

MINDFULNESS

THE WELL-BEING OF HEALTH AND HAPPINESS

WHAT IS MINDFULNESS?

- It's about setting aside the extra hats we wear on a daily basis
- It's about "paying attention in a particular way: on purpose, in the present moment and non-judgmentally" *
- Its about TOTAL WELL-BEING

* Jon Kabat-Zinn, founder of MBSR (mindfulness-based stress reduction)

HEALTH ISSUES

Brain: short term memory/reduced gray matter

Nose: seasonal allergy flare-ups/negative immune response

Mouth: grinding teeth, headaches and jaw pain

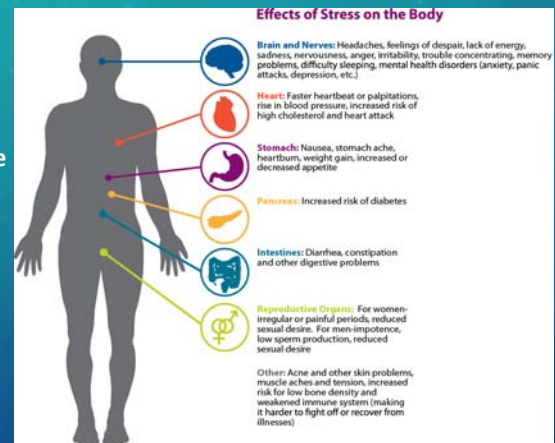
Heart: narrow arteries and increased heart rate

Back: muscle tension, and spasms in back and neck

Stomach: slows GI tract, leads to pain, gas, or diarrhea

Fertility: alters signals to brain that regulates hormones

Waistline: changes metabolism, increases cravings for high fat and sugar



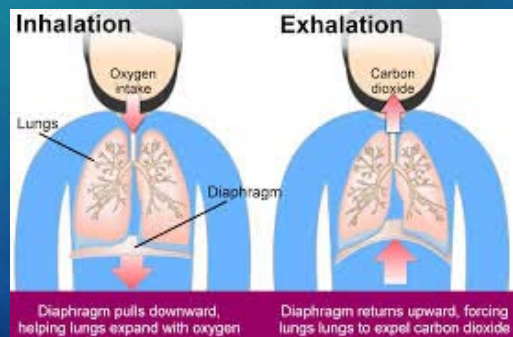
DEEP BREATHING

Take a deep breath through the nose from the diaphragm

Hold for 10 seconds

Exhale through the nose very slowly

Repeat



ALTERNATIVE - NOSTRIL DEEP BREATHING

Make a “Hang 10” with your right hand

Hold your right thumb over right nostril to close it

Inhale slowly through your left nostril until your lungs are full

Hold 4 seconds, do not exhale

Release the right nostril and close the left nostril with your right pinkie

Slowly exhale out of your right nostril

Repeat doing left nostril

Do about four rounds on each side



SLEEP ZONE

- **50 - 70 million adults in the U.S. have a “sleep or wakefulness disorder”* linked to chronic disease, as well as depression and accidents**

- Create a daily routine that is going to be more conducive to sleep
- Stay in tune with your body signals, such as a feeling of heaviness or sluggishness
- Eat a lighter meal, avoiding sugar and fats
- Shutting off technology one hour before bedtime
- Warm bath
- Herbal tea
- Have more fun during the day
- Move more
- More natural light
- Practice meditation

*Centers for Disease Control and Prevention



USE YOUR MIND TO IMPROVE YOUR HEALTH

Beyond healthy eating, sleep and exercise

Your life style choices can optimize your body's relaxation response, counteract the stress response, and can lead to physiological changes leading to better health.

- Healthy relationships, strong network of family, friends, loved ones and colleagues
- A healthy, meaningful way to spend your days
- A healthy creative life, spiritual life, sexual life, as well as healthy financial life that allows you to meet all your essential needs
- A healthy emotional and mental life, characterized by optimism and happiness, and free of fear, anxiety, depression and other mental health issues

ARE YOUR SMART DEVICES MESSING WITH YOUR BRAIN?

Many advantages associated with the latest and greatest technologies.

Orianna Fielding, author of "*Unplugged: How to Live Mindfully in a Digital World*," states "At the end of the day, it's a five inch piece of hardware, with no pulse, and we give it more attention than people we know."

Polls point to a picture of one-dependency: Americans spend 1.7 hours a day social networking and check phone some 46 times a day.

Health costs (eyes, neck, headaches, sleep issues, accidents)

Ironically, a new generation of apps to help us resist the call of technology



GIVE YOURSELF AN I - BREAK

A non-extreme guide to powering down more and being present

HOW TO POWER DOWN

- Know how much time you actually spend
- Am I truly enjoying my online activity
- Put yourself in airplane mode
- Do a digital Sabbath
- Manage your email...don't let it manage you
- Swap in something fun
- Get a digital babysitter
- Try phone stacking
- Don't carry it everywhere
- Download permission to unplug




GRATITUDE

Giving thanks is more than just a polite move: it transforms your mood, outlook and health

- People who regularly practice gratitude, notice and reflect upon things that they are thankful for: Experience more positive emotion, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems
- Grateful people: Feel a sense of abundance in their lives, appreciate the contribution of others, recognize and enjoy life's small pleasures, and acknowledge the importance of experiencing and expressing gratitude.

TRAIN YOUR BRAIN FOR GRATITUDE

- Look at life's more simple things: be grateful for a sunny day, that your kids offered to do the dishes, that you got to work on time
- Acknowledge these things with words, on paper, or even in your thoughts
- Helps you cultivate an attitude of gratitude

grat·i·tude: 
the quality of being thankful;
readiness to show appreciation
for and to return kindness.

