

Get Out of Your Own Way!

5-Part Workshop

*In partnership with
Guerrilla Gym*

Presented by:
Oscar Flores, M. Ed., LMC, NBC-HWC
www.respondmindfully.com

Five Session Flow

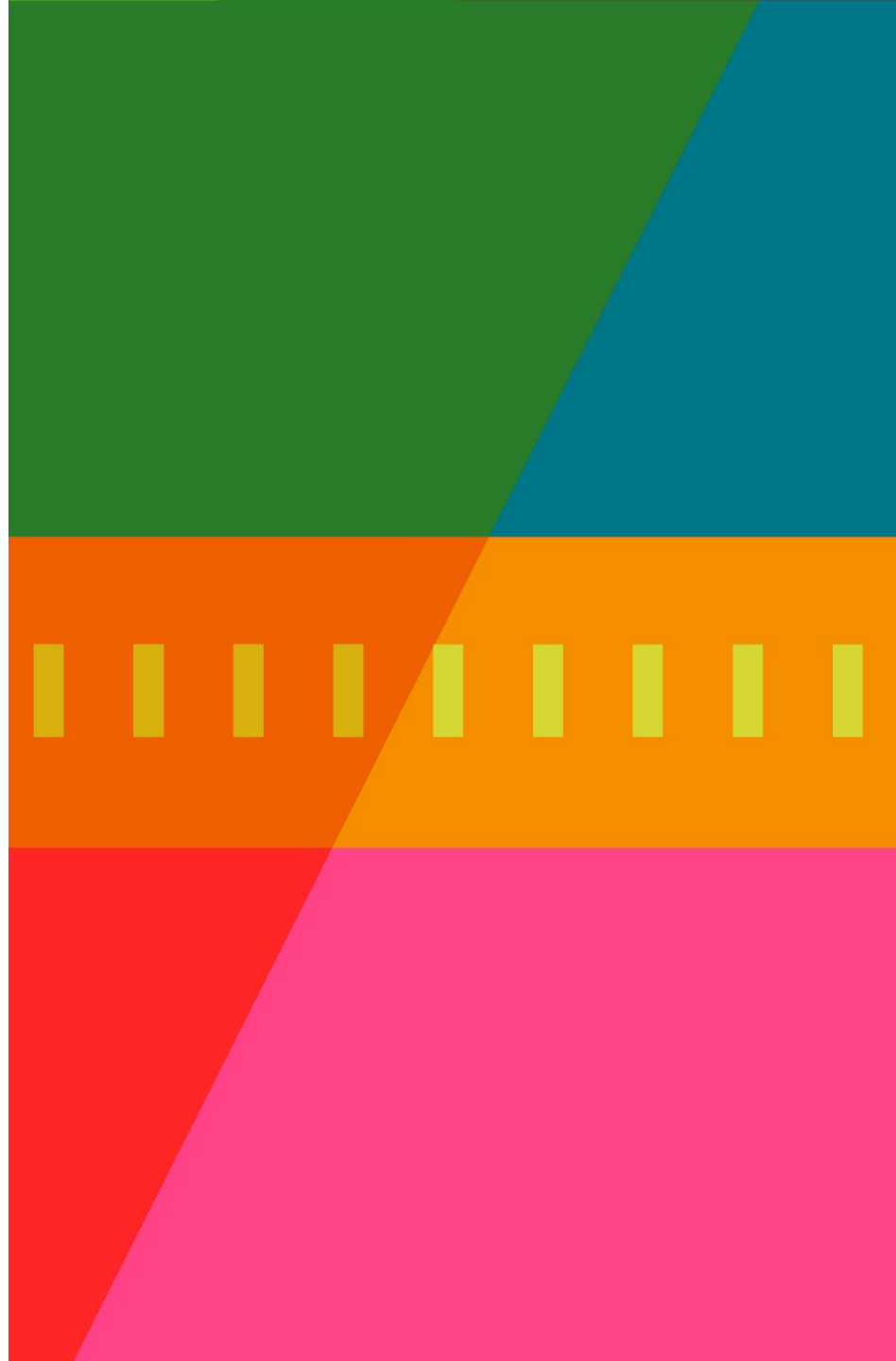
INTRODUCTION: CONNECT WITH YOUR INTENTIONS FOR YOUR LIFE AND HEALTH - WHY DO YOU WANT TO BE HEALTHY?
DEC 16 @ 10:30AM - 12PM

MINDFULNESS 101: SKILLS TO HELP YOU MAKE THE HEALTHIEST EXERCISE CHOICES NOW - WHAT KEEPS YOU FROM DEVELOPING STRONG HEALTH ROUTINES? WHY AREN'T YOU CONSISTANT?
DEC 23 @ 10:30AM - 12PM

