



# MOMENT TO MOMENT

● ● STRESS MANAGEMENT SOLUTIONS

# Who we are

Breathe. Live. Be.

**Moment to Moment Stress Management Solutions (M2M SMS)** envisions a community that promotes simple practices that reduce stress such as mindfulness, arts and music, and creativity in various aspects of one's life.

M2M SMS aims to empower individuals, especially the youth, to have a holistic sense of self-worth and to live life more fully through consistent, mindful, and practical techniques.

M2M SMS believes that with the practice of loving-kindness and self-compassion, we are able to **cultivate a more understanding and patient world** -- #MomentToMoment together.



# Our Core Values

## Compassion

We all have the capacity and space in our hearts to connect to what matters most.

## Connection

We are all interconnected: to one's self, each other, nature, and possibilities.

## Community

We have the capacity to manage stress and live mindfully together.



# #MomentToMomentAwareness

Do you often find yourself looking back at your past experiences or constantly overthinking about the future? Why not choose to live in the present and savor the moment instead?

In the present, we have the full capacity to fight our battles or even practice the pause and take a break. According to Jon Kabat-Zinn, the enhanced attentiveness in the present and the practice of moment-to-moment awareness is called **mindfulness**. Mindfulness emphasizes the need for *attention and awareness* so that we can achieve a balance between ourselves and the environment where we can fully have the freedom to navigate life. *It is being present at the moment, taking in what is happening around you, and accepting it nonjudgmentally.*

In the world that we live in today, the number of challenges and stressors that we face can be too overwhelming. Studies have shown that the integration of simple mindful activities and mindfulness meditation practices in one's daily life *can help slow things down in this fast-paced society*. Furthermore, results of research about an 8-week mindfulness-based stress reduction training showed a *decrease of inflammation responses in the body caused by stress*, and a meta-analysis of studies about practicing mindfulness concluded that it can *increase positive affect, decrease anxiety, and decrease negative affect*.

Practicing mindfulness can be done in simple ways such as **breathing exercises, mindful eating, mindful walking, or even through yoga and meditation techniques**. Another way is to practice the pause by taking a few minutes to solely focus on our breathing, as this could help us to reduce feelings of tension and to calm our minds. *Being mindfully present provides possibilities to look inward while recognizing and being in control of our tendencies and emotions*. Moment-to-moment awareness is not just a way to cope with the situation that we're in, it is also a way of being and a gentle reminder to appreciate the present.

Together, let's live in the now, and let's practice the pause.

## References:

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- Mahmood, L., Hopthrow, T., & Randsley de Moura, G. (2016). A moment of mindfulness: Computer-mediated mindfulness practice increases state mindfulness. *PLOS ONE, 11*(4), e0153923. <https://doi.org/10.1371/journal.pone.0153923>
- Rosenkranz, M. A., Davidson, R. J., MacCoon, D. G., Sheridan, J. F., Kalin, N. H., & Lutz, A. (2013). A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation. *Brain, Behavior, and Immunity, 27*, 174-184. <https://doi.org/10.1016/j.bbi.2012.10.013>
- Salehzadeh Niksirat, K., Silpasuwanchai, C., Mohamed Hussien Ahmed, M., Cheng, P., & Ren, X. (2017). A framework for interactive mindfulness meditation using attention-regulation process. *Proceedings of the 2017 CHI Conference on Human Factors in Computing Systems*. <https://doi.org/10.1145/3025453.3025914>

# What we do

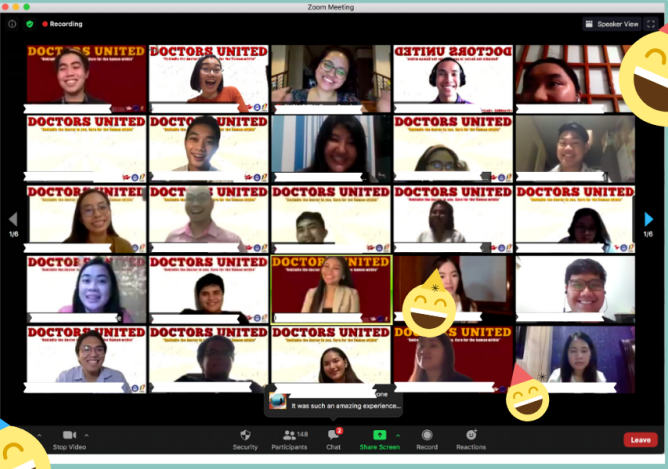
We offer the following programs:

## Stress Management Workshops

Creating a sustainable and beginner-friendly stress management practices for individuals.



