

Get Out of Your Own Way!

5-Part Workshop (Session 2)

*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

Today:

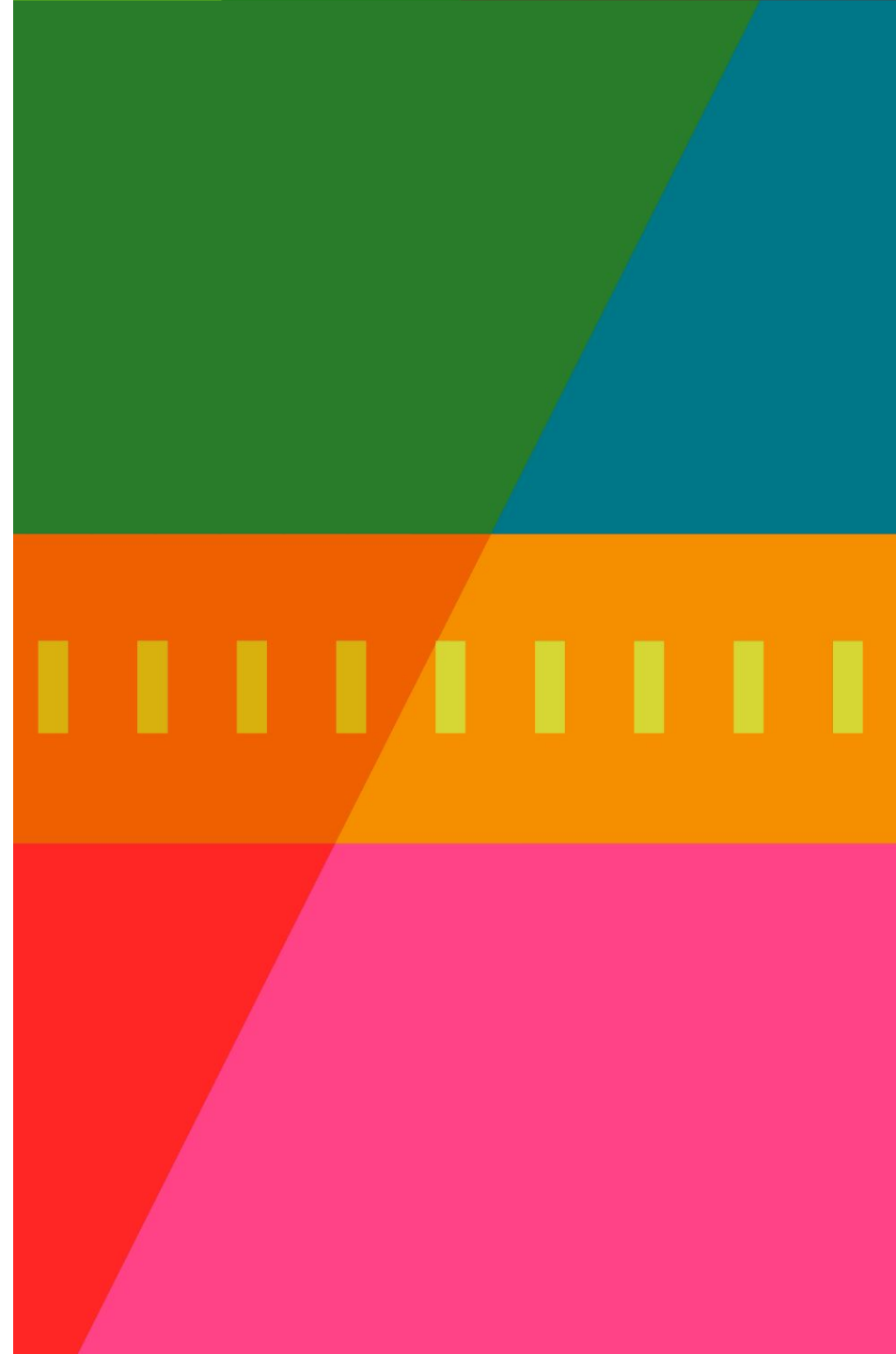
- Practice
- Recap Session 1
- Vision
- Deeper into Respond vs. React (intentions and goals)

Oscar Flores (*any new folks?*)

- 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.
- **New: this is experiential training. We learn by doing, by trying, and reflecting.**
- **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?

“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



Transition Mindfulness Practice

Notice your thinking, and shift to this moment – the present moment.

