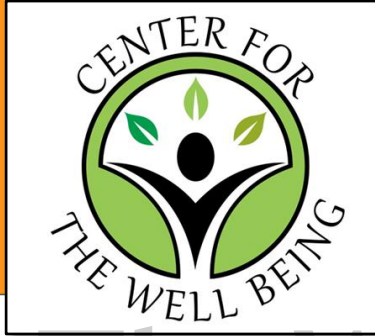




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Mindset Matters

MANAGE YOUR MIND - COACHING WORKSHOPS



Think Well. Do well. Be well.

Cultivate a Healthy Environment to Nurture the Whole Self



Manage the Mind

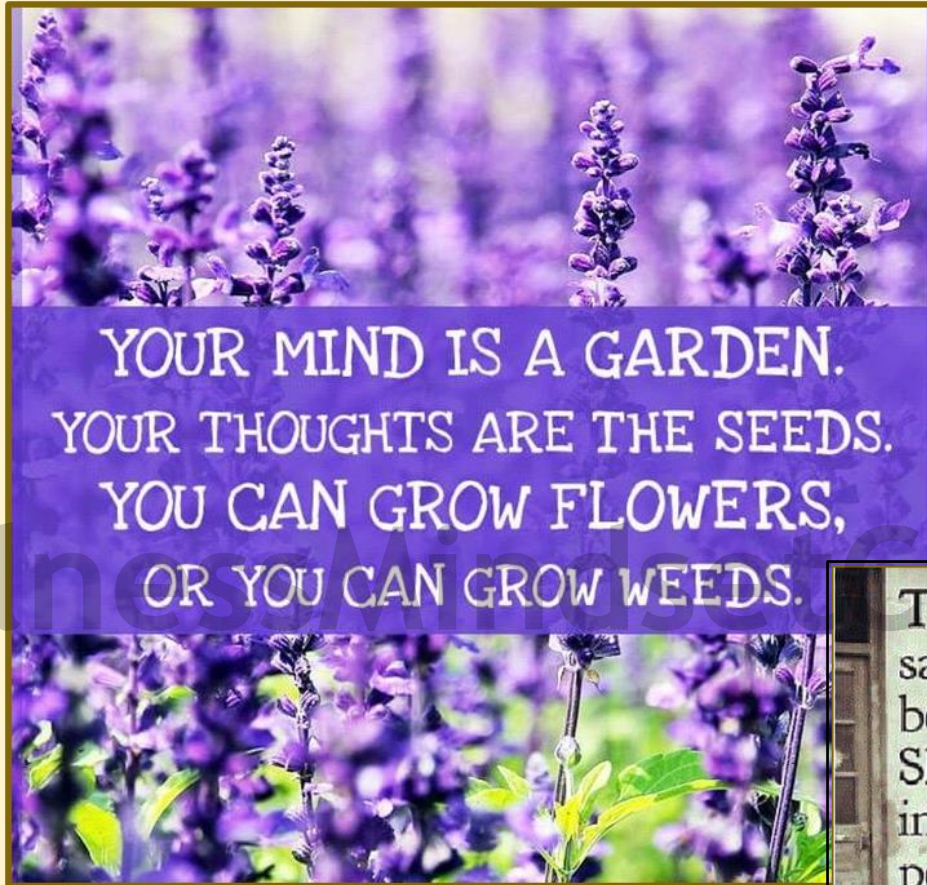


Honor the Body



Nourish the Spirit

MANAGE THE MIND



Mindset really DOES matter

What is Mindset?



Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

- Mahatma Gandhi

HABITS OF THE MIND

Assumptions we create of who we are and how the world works

- Beliefs
- Attitudes

CREATED BY EXPERIENCES

Created from the distinctions we are able to make about our experiences

CREATES BLIND SPOTS

We see the world through the filter of our mindsets which is always incomplete

SELF-DECEPTIVE

Any attempt to shift our mindsets will be met by powerful forces

- External
- Internal

SHAPES OUR EVERYDAY LIVES

We make our mindsets and our mindsets make us

CAN BE MANAGED

Examine how our mind habits manifest to create our lives...and change them

Habits for a Calm Mind

Creating a Peaceful Way of Thinking

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ALWAYS REMEMBER...
BREATH

Habits for a Calm Mind

Creating a Peaceful Way of Thinking



If you want a more peaceful mind, you must build better thinking habits.