*mom*  
MOMENT TO MOMENT  
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bayaniHAn:  
self-love & laughter wellness

## Laughter Wellness Workshops

Introducing the importance of practicing self-care, self-love, and laughter.

## Introduction to Mindfulness Meditation

Integrating mindfulness in one's daily routine and identifying ways to care for our health.



## Leadership Trainings and Workshops

Learning more about embodying the qualities of leading oneself and the team.



# What we do



## Personality Development Programs

Exploring the key aspects of self-esteem, self-confidence, and self-worth

## Mindful Movement

Introducing the practice of mindfulness and how to integrate this in simple movements.



## Mental Health Break Practices

Exploring one's awareness of current habits and applying exercises to serve as mental health breaks.

## Finance Management 101

Becoming aware of one's existing mindset on handling finances. Learning more about budgeting basics.

*and many more!*



# Testimonials

"No matter what the results are, the journey and experience are more important than those. Although the outcome is still significant, what we learnt and the experiences are what made us to who we've become or who we will become."

"Being a leader will always start from yourself before you lead others. And it takes so much courage to have confidence in oneself especially when a large number of people will be led by you."

"It's important to be specific of what you are thankful for and have an open communication with yourself."

"It is okay to not be okay and to prioritize yourself and your sanity over other things. pause a little but keep on fighting on."

"It's important to be specific of what you are thankful for and have an open communication with yourself."

"The most important thing is "to remember the most important thing" and to be leader means having resilience and being one with others."

# Feedback

On a scale of 0-10 (0 being the lowest and 10 being the highest) considering your overall experience with the MH service/psychologist, how likely is it that you would recommend the MH service/psychologist to other employees/company ?	What is your key takeaway/realization/s from the session?
10	Give time to your self and love your self
9	
10	We can laugh no matter what situation we are in right now
10	Laughter can help in your mental health
10	Always laugh. It helps.
9	smiling is contagious and it will start a good laugh to someone
10	
10	Practical ways to laughter.
10	To laugh despite of challenges
10	
8	Laughing is the best exercise and therapy
10	start the day with a smile to share good vibes 😊
10	Always do some laughter exercises for our mental health.

## Reliance United

Thank you for this webinar, I gained more knowledge on how to deal our clients (PDL) experiencing depression. (JO1 RICHARD AUXTERO DAJAO, TALISAY CITY JAIL MALE DORMITORY - R7)

Nakakatulong sa pang araw-araw para sa mabuting kalusugan para sa PDL (JO1 Andrew Edfilson A Vinarao, Balungao District Jail)

Very informative and just in time for someone who is going through difficult situations. - Ms. Ma. C.

Ang galing po ng speaker, nakakarefresh at nakakagaan po ng pakiramdam ang mga activities. Maraming salamat po - Ms. M

"My personal experience of her is - 10 minutes into the session, I became aware of my high stress level (I didn't recognize my red signs!). Knowing was the beginning of my self-healing.... "

- Ms. D, Founder & CEO of a Solar Energy Company

We absolutely enjoyed Teacher Kimmy's laughter yoga session! It's our first time to try this and we're very thankful that Teacher Kimmy has made it such a wonderful experience for all of us. It's so delightful to see how the kids participated throughout the session, as they were able to freely express their playfulness.

- Teacher C, Early Childhood Educator



# Training Investment



Standard  
Rate

**Php 500**  
per participant

## Packages for Teams

Virtual Session

For up to  
50  
participants

**Php 15,000**  
group rate

For up to  
100  
participants

**Php 18,000**  
group rate

Unli  
Participants

**Php 25,000**  
group rate

Program  
Inclusions

- One-Hour Interactive Workshop Facilitation
- Post-Event Supplementary Materials
- Topics can be mixed and matched

# Connect with us



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*Together, let's practice  
the pause*