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Mindset Matters

MANAGE YOUR MIND - COACHING WORKSHOPS



Think Well. Do well. Be well.

Cultivate a Healthy Environment to Nurture the Whole Self



Manage the Mind

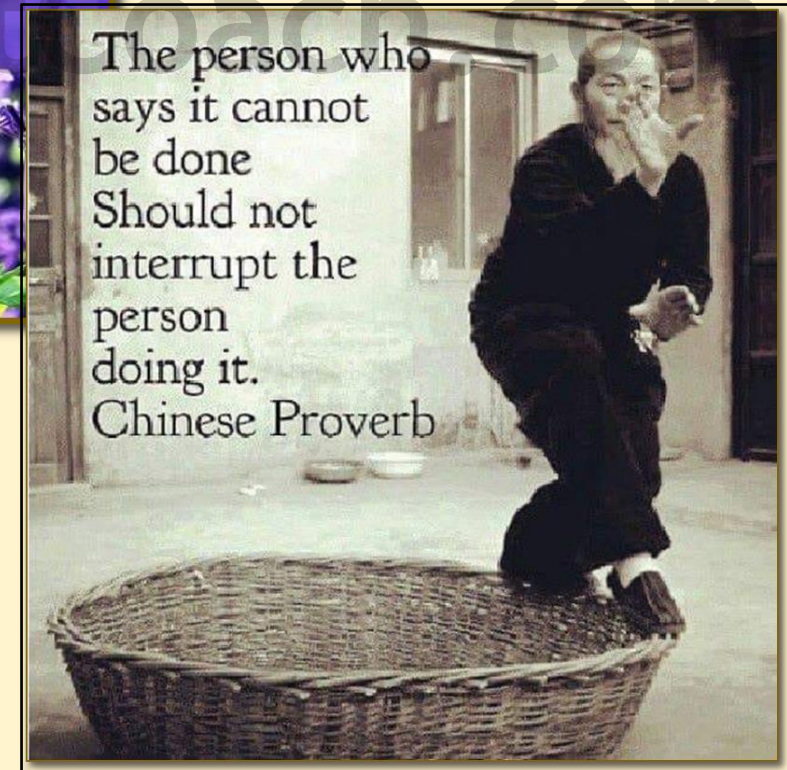
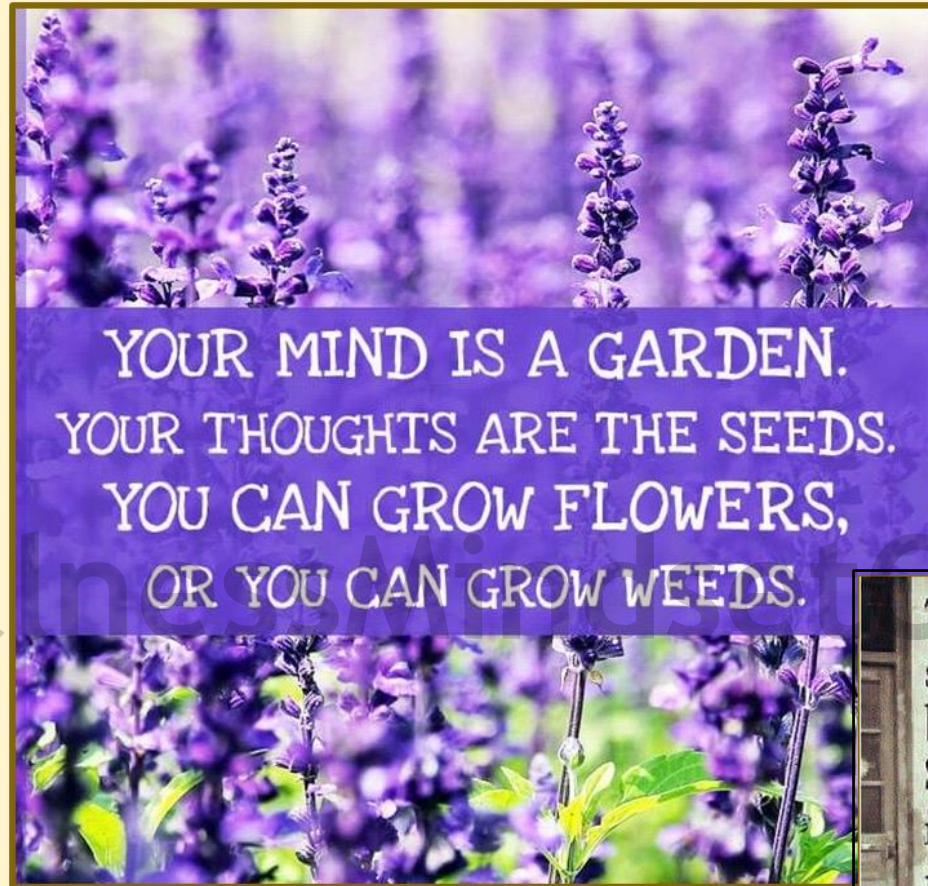


