

A Personal Journey to Mindfulness: Implications for Social Work Practice

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Abstract

The author of this narrative (literally) had to be hit over the head to come across mindfulness. It changed the way he interacts with the world and highlighted significant implications for how he teaches and practices social work. Although he had several misconceptions about meditation based on his experience in the 1970s, his search for a way to heal from a head injury and post concussion syndrome led him to try mindfulness practice. Mindfulness is about paying attention with a kind of penetrative awareness of what is happening in the moment. With mindfulness he healed, and noticed other unexpected changes. After his recovery, he began to explore how he might develop these practices in his work as a social worker and social work educator.

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By using techniques to practice mindfulness, especially at work, you can reduce stress, boost your immune system, and improve your productivity. So, in order to help you reach your full unicorn potential, here are 10 mindfulness techniques to practice at work! 1. Set an intention at the beginning of every day. In order to set yourself up to have a successful day, you should write down an intention to keep you focused. Your intention could be a work goal or something more personal, such as "I will look at every obstacle today as a positive learning experience." You can either write th Mindfulness — paying attention to the present moment in an accepting, nonjudgmental way — is a simple practice available to all. Research has shown it is also a reliable method for reducing stress, including at work. Put most simply, meditation is a way to train the mind. Most of the time, our minds are wandering — we're thinking about the future, dwelling on the past, worrying, fantasizing, fretting or daydreaming. Mindfulness Models Social workers can assist their clients by maintaining a mindful witnessing perspective. Such is the belief of Charles May, MSS, LSW, a therapist and a case manager in an adult partial hospital program at the Horsham Clinic in Ambler, PA, who was trained as a clinical social worker at Bryn Mawr Graduate School of Social Work and Social Research. Current social work practice includes the biopsychosocialspiritual assessment that evaluates the strengths and spiritual resources of clients. May's spiritual practice allows him to "work with the ideas that have personal impact," adding that "I meditate. I do martial arts, yoga—activities that integrate mind and body. When I'm on my game, I'm remembering to be mindful."