Respond with kindness to distractions.
Try not to engage with the distractions.
Notice them and label them.

Any questions? What did you learn?
How was this practice for you?



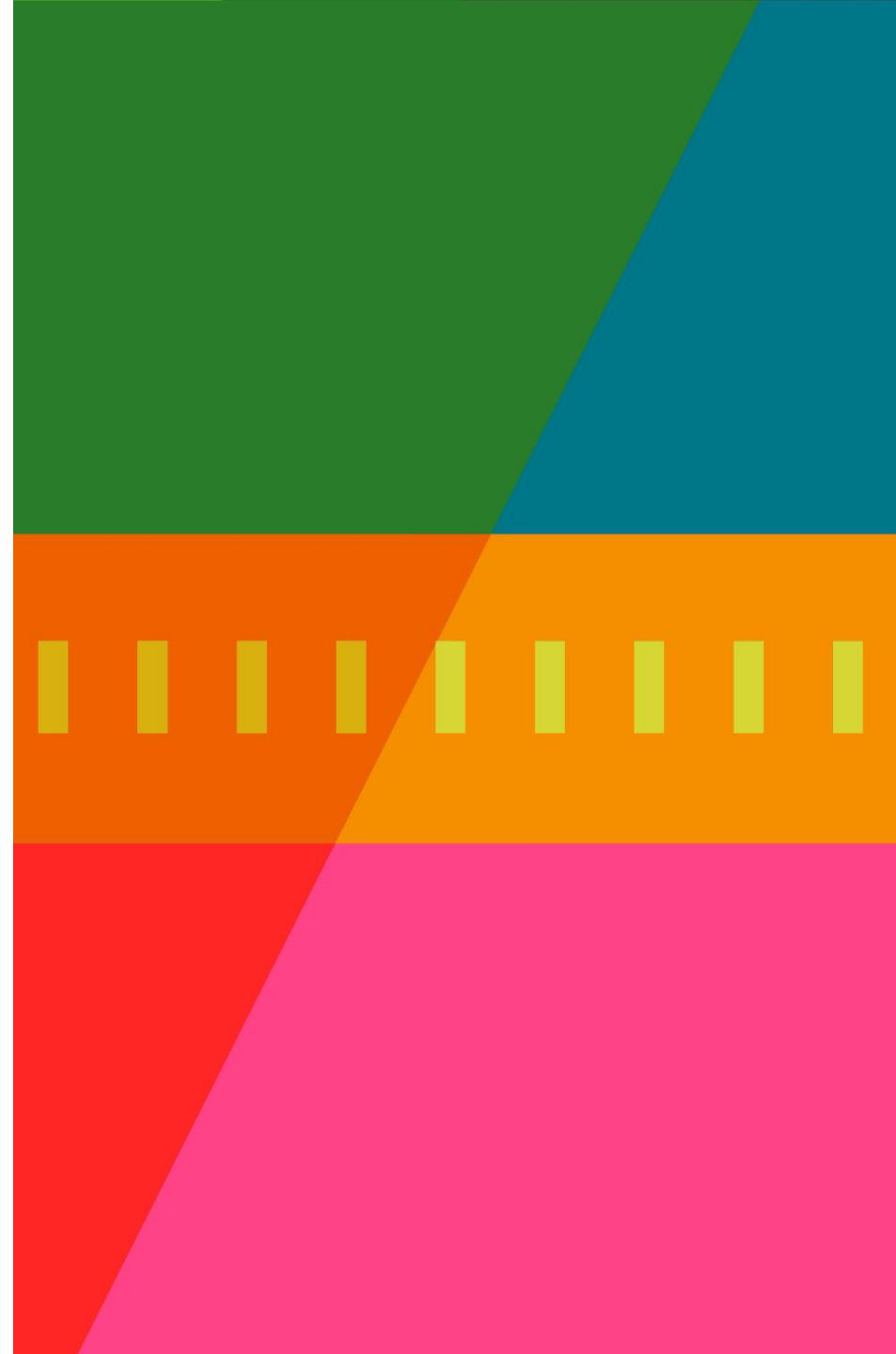
Recap from Last Week

Our brain is “different” than our mind

Be aware of a “fixed” mindset versus “growth mindset” – who we are is complex – *we can evolve*

We feel things whether we like it or not; our power is in how we relate to them

Our intention it to be more flexible when faced with life, health and wellness challenges. It's to be able to see more options.