Honor the Body



Nourish the Spirit

Manage the Mind



Mindfulness

Creating a Peaceful Mind



If you want a more peaceful mind, you must create it.

Key Concepts:

- Embracing the Present
- Benefits of Mindfulness
- Attitudes of Mindfulness
- Start the Day with Mindfulness
- Daily Mindfulness Practice
- Thought Awareness Meditation

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Embracing the Present



In its simplest form,
mindfulness
just means keeping
your attention in the
present rather than
the past or the future

Doing vs. Being

Practicing mindfulness helps us to come out of future and past thinking and to simply be in the present

The PAST is no longer here

The FUTURE has not yet happened

The PRESENT is the only thing that is true in this moment

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THE MIND HAS 2 MODES: DOING AND BEING

1 - DOING MODE

The mind is focused outwards on achievement and problem-solving

- Seeks to judge, categorize, create, and compare
- Essential in everyday life when we need to progress our work, meet deadlines

2 - BEING MODE

A conscious direction of attention to the inner world - to our breathing and our body sensations - and also to the outer world as we experience it through touch, sight, smell, taste, and hearing

- Deeply soothing as we experience the richness of the world around us
- We are able to perceive the reality of what is rather than the illusion of what we would like

Benefits of Mindfulness



There is no quick fix,
only practice to
become more adept

Benefits Emerge Over Time

INCREASED SELF-AWARENESS

Mindfulness encourages use to look inward and pay attention to the experience of the body and mind, just as it is in the present moment

BETTER CHOICES

When you are more aware and less reactive, you realize that you have a choice about the way you respond at any given moment; our emotions and random thoughts no longer drive our actions and we are more able to assess the situation and make wiser decisions

REDUCED ANXIETY AND DEPRESSION

People are less likely to suffer from anxiety and depression when they are able to stay in the moment and not ruminate and/or worry

IMPROVED ATTENTION SPAN AND MEMORY

Because you are noticing the present and improving the discipline and ability to focus, recall and memory improve and paying attention becomes easier

BETTER HEALTH

Makes us more aware of what is happening in the body so we notice stress and tension, and can take steps to relieve it before it becomes chronic

GREATER COMPASSION

Not only are you creating a better atmosphere for yourself, but also for others; compassion begins without and goes without

MORE HAPPINESS

There is peacefulness and contentment when you can appreciate where you are in the span of time and what is happening in the moment

Attitudes Transform Our Approach to Life

Attitudes of Mindfulness



Mindfulness reminds us to be open to not knowing and to be comfortable with uncertainty

BEGINNER'S MIND

The ability to look afresh at your experience

CURIOSITY

Approaching an experience with interest and investigation

NON-JUDGEMENT

Sensing an experience without clouding it by labels of good or bad

ACCEPTANCE

Allowing your experience to be as it is, without trying to change it

PATIENCE

Letting an experience unfold without trying to hasten it or delay it

TRUST

Belief that you are the best person to observe yourself

LETTING GO

We allow thoughts, emotions and opinions to arise, be present and then pass

NON-STRIVING

Rather than rushing towards a goal, let things be as they are

COMPASSION

Being kind to others, but also to yourself

Start the Day with Mindfulness



Mindfulness
can be applied to the
simplest aspects
of our daily routines

Wake up with Calm and Awareness

The first few moments after waking can be precious and provide us with a short period of awareness and calm before the start of the busy day

GET ORGANIZED

Prepare your clothes, lunch, bags for the next day, the night before

GET A PROPER ALARM CLOCK

Reduces the temptation to use a cell phone

NOTICE YOUR STRESSORS

Think about what causes you stress in the mornings and eliminate it

GIVE YOURSELF TIME

Get up 15 minutes earlier to meditate or something else that gives you joy

GREET THE WORLD

Open your curtain or blinds and take a moment to notice the sky and earth

PRIORITIZE

Write out the top 3 things you need to do today...the night before

GET ENOUGH SLEEP

Reevaluate your evening routine if you are tired in the mornings

Daily Mindfulness Practice



Take the time
simply to be -
to be able to observe
thoughts, feelings and
sensations of the body
without distraction

