

Get Out of Your Own Way!

5-Part Workshop (Session 3)

*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

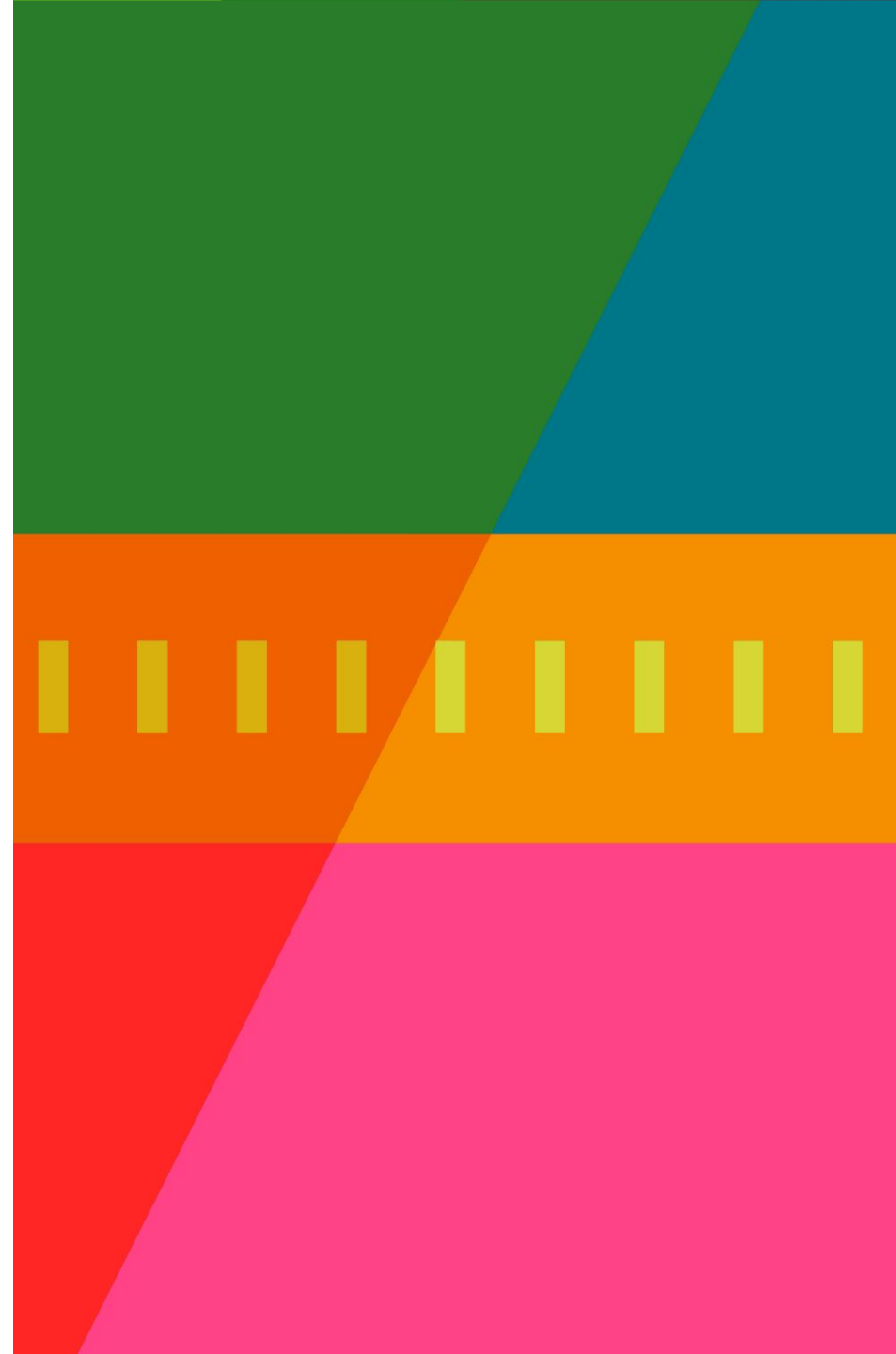
STOP COMPLAINING & START APPRECIATING: COMPLAINING SERVES A PURPOSE, BUT IT'S NOT ALWAYS HELPFUL. WHAT IS WORKING WELL IN YOUR LIFE & YOUR HEALTH JOURNEY?
JAN 13 @ 10:30AM - 12PM

Today:

- Practice
- Recap Session 1 & 2
- Skills to be in the Now
- Deeper into Respond vs. React (intentions and goals)

Recap from Past 2 Weeks

- Our brain is “different” than our mind
- We feel - in the body - whether we like it or not; our power is in how we relate to sensations and feelings
- Being self-aware - through mindfulness practices - helps you notice your automatic reactions
- What is healthy and what is not depends on the context and on the moment
- When in reaction, it’s hard to “get out.” Physiologically, impossible.
- Our intention is to be more flexible when faced with life, health and wellness challenges. *We want to be able to see more options.*
- Others impact us; culture impacts (i.e., social media, expectations related to gender, etc.) our brain and nervous system react subsciously
- What else are you holding from last two weeks? What did you reflect on after the session? What have you noticed?