DISCIPLINE THAT WORKS: SMALL STEPS ARE BIG STEPS. DO YOU REALLY BENEFIT FROM FAST-AND-QUICK HEALTH APPROACHES?
DEC 30 @ 10:30AM - 12PM

CULTIVATE INNER MENTAL & EMOTIONAL STRENGTH TO BUILD OUTER GAINS: WHY DO YOU LISTEN TO NEGATIVE THINKING? WHY DO YOU EAT WHEN YOU ARE NOT HUNGRY?
JAN 6 @ 10:30AM - 12PM

STOP COMPLAINING & START APPRECIATING: COMPLAINING SERVES A PURPOSE, BUT IT'S NOT ALWAYS HELPFUL. WHAT IS WORKING WELL IN YOUR LIFE & YOUR HEALTH JOURNEY?
JAN 13 @ 10:30AM - 12PM



Oscar Flores

- I have been meditating for over 10 years, and teaching for 5.
- National Health and Wellness Board-Certified Health and Wellness Coach & Lifestyle Medicine Coach
- Background in early childhood and adult/parent development; adjunct professor of human development at Gavilan College
- Master's in Education with focus in Human Development
- I like to laugh, and try to make others laugh too.
- ***I need support just as much as others do!***

Related to our time together:

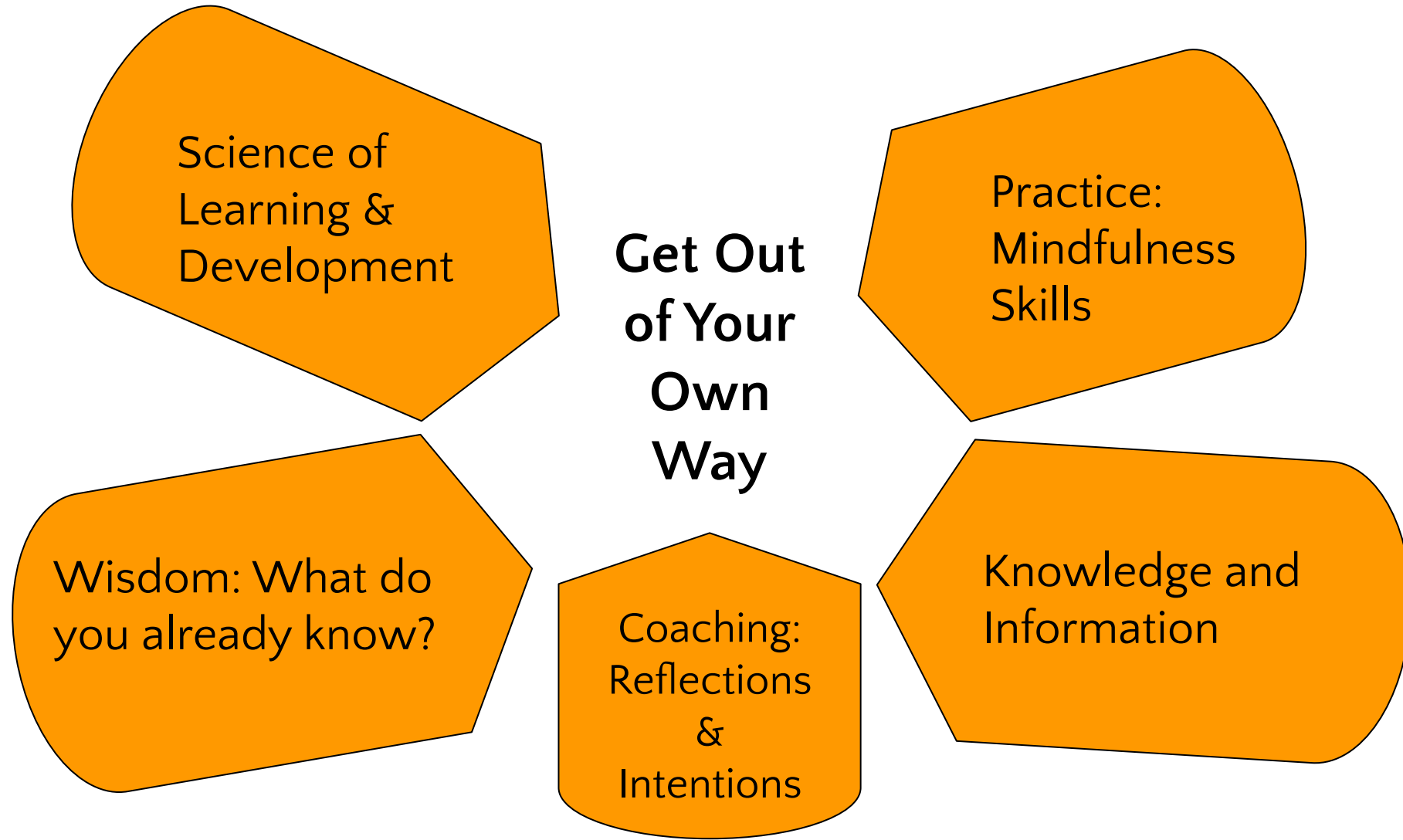
- I am a coach and educator, not a mental health therapist. I am trauma and healing-informed practitioner. This workshop is therapeutic in nature, but not therapy or processing. **Stop any practice if it's not helpful to you.**
- I am doing my best. I will assume the same about you.



