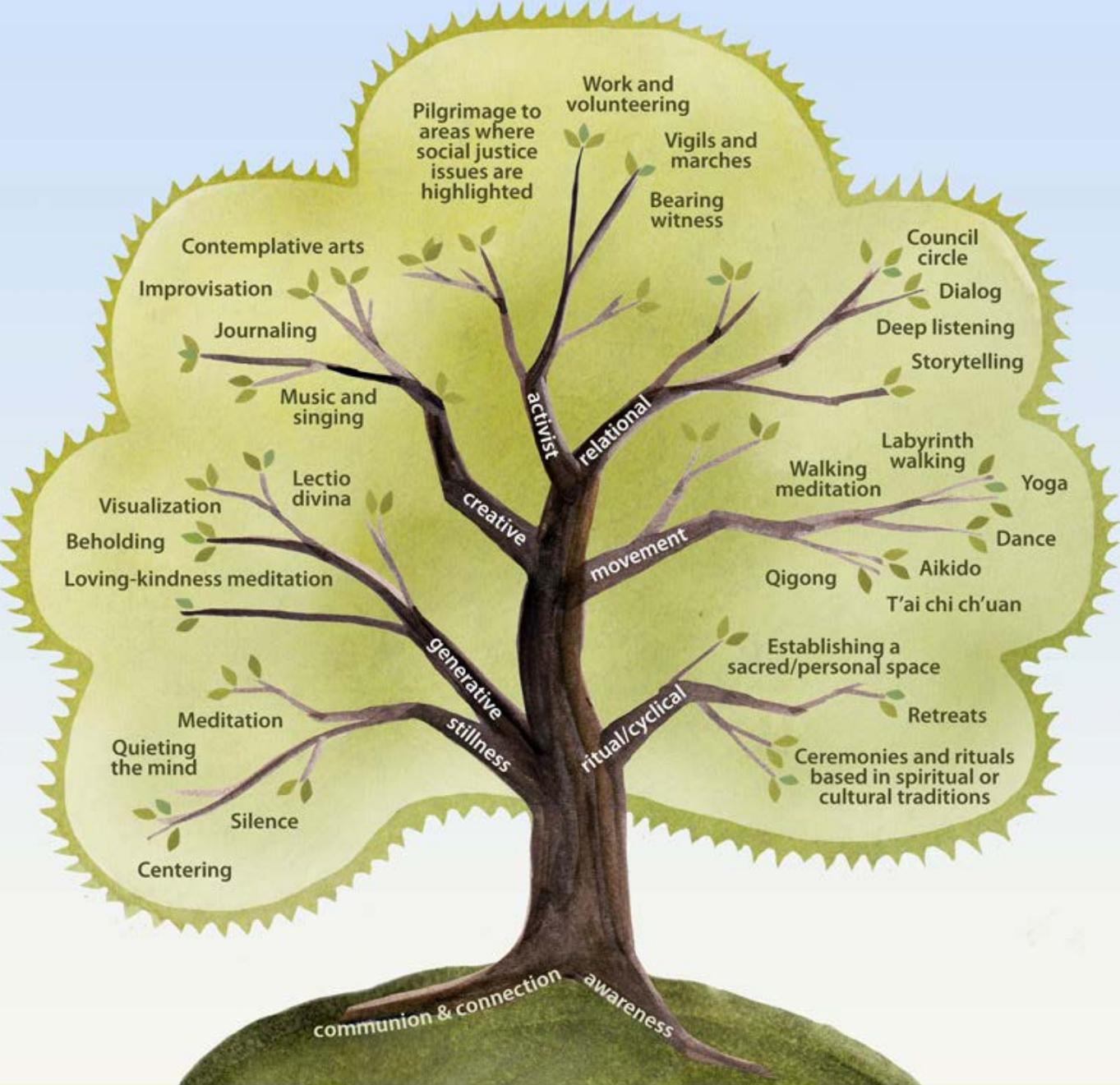


Sharing & Promoting a Diversity of Practices



The Tree of Contemplative Practices
www.contemplativemind.org





Physical

Decreased secondary trauma, stress (lowers cortisol)