Recap from Last Week

Response versus Reaction

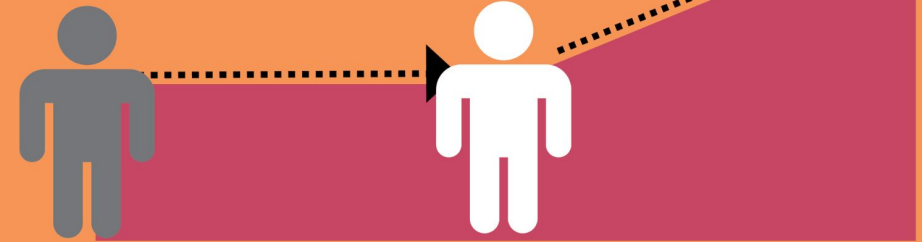
When in reaction, it's hard to "get out."
Physiologically, impossible.

Being self-aware – through mindfulness practices – helps you notice your automatic reactions, and shift.

Sometimes, all we can do is try to respond, and that is okay. This is why reflection is important.

What else are you holding from last week?
What did you reflect on after the session?
What have you noticed?

SITUATION #1: REACTION

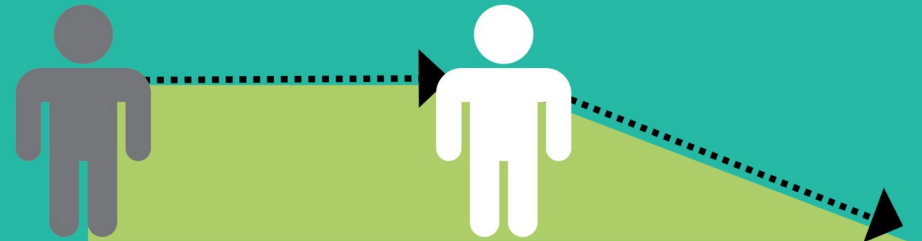


Someone says or
does something to
offend you.

You fire back!

The situation
escalates.

SITUATION #2: RESPONSE



Someone says or
does something to
offend you.

You give a soft answer, kind
words, apology, or invitation to
resolve this without drama.

The situation is
calmed.

Building on Last Week

- Thinking about responding versus reacting is an subjective; make this “frame” of your own – what is healthy and what is not depends on the context and on the moment
- Reactions were likely protective at some point – include those that no longer serve you.
- This is not about a right or a wrong. Sometime the brain will react, and for good reasons. It’s about having options.
- Others do impact us; our brain and nervous system react subsciously (*we’ll touch on this later in the class too*)