Community Vibe and Learning Space

- I'll be facilitating, but we are all teachers and learners.
- **No advice giving from others (*we are here to learn about ourselves*). *If you want advice, please ask. Try to start with your reflections of your own.***
- Speak up or take a step back.
- What is said here, stays here. Learning should move beyond this space.
- Expect non-closure. This a big subject
- **Keep in mind that there is a difference “knowing” something and actually following through with a new habit or practice. Approach this series from a curiosity stance, and with humility.**
- This is your training; response to questions are welcome. Your experience is more important than slides; I will move us forward, if needed.
- Anything else?

an Interdisciplinary Approach



Intros

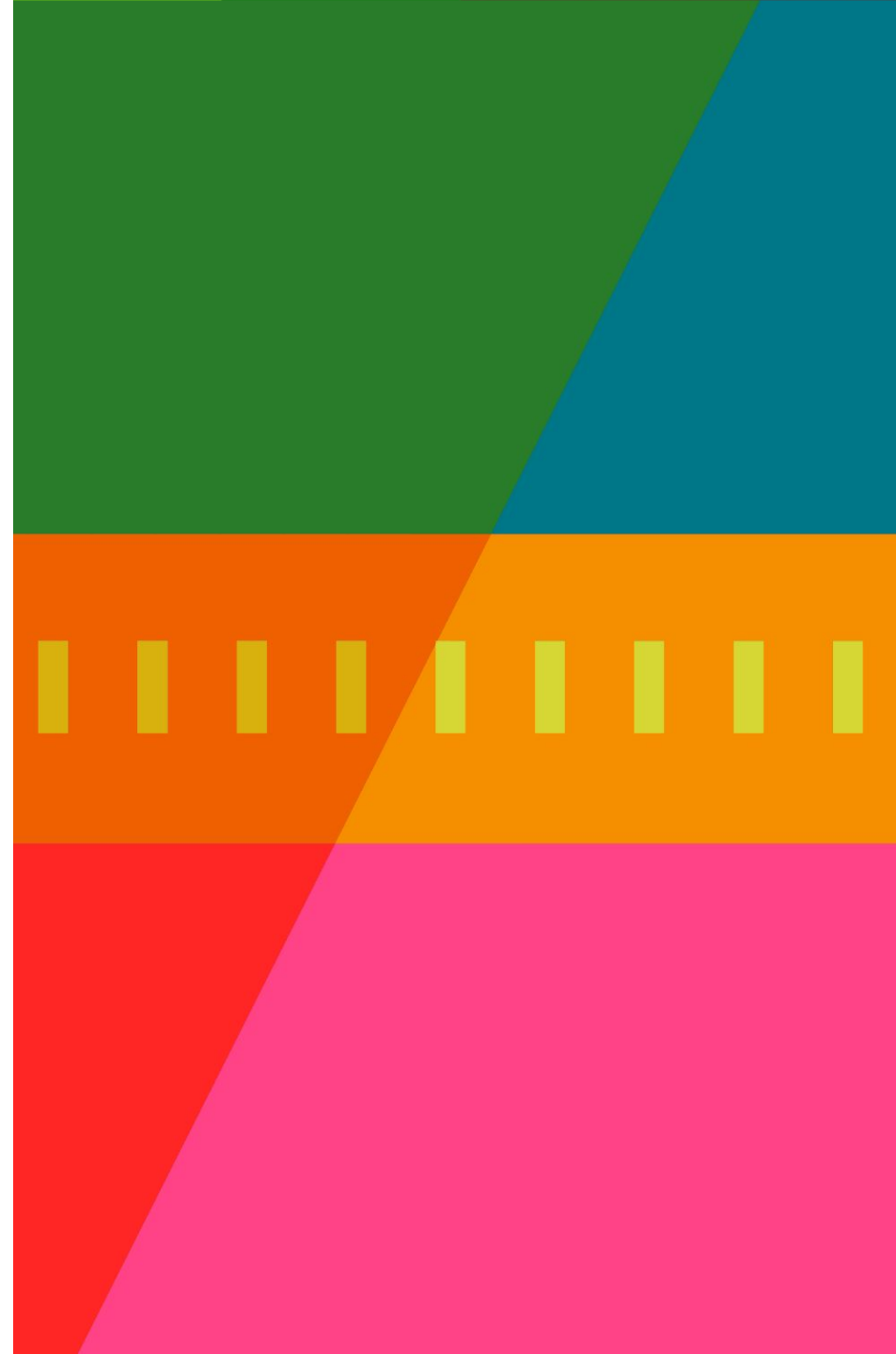
Why are you here?

