

Reducing Stress & Building Resiliency
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WHY PRACTICE MINDFULNESS?

3 Questions #1) Does the pace of your life often feel like it is moving very quickly? #2) Do you often feel exhausted? #3) Do you ever feel frustrated with others? **CONGRATULATIONS** You're HUMAN!

Stress in the Workplace: A *perceived* imbalance between the demands made and the resources available to meet those demands.

+Number one wellness concern that has numerous negative effects on the body and mind resulting in reduced satisfaction, increased errors and increased risk in the workplace.

Benefits of Mindfulness: Heightens attention, adds emotional regulation, calming, increases adaptability, raises compassion for others and strengthens resilience.

What is Mindfulness: The awareness that rises when we pay attention, on purpose, in the present moment.

Mindfulness = Awareness

NEUROSCIENCE OF STRESS & MINDFULNESS

Fight or Flight Response to Stress: Mindfulness creates space allowing your mind to replace impulsive reactions with thoughtful responses.

+With mindfulness, you strengthen your mind to be more resilient to stress

4 Formal Mindfulness Practices: Sitting meditation, mindful movement/yoga, body scan meditation and walking meditation

Informal Practice: Remember to S.T.O.P.

S: STOP

T: Take a breath

O: Observe Sensations, Emotions, Thoughts

P: Proceed in a more modulated, less reactive, more responsive way

BARRIERS TO MINDFULNESS

Extreme Multitasking: There are many barriers to mindfulness but the biggest is that most of us are carrying the workload of two while also balancing a home and personal life.

+Do you want to be mind full, or mindful?

MINDFULNESS RESOURCES

Books: "Full Catastrophe Living" – Jon Kabat-Zinn, "Heal Thyself" – Saki Santorelli, "10% Happier" -Dan Harris, "Finding the Space to Lead"-Janice Marturano

Apps: Insight Timer – Stop, Breathe & Think – Headspace

Websites: Center for Mindfulness – American Mindfulness – Research Association – UCLA Mindfulness – Awareness Research Center