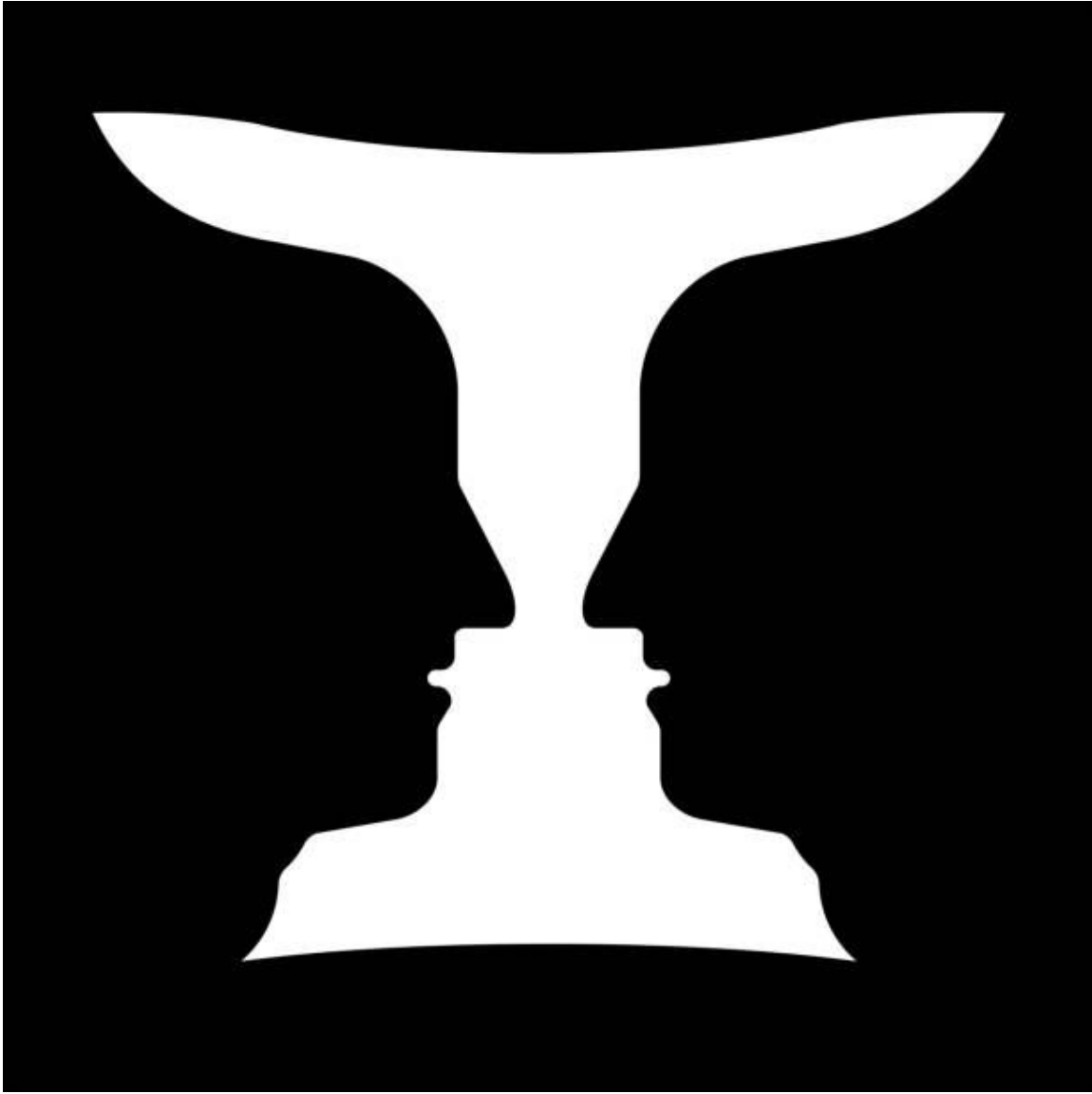
Coaching in Practice

Small group dialogue:

Pick on domain of Lifestyle Medicine, and in that domain think of one or two areas where you see yourself react. Think and reflect about what would be the “response” in those situations.

1 minute each person, and then group share.





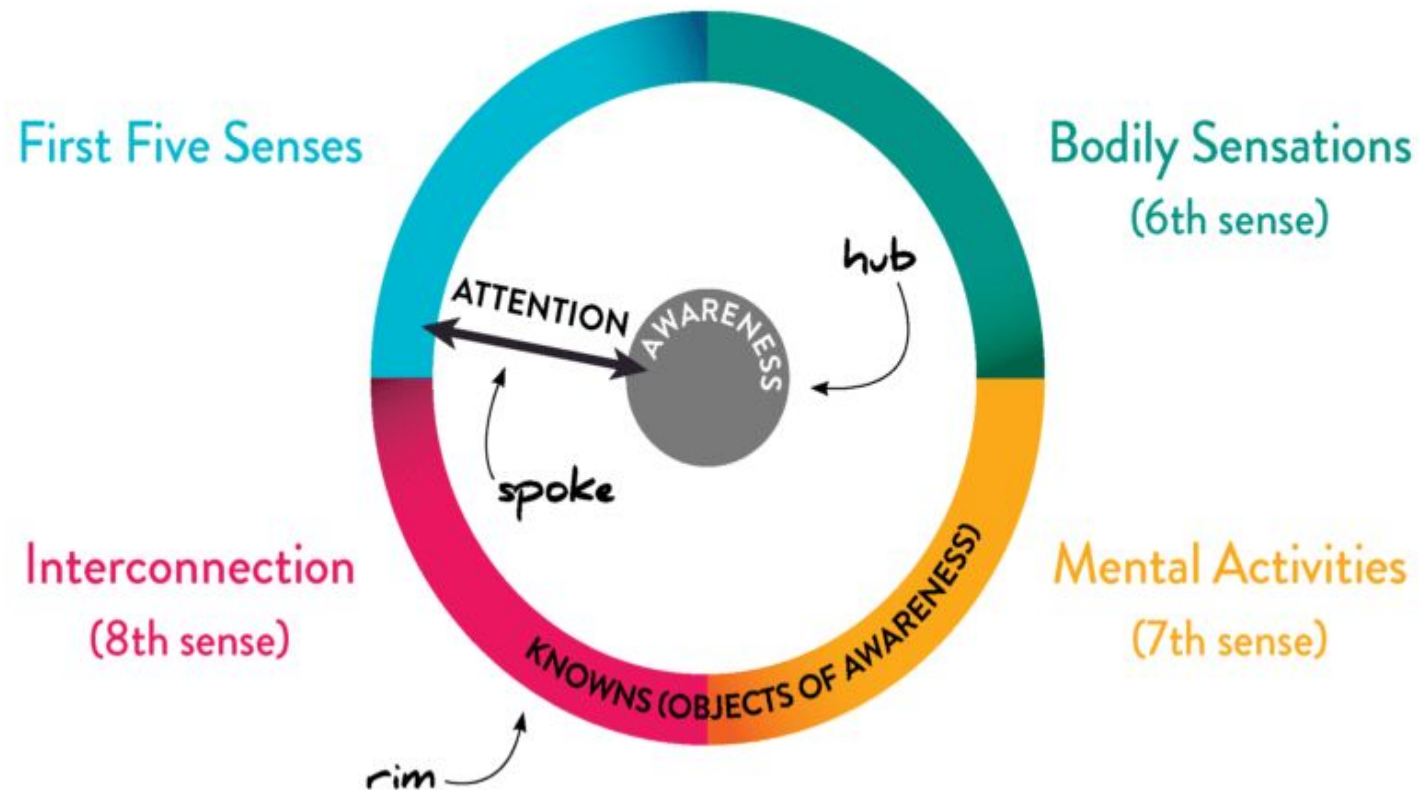
Responding is Noticing our Perception of the Present Moment