This Moment Mindfulness Practice

Acknowledge where you've been this week:
physically, thinking-wise, and emotionally.

Shift to this moment.

How do you know you are in this moment?
Pick an anchor. We'll work with sound, *but it's your*
choice. What do you hear?

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



Pair share – checking in with our deepest intentions helps us make small shifts, *now!*

- *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 beings
- When you say things out loud, we generate internal and external energy



Coaching in Practice

Pick one domain of Lifestyle Medicine or any domain in your life you'd like to develop healthier habits.

Then pick *one area* related to this domain (i.e., sleeping at 10pm, not watching TV past 11pm, etc.).

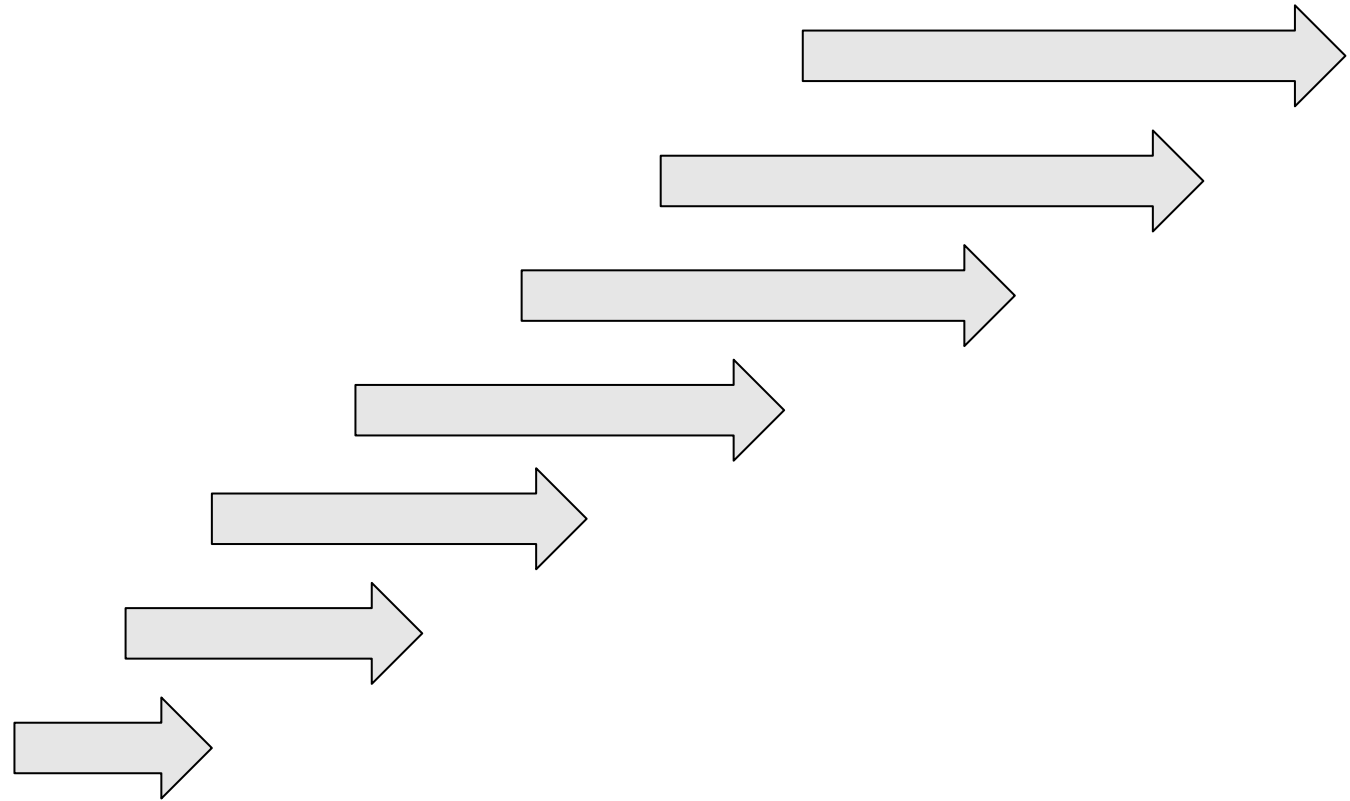
For now, this is it. We'll use this at the end as we unpack additional tools.



