**Boredom and Addictive Behaviors: Happiness is Not All It’s Cracked Up To**

**Mindfulness meditation** is paying attention to the present moment, noticing what’s happening around you and in you, including thoughts and feelings, without judging them. Accepting things the way they are, including ourselves.

**How mindfulness helps** when working with our unhelpful behavioral patterns: Gives us the opportunity to gain clarity about our habits, recognize the effects of our choices and take the opportunity to intentionally change our behavior by making a different choice.

**Addictive Behaviors –** As defined in the book *The Craving Mind* by Harvard psychiatrist Judson Brewer: “continued use, despite adverse consequences” offood, alcohol, information, things/shopping, emotion/excitement, accomplishments/productivity, love

**Natural Quality of the Mind**Craving/Wanting/Desire– We can change the way we relate to this quality by becoming more aware of it, especially when bored, stressed or caught up in a feeling of inadequacy. The kind of situations in which we reach for more habitually.

**Science**

The process of reward-based learning supports automatic behavioral loops that involve triggers, behaviors and rewards. These rewards, while harmful in the long run, often make us feel better momentarily because the brain releases dopamine in a neural process that reinforces the pattern, making it more likely that you will do it again.

Willpower involves three aspects: I will, I won’t and I want. The I want aspect is the most effective in changing habits and making choices. It connects us to our larger intentions

**Practices**

**Stress: Self-Compassion and Taking Refuge**

* When not stressed, make a list of refuges: what is nourishing?
* Self-compassion: bring to mind the stressful situation – acknowledge the difficulty, acknowledge that this is a human feeling, ask yourself - what would help?

**Boredom: Contentment**

* Remember - Satisfaction comes from appreciation.
* Practice appreciation/contentment – bring to mind something or someone you appreciate in your life, notice the feeling of contentment, rest in the feeling

**Not Enough/Inadequacy: Check Perspective**

* Ask yourself: what would be enough? Or, would you expect this from someone else?
* Benefactor practice - Bring to mind caring moment (a moment in which you felt seen/heard/cared for unconditionally) or a person who gets you/sees you, notice the feeling of being enough in this moment or with this person, rest in the feeling.

**General practice**: **Generosity**

* Reach out to help or care for someone else, unconditionally without expectation of recognition

**RESOURCES**

Books and articles

*The Craving Mind: From Cigarettes to Smart-Phone to Love – Why We Get Hooked & How We Break Bad Habits.* Judson Brewer

[*How to Tackle Your Cravings with Mindfulness*](https://greatergood.berkeley.edu/article/item/how_to_tackle_your_cravings_with_mindfulness#:~:text=In%20his%20new%20book%2C%20The%20Craving%20Mind%2C%20psychiatrist,lead%20to%20recalcitrant%20bad%20habits%2C%20and%20even%20addictions.) Deborah Yip – article about Judson’s book.

*The Willpower Instinct* Kelly McGonigal

[*The Science of Willpower: An Interview Kelly McGonical*](https://www.takingcharge.csh.umn.edu/science-willpower-interview-kelly-mcgonigal)

*Just One Thing: Developing a Buddha Brain One Simple Practice at a Time* Rick Hanson, Ph.D

Local groups (now available virtually)

Portsmouth Library: <https://www.cityofportsmouth.com/library/weekly-meditation>
 Wed 12:15 – 1:00 pm Online with Zoom

Gateway Taiji Studio: <https://www.gatewaytaiji.com/> Tues and Fri 7:30 – 8:15 am
 Online with Zoom

Websites with Guided Meditations

Mindful.org: <https://www.mindful.org/> – has great short articles about all aspects of mindfulness

Insight Timer: <https://insighttimer.com/> – available as an app for your phone, has a timer that you can set for silent practice

Korabek Training: <https://www.korabektraining.com/resources/> - short guided meditations including a **10 minute one for daily practice.** Click on Resources under Why Mindfulness?
 Feel free to contact me if you have any questions about mindfulness meditation.
 Liz Korabek-Emerson liz@korabektraining.com