What do you see here?

In the present moment, we can see our perceptions. When we see them, we might see more choices.

Core Mindfulness Practice: Body Scan

Wheel of Awareness



What keeps you from healthy routines?

In order to find out, we must be present and be curious.

Mindfulness helps. Let practice!

Image from Garrison Institute

<https://www.garrisoninstitute.org/blog/the-wheel-of-awareness/>

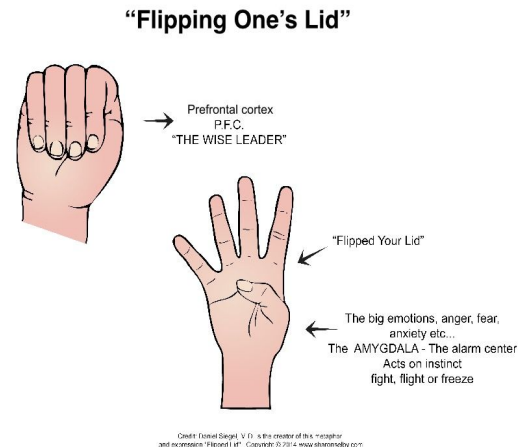
Another mindful tool to Help you Respond

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 with our brain about how to respond (versus react).

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



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WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



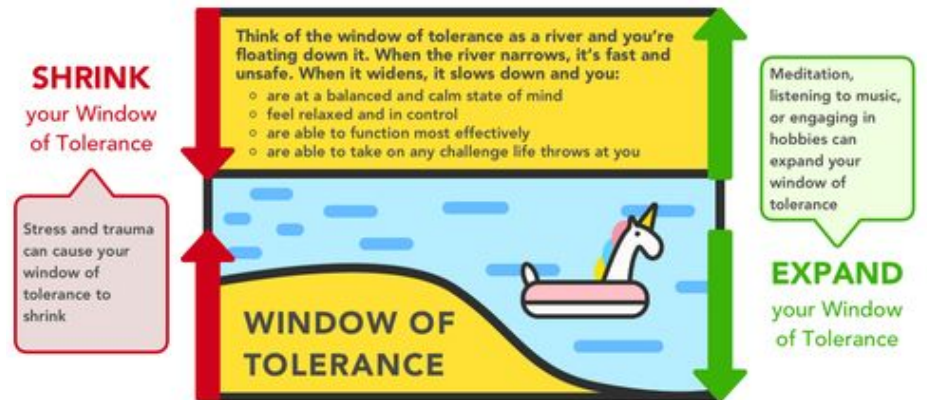
HYPERAROUSAL

- 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



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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Group Reflection – checking in with our deepest intentions helps us to respond in difficult moments

*Why do you **really** want to be healthy?*

What do you define as healthy?

