Mindfulness, Creativity, and Clutter

IOCDF Workshop
Saturday July 8th, 2017
9:45-11:15 AM

Andrea Millen, Psy.D., Sharon Belknap, B.F.A., & Carolyn Rodriguez, M.D., Ph.D.
Introductions

• Sharon Belknap
• Andrea Millen
• Carolyn Rodriguez
Workshop Journey…

• Meditation as a practice for mindful moments
  • Sharing 3 tools to support return to present moment
  • Storytelling

• Creativity & Clutter
  • Approaching clutter with tenderness
  • Experiential exercise
  • Dyads and group share

• Support in our Community
  • Resources
Meditation & Mindfulness

- Foundation for Mindfulness began for me with creating a Mediation practice
- Time set aside each day to be with breath, observe my mind, my body.
- Just as it is.
- To observe.
- Identify.
- Release.
- Watch it change be it the thought or physical sensation.
- Always changing.
- For me, there’s peace, hope and inspiration in that knowing.
Creativity & Clutter

• Relationships to objects: We are all connected

• Solutions and CBT interventions for too much stuff
  • Mindfulness as a first step

• Tender approach: Adding the element of kindness and compassion to emotions and thoughts

• What you practice becomes stronger!
  • Experiential knowing is key to practicing with heart and wisdom

• Inside look…creating empathy and compassion for those who experience clutter difficulties
  • Exercise involves mindfulness + intervention elements

Steketee & Frost, 2007; Tolin, Frost, & Steketee, 2014
Mindfulness, Creativity, & Clutter: Bringing it all together

- Keep 5 buttons, let go of the remaining buttons

- Create:
  - Notice your breath, your mind, your body as you choose and let go of buttons
  - Place buttons on the plate

- Choice:
  - Keep
  - Give Away
    1. Give to collective art creation, leave with presenters
    2. Give to collective art creation, take at the end of the conference

- Visit us at The Rodriguez Lab table!

- Collective art creation represents community and change

Even if we are on our own, we are never alone
Sharing your experience

• Partner A: Describe how the experience was for you (2 minutes)

• Partner B: Reflect partner A’s experience (2 minutes)

• Partner B: Describe how the experience was for you (2 minutes)

• Partner A: Reflect partner B’s experience (2 minutes)

• Share with group
Support in the community

• Debrief the exercise

• Typical emotions include: sadness, shame, embarrassment, curiosity, happiness

• Stanford research in the community

• Our goals and hopes for this workshop
  
  • Increase insight, sensitivity, and **empathy**
  
  • Share skills and **tools** to apply to any moment. Using mindfulness and objectivity to shift you into a new, more compassionate way towards yourself and others.
  
  • Creating **community**
Thank you!
References