Lowers blood pressure

Improves sleep

Psychological

Reduces depression and anxiety

Improves focus, learning and memory

Strengthens emotion regulation and boosts positive emotions

Relational

Reduces stereotyping and implicit bias

Increases relationship satisfaction

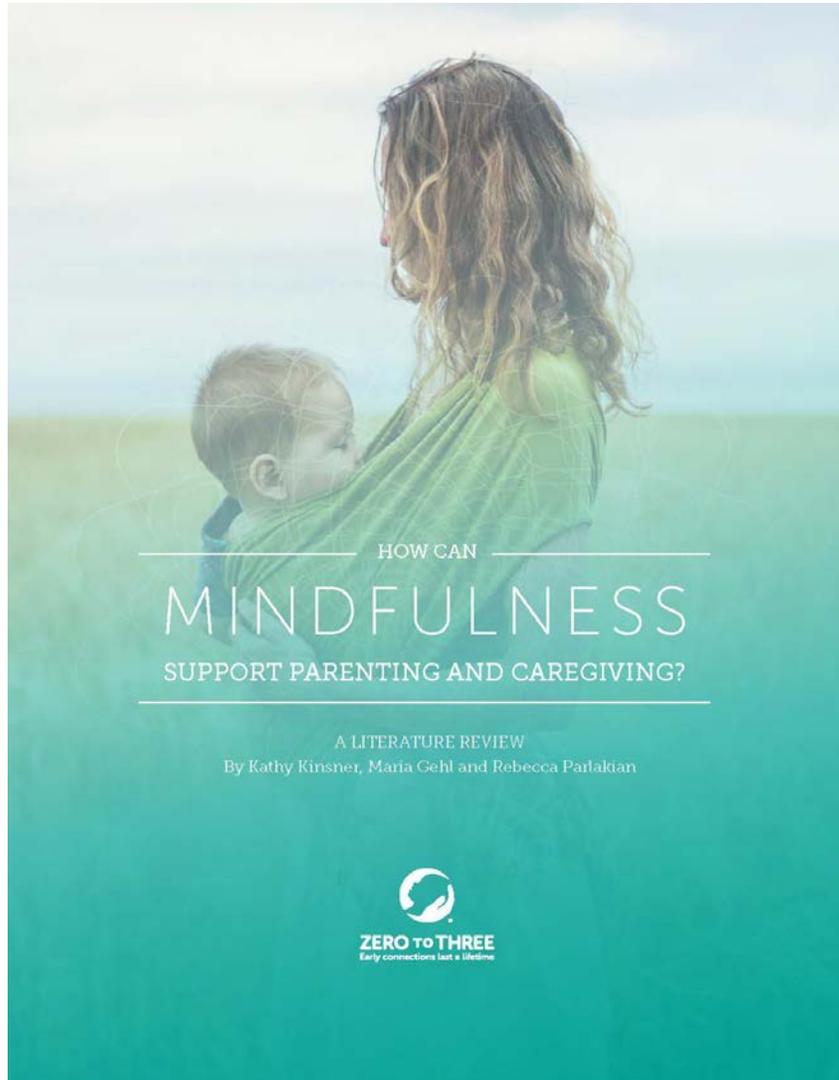
Increases compassionate action



“Mindfulness practices help social workers maintain their well-being and are essential for modeling and ensuring successful client service delivery.”

Griffiths et al. ([2019](#))





- Mindfulness and self-compassion practices support parent well-being and mental health
- Mindfulness and self-compassion support effective and positive parenting behaviors with young children



Mindfulness instead
of over-identification

Self-kindness instead
of self judgment

Common humanity
instead of isolation