Self-Awareness Intentions:

- Sharing with others acknowledges that we are inter-connected
- When you say things out loud, generate internal and external energy



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.

Goals without intentions may backfire

Example:

I want to lose 30 lbs!

Small moments build momentum!

Intentions are small amount of movement, energy and attention in a certain direction without attachment to the outcome.

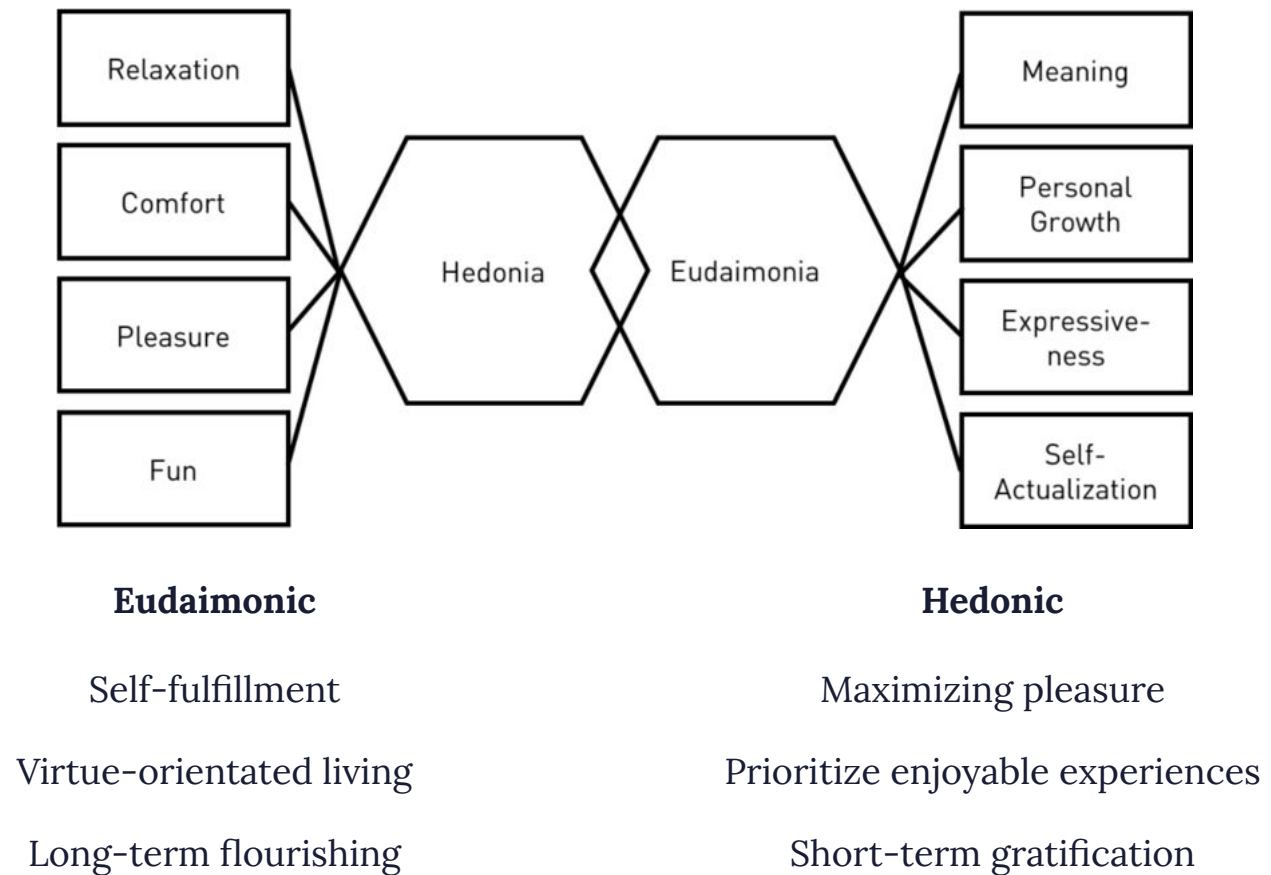
Often, goals communicate to us that we don't like where we are, and only until you reach your goal, will things be "okay."

Session 3 will be about self-compassion.

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

Coaching in Action

Why do you
really want to be
healthy?



