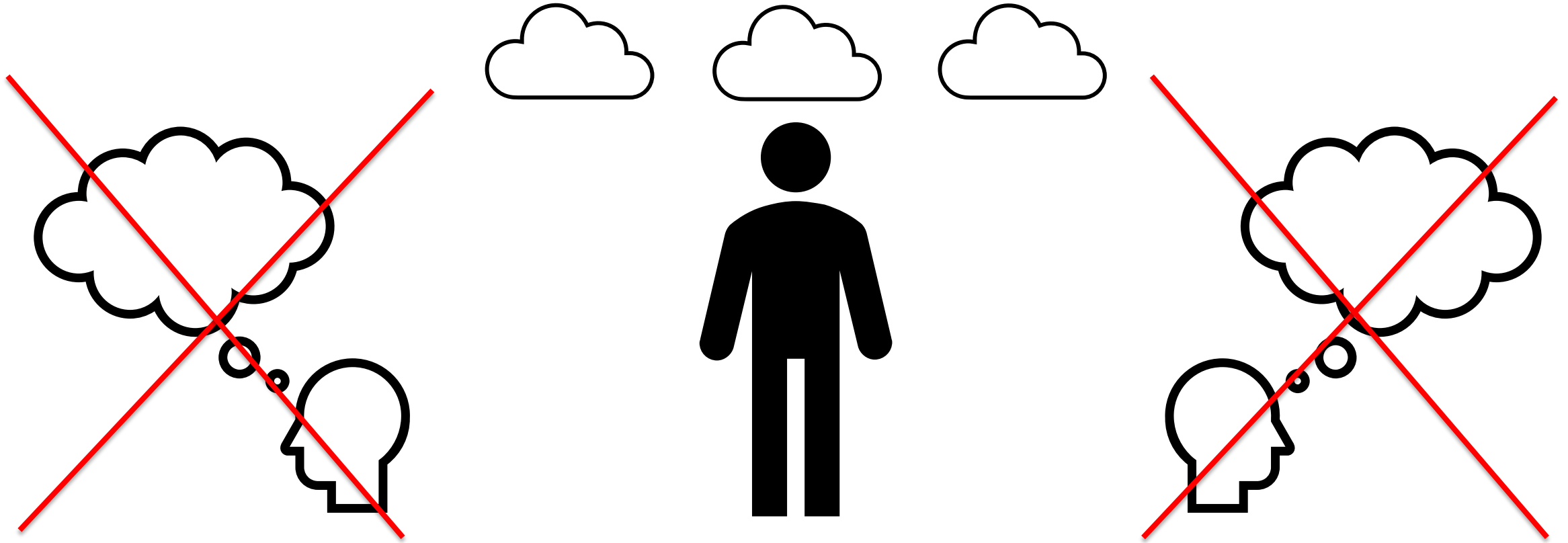
*-Jon Kabat-Zinn*

*“washing the dishes to wash the dishes”*

*-Thich Nhat Hanh*



# What is Mindfulness?



# What Does Mindfulness Look Like?



# The Essence of Mindfulness

- A gentle, non-judgmental approach
- The goal is not to avoid thoughts, but letting thoughts and feelings come and go
  - “I’m noticing...”
- Bringing it back to the body and the breath



# The Benefits of Mindfulness for Caregivers

- Mindfulness can help recharge your battery!
- Staying in the present helps manage negative emotions and build emotional resilience
- This leads to more effective caring





# Brief Body Scan



# CARES will teach you

- Various mindfulness techniques, activities and exercises
- And how to incorporate them into your daily routine