What would you like to bring more into your life in 2024?

What is something you are proud of yourself for?

Speaker: be mindful of time

Listener: listen attentively; notice distractions



Science (*simplistic version!*)

Physical structure;
memories; ways of seeing
the world; automatic
reactions

Software of
the brain

- There is a difference between your brain and mind
- Humans are reactionary and automatic
(*have you ever done something without realizing it?*) (*more in session 3*)
- We can use our human capacity to focus our attention in order change our brain;
whatever we pay attention to is what our brain will default to (*more in session 2*)
- We can't think our way out of how we feel. Our nervous system (brain and body)
makes judgements all of the time (*is this safe or not? is this good or bad?*). *We feel
things first, and then we think. We something is "bad or not good" it activates
stress hormones. (more in session 4)*
- Who you are is not "fixed" – your default personality was influenced (whether you
like it or not) by the environment and relationships in your life, *especially in early
childhood (more in session 5)*

Coaching in Action: Self-Reflection

- “I find it difficult to stay focused on what’s happening in the present.”
- “I find myself listening to someone with one ear, doing something else at the same time.”
- “I find myself doing things without paying attention.”
- “I could be experiencing some emotion and not be conscious of it until some time later.”

Scale:

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

Group or Triad Practice:

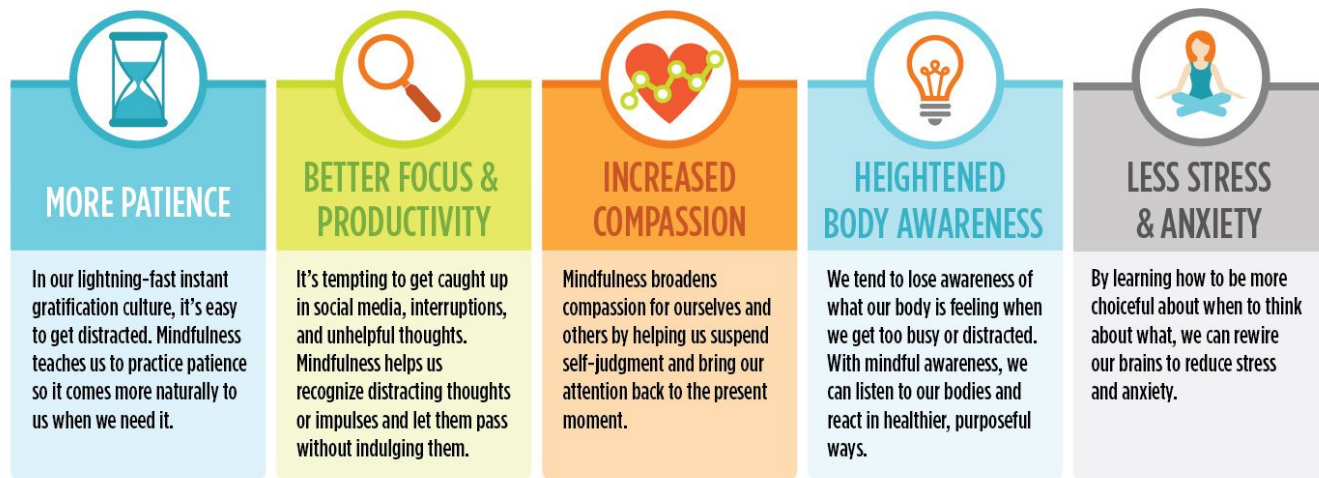
Listen to the other person without verbally responding. The person speaking has 1 min. Then switch, and then you can share how it was to listen and talk without interruption. *If group, let's have some volunteers share for one minute, and the other person listens.*