Several researchers have argued that the pursuit of both hedonia and eudemonia produces greater wellbeing than either pursuit alone (Huta & Ryan, 2010). Happiness, in other words, is a multidimensional construct. The **80-20** rule may be a good rule of thumb for long-term flourishing, providing a good balance for integrating both eudaimonic and hedonic strategies for wellbeing into our lives.

Source: <https://positivepsychology.com/hedonic-vs-eudaimonic-wellbeing/>

Respond to a
reactionary
moment with
curiosity

Coaching in Action

Remember: we are alive in this moment!

Healthy dialogue:

What do I need?

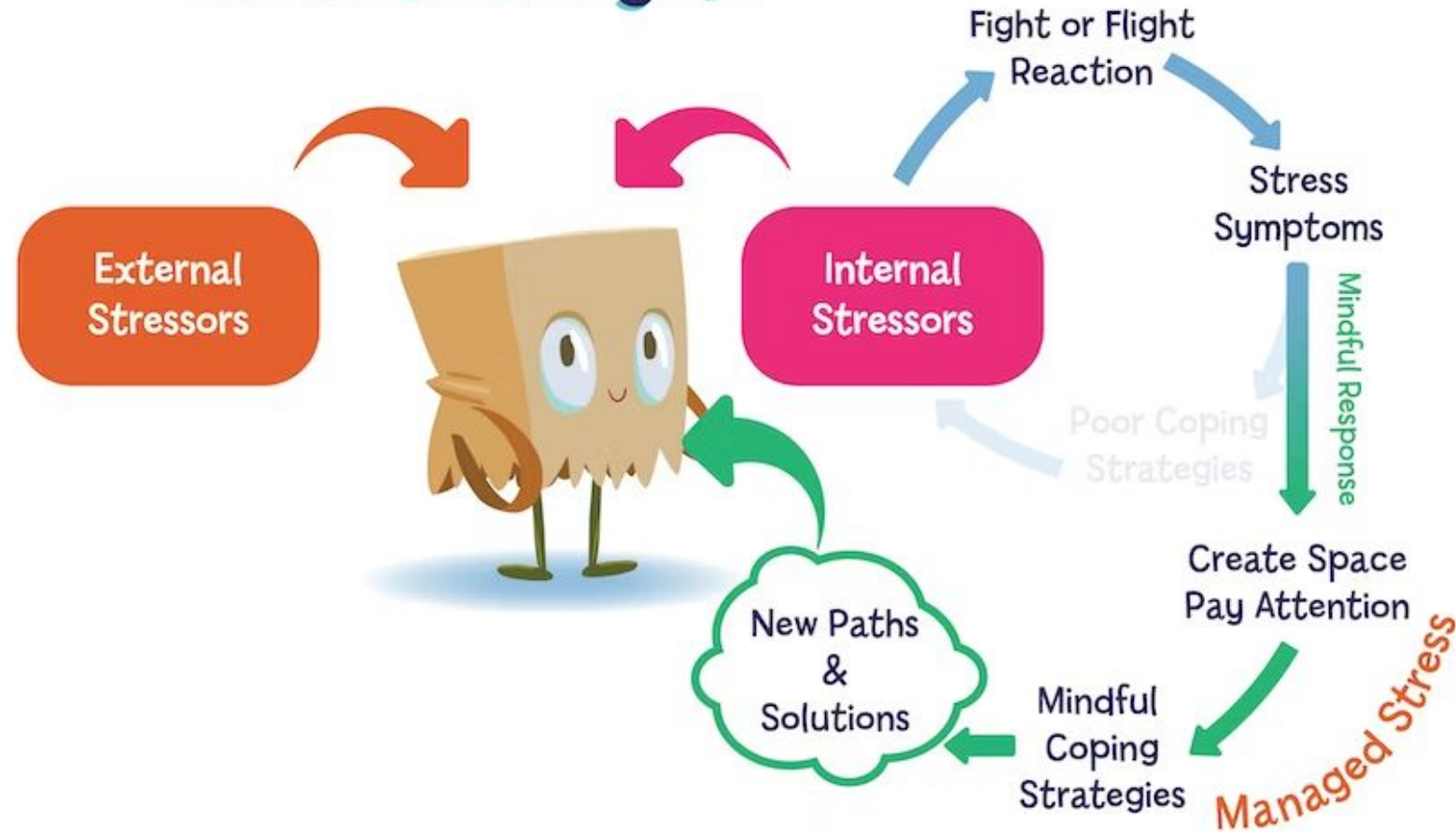
What is happening?