OPTIMISM

Improves Your Life and Your Health



- Optimist's brains tend to filter out negative news, which helps retain a positive attitude
- Positive attitude protects against health issues, decreases depression
- Optimist's have an overall better quality of life
- Optimist's are better at making social connections, which gives meaning to our lives
- People who have positive emotion tend to be more resilient when faced with challenges

FINDING PURPOSE/LIVING WITH INTENT

“Our **intention**
creates
our **reality.**”
Wayne Dyer

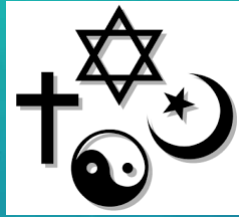
Intents aren't merely goals, they come from the soul, from somewhere deep inside us where we get clarity for our heartfelt desires for happiness, acceptance, health and love.

By thinking about our intents, cultivating and expressing them, we create the climate in which they are more likely to happen.

EVERYDAY WAYS TO BE MORE PRESENT

- Incubate: Quiet your mind to tap into your deepest intentions
- Notice: Become mindful of your thoughts and actions, and pay attention to what they tell you about meaning and purpose
- Trust: Have confidence in your inner knowing
- Express: Write down your intentions, say them out loud or share them
- Nurture: Be gentle with yourself, as you try to find your way. Intention isn't always a straight path, just as life isn't
- Take Action: Once you have identified an intent, don't sit and wait, take the steps to make it a reality

FAITH FACTOR



There is nothing necessarily religious about mindfulness. You don't have to follow religion to focus on mind and body. But being in focus does play a role in most of the leading religions.

Mindfulness has its early roots in Buddhism, but with its resurgence, people of all faiths have "reexamined" their own traditions looking for parallel types of practices.

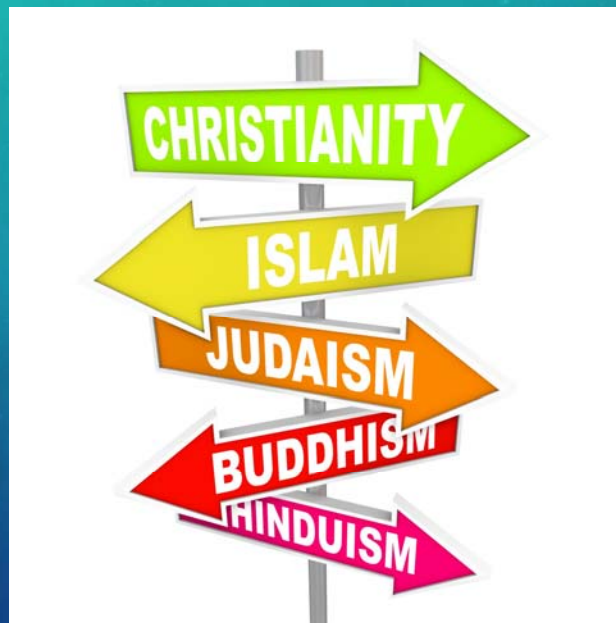
BUDDHISM

HINDUISM

JUDAISM

CHRISTIANITY

ISLAM



MINDFULNESS DIET

Most of us have that one food we automatically crave when stressed.

Mindful eating requires a change in the way you think about food. You learn to pay attention to what your body needs, and what it doesn't.

“MINDFUL EATING INVOLVES EATING WITH INTENTION AND ATTENTION, SO THAT WE EAT ONLY WHEN WE ARE HUNGRY, STOP WHEN WE ARE SATISFIED, AND TRULY ENJOY FOOD.”*



*Michelle May, [Eat What You Like and Like What You Eat](#)

14 WAYS TO EAT IN THE MOMENT...AND LOVE IT!!!!

- Do I really want this?
- Sit down
- Act like a baby
- Eat lunch anywhere, but your desk
- Create a food speed bump
- Go wild with ethnic cuisine
- Don't swear off comfort food
- Have the candy...just don't keep it handy
- Chew like a cow
- Beat buffet syndrome
- Play with texture
- Follow the rule of two
- Clean that cluttered kitchen
- End the meal on a favorite

THE ART OF MEDIATION



YOGA



Ancient practice that has powerful health and mood benefits

- Mind-Body Combo.....HATHA Great for beginners (breathing, relaxation, meditation)
 - Trim down.....ASHTANGA Killer cardio sessions (chanting and poses)
 - Chill Out.....YIN YOGA Move slowly into poses and stretches
 - Prone to Aches.....IYENGAR Poses, but teachers are trained in biomechanics
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- Important to find what works for you and that the instructor is 200-hour certified from Yoga Alliance

MOBILE APPS

Headspace: 10 day free introductory

Calm: some free, some for a fee

Whil: free

Buddhify: monthly fee

Insight Timer: free

Breathe: offers in app purchases



HOW MINDFULNESS EMPOWERS US



FINDING YOUR FLOW

*Flow is a state of being totally and blissfully immersed in a task, to the exclusion of just about everything else, including one's self.**

Losing yourself in something is a decades-old secret to happiness!
Only catch is...we have to be patient!!

People are happiest when engaged in activities that challenge them.

*Mihaly Csikszentmihalyi, Psychologist

EAP SUPPORT AND SERVICES

Total Well-Being Programs

- Short-Term Counseling for employees and family members
- Financial Counseling
- Trainings
- Critical Incident Response
- Mediation and Conflict Resolution Services
- “Live Well” Initiatives
- Work-Life Balance programs
- Management Referral