What is mindfulness? *Benefits?*

mAZLO

5 Top Benefits of Mindfulness Meditation





Two Fundamental Mindfulness Practices

Awareness of Thoughts

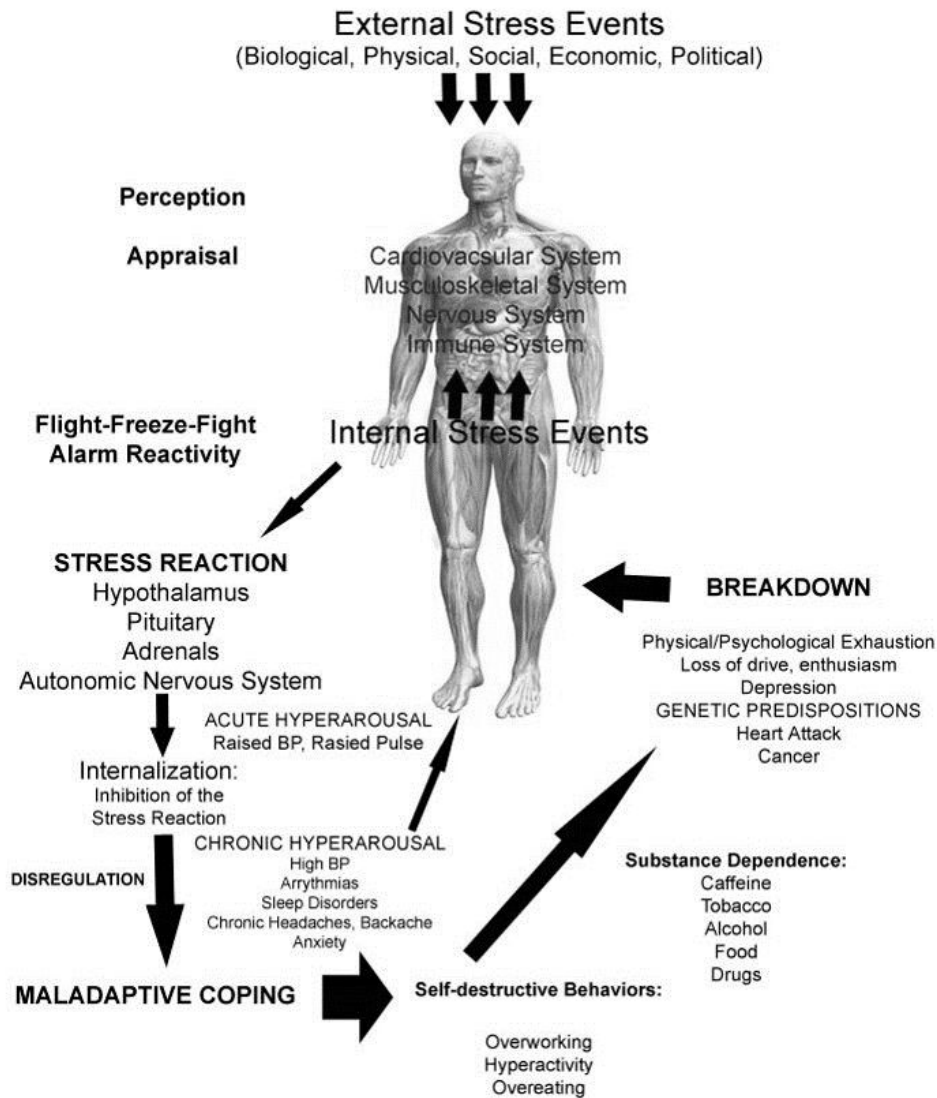
Awareness of Sensations

Lets practice.

How was that for you?

What did you notice?

What did you learn about yourself?



Without self-awareness (aka mindfulness)

- We don't notice what we are feeling, needing, are thinking or what emotions are present. ***We react very quickly.***
- Our reactions are likely ***inflexible and rigid (likely unhealthy and unhelpful)***. We don't meet ourselves where we are, and access what we need.
- We quickly blame others or external circumstances without first noticing how we are contributing to the situation. ***Not dismissing impact of others or challenges, only contextualizing them.***
- We don't take care of our own health; we are outsource our wellness and disempower ourselves
- We don't resolve the issue at hand; ***we keep kicking the proverbial can.***
- ***Our work is to respond versus react. Why?***

It's always
someone else,
it's always
something
else, *and it's
definitely
never me.*