Build a Mindful Meditation Practice

MINDFUL MEDITATION

Notice what is happening right now with an attitude of gentle curiosity kindness

- Use breath as a way of anchoring to each moment as it unfolds
- Pay attention to aspects of the experience as we receive them through our senses

TIPS TO HELP YOUR PRACTICE GROW

START SMALL

State with an achievable daily goal for an amount of time and increase gradually

DO IT EARLY

It is more likely to get done and starts the day off with a mindful mood

COMMIT TO IT

Stick to it and do whatever you can to make sure you do it

BE CONSISTENT

Remember that a continual action will become a habit

HAVE COMPASSION

Be kind to yourself if you can't do it perfectly right away

JOURNAL

Writing your experiences down is a good way to reflect on progress

Mindfulness is not Meditation

- **MINDFULNESS** is paying attention to what we are DOING
- **MEDITATION** is paying attention to the experience of NON-DOING

Mindful Meditation

Thought Awareness

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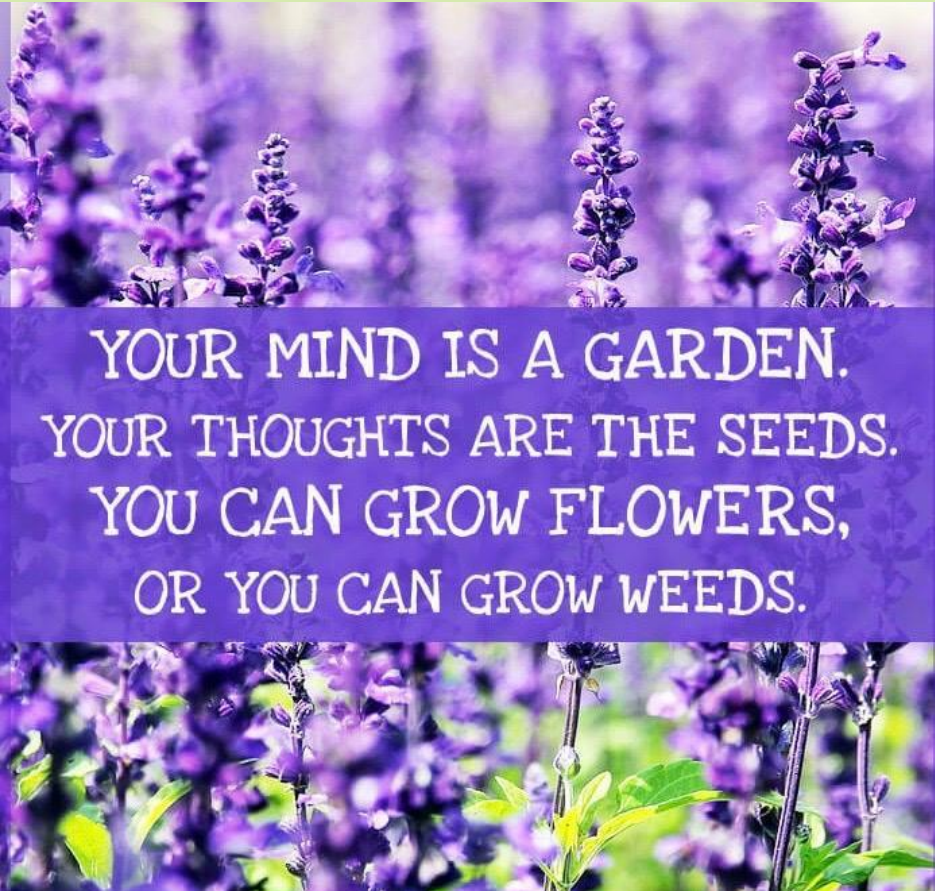


ALWAYS REMEMBER...
BREATH

THANK YOU FOR COMING

JOIN US NEXT TIME

Mindset Matters: Manage Your Mind



YOUR MIND IS A GARDEN.
YOUR THOUGHTS ARE THE SEEDS.
YOU CAN GROW FLOWERS,
OR YOU CAN GROW WEEDS.

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