Jud Brewer Mindfulness Course Highlights

Habit Forming/Loops

- Trigger > Behaviour > Reward
- Recognize habit loops through meditation
- Not about changing thoughts or emotions but **relationship** to them. Decouple urge and action.
- Reward based learning based on rewards NOT the behaviour itself.
- Replace craving with curiosity
- Study: 10-15 times of paying attention to reward value of eating for it to go below 0.
- Mindfulness = non-judgemental/curious awareness

3 Steps of Awareness-Based Habit Change

1. Awareness of the habit loop
2. Exploring rewards of behaviour "What do I get from this?"
3. Stepping out of the habit loop; curiosity, breathing into anxiety, loving kindness etc.
- Curiosity: helps us be with situations
- Kindness: helps us be with ourselves

Rewards

- Ideal rewards are intrinsic and don't habituate
- Extrinsic rewards drive habit loops e.g. sweets, puppies
- Intrinsic rewards break habit loops e.g. curiosity
- Awareness naturally moves us toward intrinsic rewards

Anxiety/Stress

- Anxiety + burnout = correlated. Mindfulness reduces both. App based learning shown to be effective (Unwinding Anxiety app).
- Stress and anxiety = different.
- STOP – Reviewing and regretting
- START – Looking and learning
- Stress is inevitable. Use energy to learn and deal/react to it, rather than avoid it.

Other

- Move from empathy to compassion with clients to avoid personal burnout.
- Suffering = pain + resistance. (Resist less, learn to manage)
- For checking social media; use the same habit loop process as with food, drink etc.