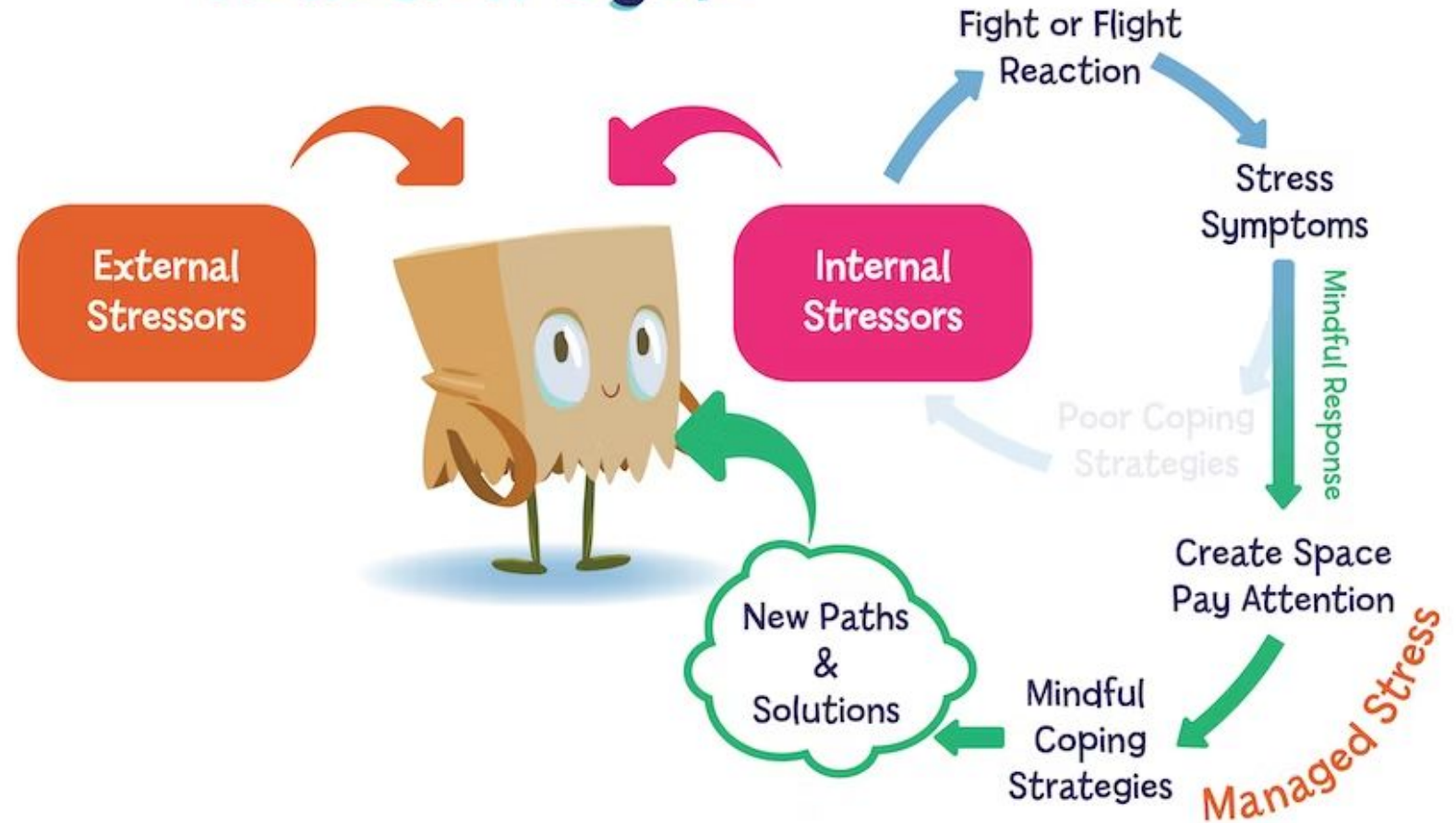
Reaction to Stress Causes more Stress

Example:

Difficult conversation at work (stress symptom). You have a drink *to calm down* (poor coping). You had already signed up for gym class, but “don’t feel good”. You start watching netflix.

What are other common situations?