Concepts:

- Practice Mindfulness
- Higher Hopes & Lower Expectations
- Worry on Purpose
- Keep a Self-Compassion Journal
- Ask For What You Want

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Practice Mindfulness



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

Staying in the here and now

The mind is most chaotic and turbulent when it's bouncing around between past mistakes and regrets and future worries and fears

- The tendency to get stuck in mental time travel can become a habit, even addiction
- Sets the mind up for stress and chaos and can lead to major mental health issues

RUMINATION

Compulsively brooding over past mistakes, failures and missed opportunities

- While it can make us feel good by giving us the illusion of control over things that are fundamentally outside our control, it comes at a steep price - excessive guilt, shame, chronically low mood, apathy, depression

WORRY

A compulsive, unhealthy thinking about imagined future dangers

- Just like rumination, worry gives us the illusion of control and briefly makes us feel good; the price is costly - chronic stress and anxiety, hypervigilance and fatigue, even panic attacks

Higher Hopes & Lower Expectations



EXPECTATIONS
contain the illusion of
control

HOPES do not

Hope for the best, but don't expect it

It is a best practice to distinguish hopes from expectations

- One tends to wreak havoc on your peace of mind while the other helps it
- On the surface hope and expectations look like the same thing - both involve what you want in the future:
 - I hope I get into a good college.
 - I'm expecting a big bonus this year at work.

EXPECTATION

When you expect that something will happen, you are counting on it. You believe that with some certainty it will and “*should*” happen.

- This degree of certainty about the future is impossible to determine
- We do this because it lessens our anxiety about the future

HOPE

Implies from the outset that you don't have control or much certainty about the outcome. It's simply an expression of desire without any illusions of control or certainty.

- When the things we hope for don't happen, our emotional reaction is far less severe

Worry on Purpose



If you want your mind to stop throwing worries at you, you need to have a consistent, reliable plan for keeping track of them

Plan on worrying

One of the reasons we worry is because it is actually our mind's most primitive but effective memory strategy

- Going over and over something in your head is the mind's most instinctual way to remember things
- Your mind doesn't trust you to remember things, so it will throw the reminders at you in the form of worry

SCHEDULE REGULAR WORRY TIME

Set aside a consistent time each day to worry on purpose and ON PAPER

- By purposefully acknowledging your worries and writing them down, it signals to your brain that you're aware of the most concerning and important issues in your life. You are creating a reliable system for staying on top of them.

HOW TO DO IT

1. Pick a time each day for your "Worry Time"
2. Sit down in a quiet space with a notepad and pen
3. Set a timer for 10 minutes
4. Start jotting down every worry and concern
5. Once the time is up, put down your pen and get on with your day

I am an old man and have known a great many trouble, but most of them have never happened. - Mark Twain

Keep a Self-Compassion Journal



You can't have a peaceful mind if your mind is always attacking you and you're always attacking it back

Cultivate Self-Compassion

We are trained to believe that in order to be successful and productive members of society, we have to be hard on ourselves

- We internalize this theory of motivation through our SELF-TALK
- The way we talk to ourselves is shockingly harsh, judgmental and even down right mean

ENTER SELF-COMPASSION

- It means treating yourself like you would treat a good friend, family member or child...with empathy, understanding and patience

KEEPING A SELF-COMPASSION JOURNAL

1. Schedule 5-10 minutes to sit down some place quiet with a pen and paper (maybe after your "Worry Time" would work well!)
2. Spend a few minutes jotting down the things in your day that didn't go well
3. For each item, imagine that a friend told it to you, then think about how you would respond and write that down underneath it

You're already stuck with yourself for a lifetime.
Why not improve this relationship? - Vironika Tugaleva

Ask For What You Want



When we habitually give up on the things that matter most to us, we feel it deep in our body as well as in our mind

Want vs. Do

Many of us have a lot of fears and insecurities that prevent us from asking for or going after what we really want

- You don't want to sit at the small table in the middle of the restaurant, but you're afraid that your server will think you're too pushy...so you find yourself at the little table
- You want to pursue your passion in photography, but your father was a doctor and so was his father and everyone would be disappointed if you didn't become a doctor...so you go to medical school

DO WHAT YOU ACTUALLY WANT

One of the best ways to cultivate a more peaceful mind is to close the gap between what you want and what you're actually doing

- Stand up for yourself and your values
- Remember that it's your life and it's too short to spend afraid and hiding

If you don't ask, the answer is always no.
- Harry Hoover

Homework



- Practice Mindfulness - keep your focus on the here and now
- Higher Hopes & Lower Expectations - be realistic
- Worry on Purpose - set aside a dedicated time to worry
- Keep a Self-Compassion Journal - document the self-talk
- Ask For What You Want - start to see what happens when you simply ask
- Talk nicely to yourself
- Be disciplined
- Be consistent
- BREATH