



# Workbook, CPD & Reflection Log

## Episode 116: What I got so wrong about mindfulness and how it might transform your life.

*with Dr Steven Pratt*

Pressure rarely brings out the best in us, but we often live by a high stress routine of back to back tasks and immediate deadlines which causes us to react in a ways which we sometimes regret afterwards. In this episode, Dr Steven Pratt talks about mindfulness and how it can change the way we respond to burnout and stress. We discuss how people can find a resourceful state of mind and use this technique to reduce stress in their daily lives.

Steven also debunks the myths involving the practice and shares tips on how you just might find the inspiration to train your mind for focus and attention. If you're looking for a mindset shift to change your outlook for the better, then this episode is for you. You can't always control the situation — but you can control the way you respond to it.

### Podcast links

Get a copy of [Mindfulness: A Practical Guide to Finding Peace in a Frantic World, with CD \(Audio\)](#) by Mark Williams

Watch the Netflix series [Headspace: Guide to Meditation](#) by Andy Puddicombe.

Listen to the Mindfulness meditations by Mark Williams on their [website](#) and [Spotify](#). You can also check out his [Youtube](#) channel for meditation and music!

Episode 111: What To Do When You Start To See Red with [Graham Lee](#)

Check out our [Permission to Thrive CPD membership](#) for doctors!

Find out more about the [Shapes Toolkit Training](#) programme

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### Guest links

Connect with Steve: [Twitter](#)

### Quote to remember:

***“So yes, it [mindfulness] is not learning the skill of clearing your mind — it is choosing to focus your attention.”***

## What You Will Learn

The mind is a powerful organ; it can adapt to changes and will respond in the manner in which the individual has trained it to do. Many professionals admit that they live in a constant state of stress.

Each individual varies in how they respond to several life stressors. Pressure can either bring out the best or worst in you. Completing this short exercise will help you reassess your coping mechanisms. By bringing your strategies to the surface, you're one step closer to enforcing a mindful outlook.

Ultimately, this activity will help you recognise the role of attention in training the mind. As much as people go to the gym to build physical strength, it's equally important to exercise the mind. Through mindfulness, you may be able to make better decisions and reduce your stress and levels of burnout.



## Activity: Making the Mind More “Mindful”

**Q1. Can you recall a situation where you experienced high levels of burnout or stress? How did you deal with it?**

**Q2. How do you think pressure affects the way a person responds? In what ways do you think it’s advantageous and non-advantageous to an individual?**

**Q3. What would be different for you if you could cultivate a resourceful frame of mind?**

In the box provided, write down words or phrases that may help you attain a sense of mindfulness in challenging situations. How might these influence your thinking about the problem?



Try a mindfulness meditation – you could try the simple 3-minute breathing exercise at the end of the podcast. Reflect what happened by answering the questions below.

- a) What were your thoughts and ideas before doing the meditation?
- b) What changes have you observed while doing the activity? After doing the activity?
- c) How might this help you if you did it regularly?
- d) How aware were you to the bodily changes during meditation?
- e) Is there a best time of day for you to meditate? Briefly explain your answer.



During the podcast, Steven mentioned how mindfulness is like having a parachute when you jump out of a plane. How receptive are you to the idea of regularly training the mind to prepare for a challenging situation?

What is your key takeaway from this episode?

How do you think people, especially professionals working in healthcare could benefit from meditation?

### CPD time claimed:

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