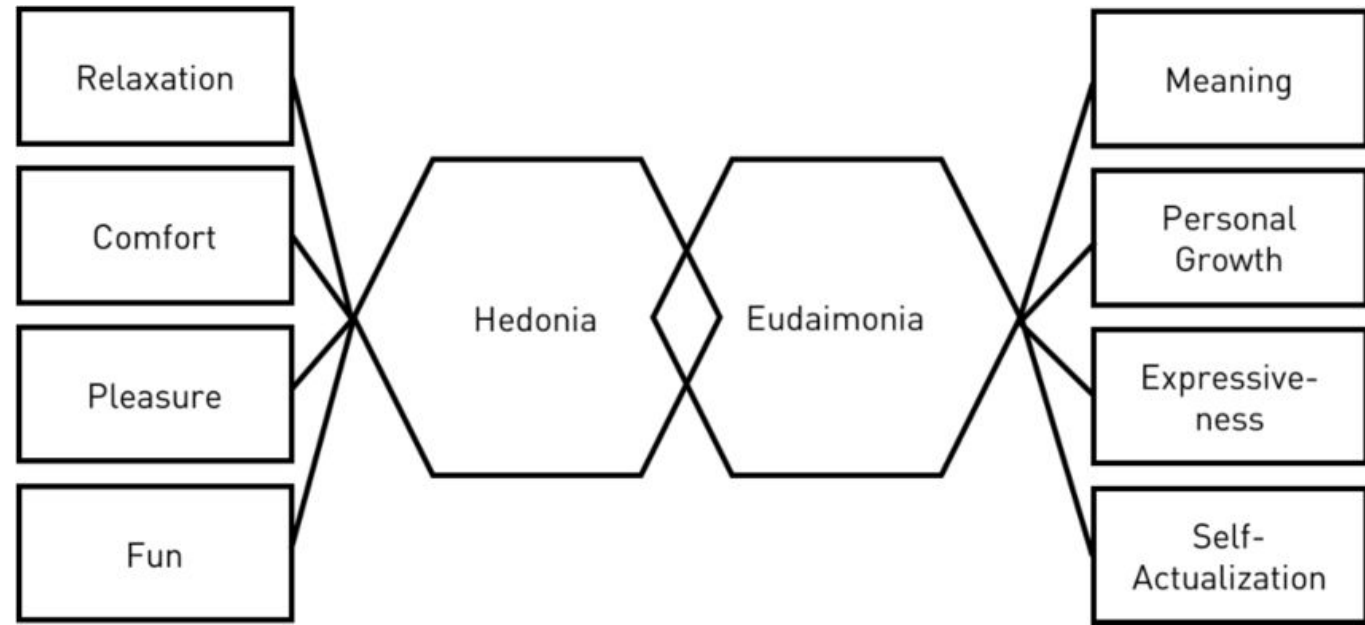
The Mindful Stress Reaction Cycle



When you
slow down,
you can access
your intention.
Intentions are
not goals!

Why do you
really want to be
healthy?

Coaching in Action



Goals: focus on future, external accomplishments (very specific) and describes what you want to do.

Intentions: focus on present, internal state; describes how you want to show up in the moment.

Practice (what we'll do over 5 sessions)

- *Listen to our to ourselves versus forcing ourselves to do things we don't really desire*
- *Respond to stressful moments in ways that are **helpful and healthy** versus **unhealthy and unhealthy***
- *Start to respond versus react to situations – internally and externally (i.e., smelling food, free food, internal cravings, etc.)*
- *Be okay with doing something versus nothing (i.e., I am already eating bad, might as well enjoy the whole thing)*
- *Even in the difficult moments, something is happening in your favor (gratitude).*
- *Rely on intentions versus only goals.*

Self-Awareness Tool

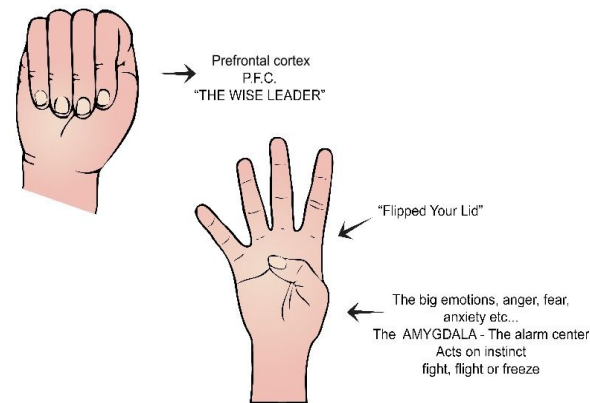
Without self-awareness (aka mindfulness), we don't realize we are outside our Window of Tolerance.

Somatically (feelings we notice in our body), we can learn to notice how it feels like to be outside of the Window of Tolerance.

When we notice, we can check in without brain about how to respond (versus react).