What do I feel?

Is this an old pattern?

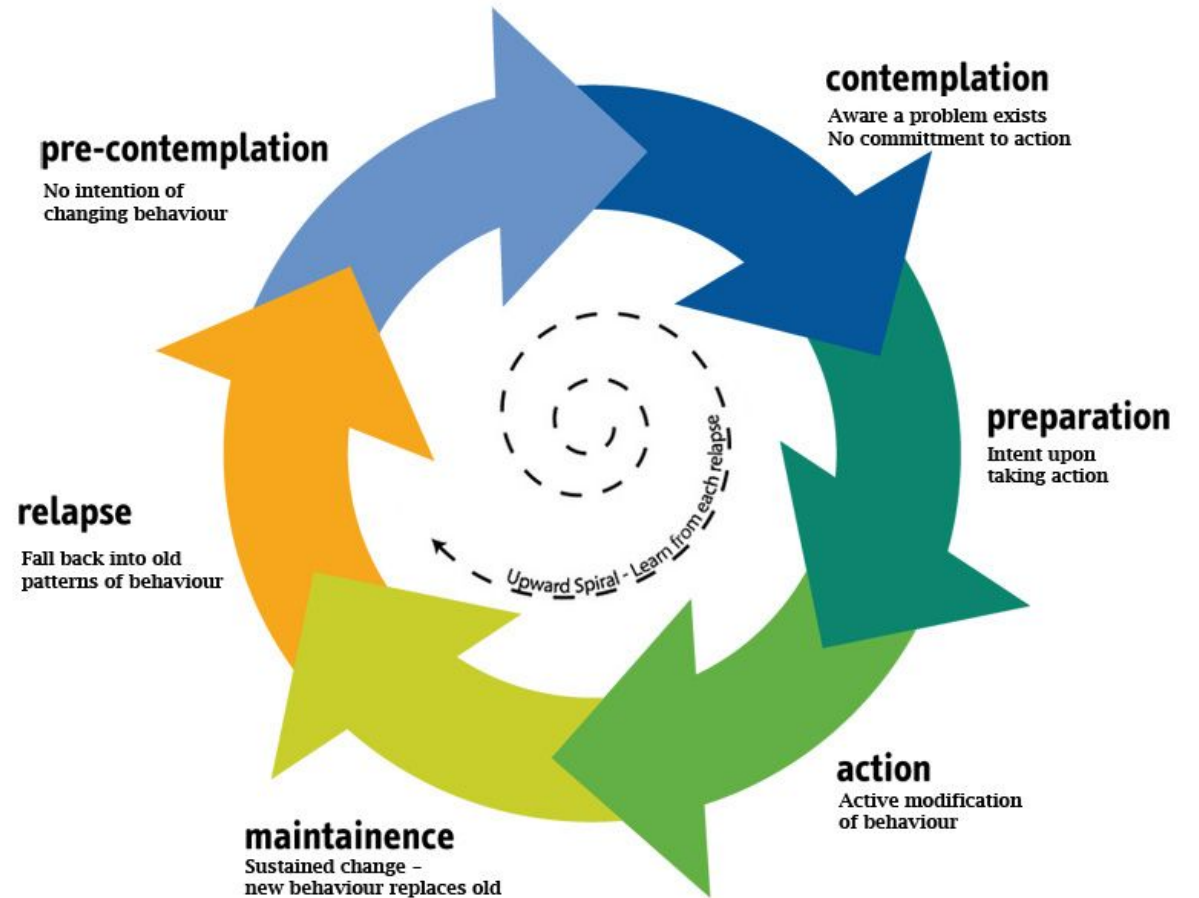


The Mindful Stress Reaction Cycle



Coaching Tool

Honest
self-reflection
reflected to your
health and
wellness goals



Transtheoretical Model of Change
Prochaska & DiClemente

Reminder of our Interdisciplinary Approach



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

Homework:

- What are you noticing during reactionary moments?
- Practice body scan at least twice this week. Reflect on why you practiced twice or why you didn't. Learning is possible either way.
- Worksheet: what are your intentions and goals for your health and wellness in 2024?

Slides and resources:

www.respondmindfully.com/getoutofyourownway

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