Important point: trauma can impact dysregulation (i.e., PTSD)

"Flipping One's Lid"



Credit: Daniel Siegel, M.D. is the creator of this metaphor and exercise "Flipped Lid". Copyright © 2014 www.sharonseiby.com

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WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away



DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet

SHRINK
your Window
of Tolerance

Stress and trauma
can cause your
window of
tolerance to
shrink



Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:

- are at a balanced and calm state of mind
- feel relaxed and in control
- are able to function most effectively
- are able to take on any challenge life throws at you

Meditation,
listening to music,
or engaging in
hobbies can
expand your
window of
tolerance



DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- You don't feel comfortable but you are not out of control yet



HYPOAROUSAL

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

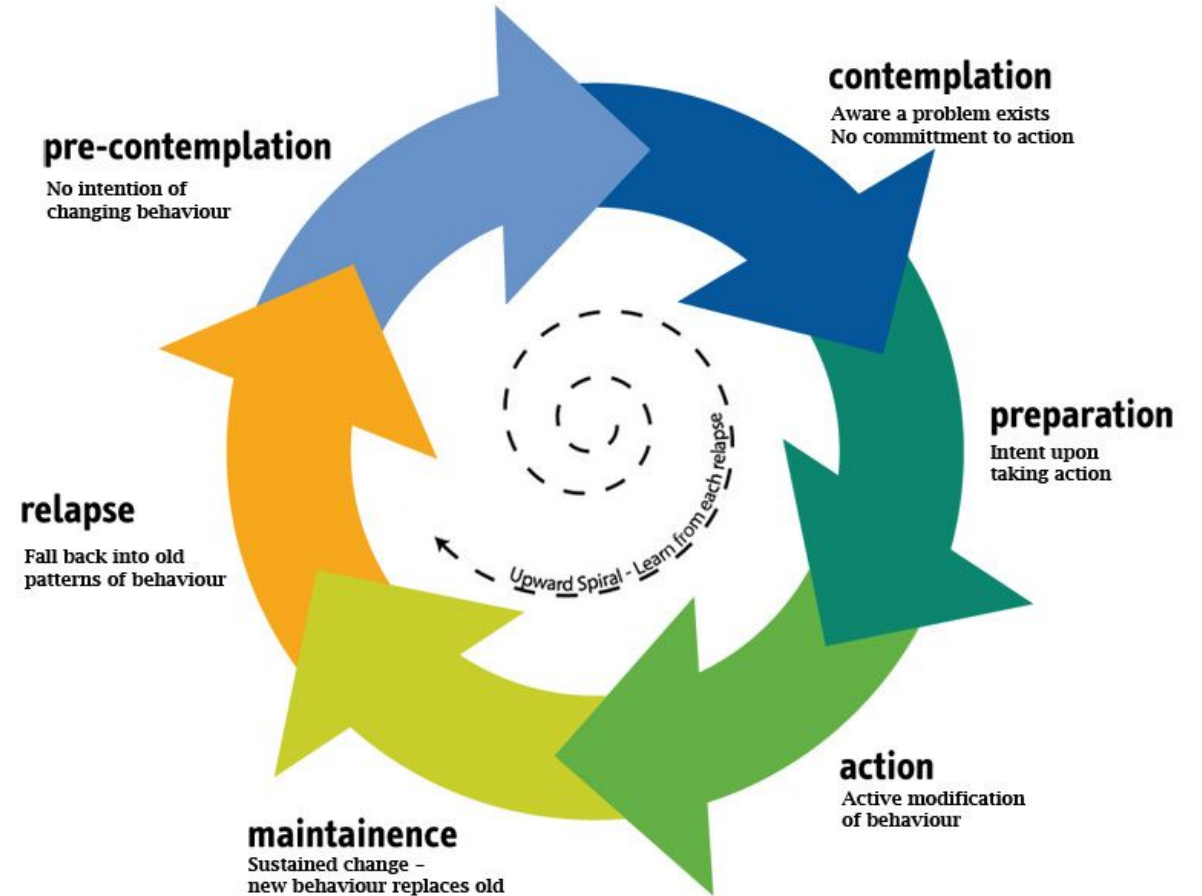
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Information & Knowledge: Health is Holistic



Coaching Tool

Honest
self-reflection on
your health and
wellness goals



Transtheoretical Model of Change
Prochaska & DiClemente

“Commit to the process.
Detach from the outcome.

Engage in the present.
Let go of the future.

Take this moment seriously.
Meet where it leads lightheartedly.”

–Cory Muscara



How do you feel after today's session? What stuck with you?

Homework:

- Continue to reflect on why you want to be healthy. Focus on eudaimonia and intention.
- Practice body scan and mindfulness of thoughts. Set a goal and intention.
- Worksheet: where in your health and wellness journey are you reacting? What patterns are you noticing?

Slides and resources: www.respondmindfully.com/getoutofyourownway

Oscar@RespondMindfully.com or text/call 831-406-3000