Tiny steps make the next step easier.

We can't take tiny steps if we are not present.

How do we respond in ways that embodies this reality?



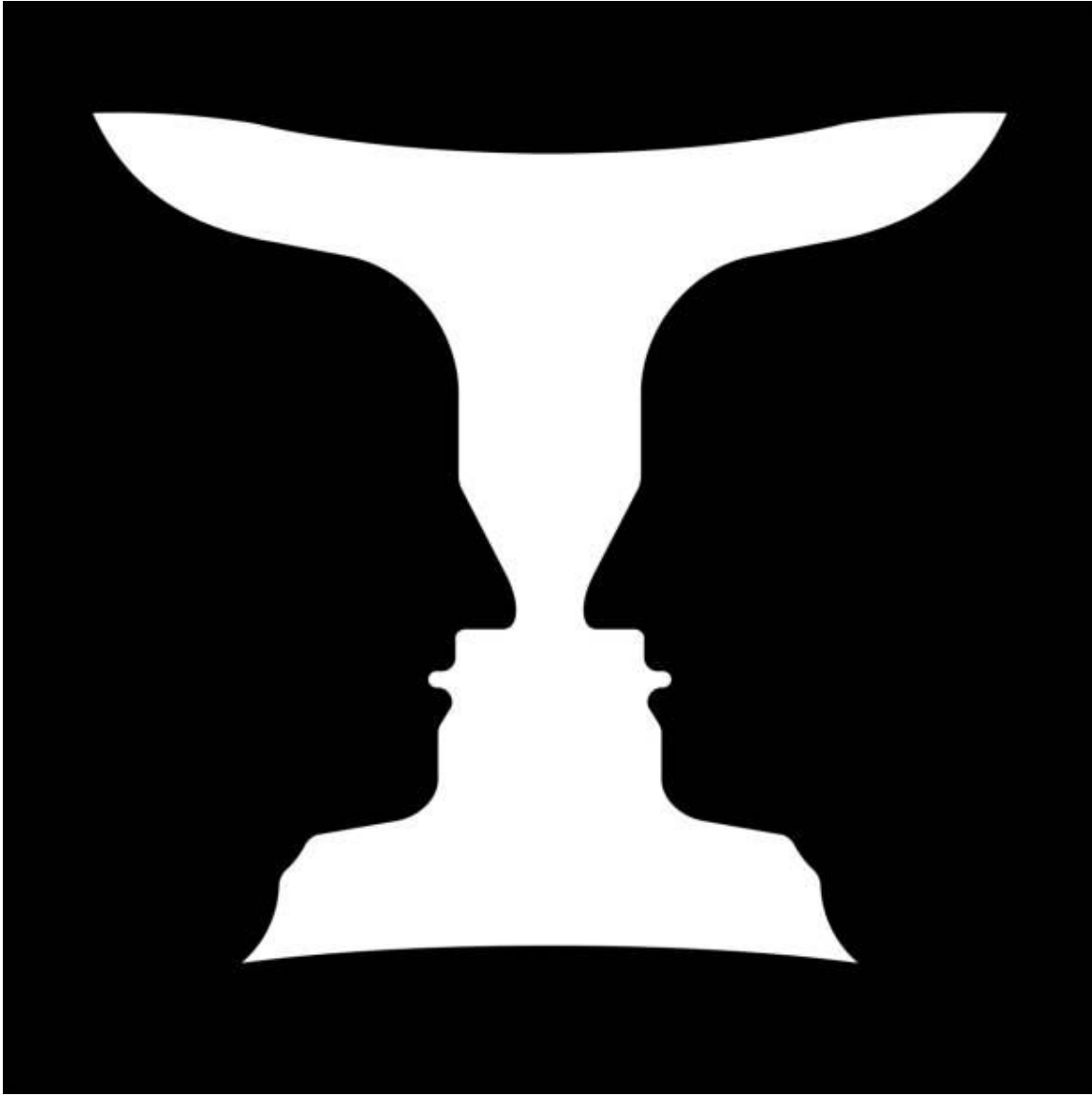
“Why do you check your phone yet again when you just checked it 15 minutes ago? Or root around in the kitchen late at night, not really hungry but just wanting something?”

It's simply how our brains work. We crave. We get. We remember. We crave again. It's the craving cycle. If we can understand it, we have a better chance of catching it in the act, and taking steps to make more considered choices.

For example, let's look at habits that get formed around smoking cigarettes: There could be stress (trigger) that moves someone to go outside for a cigarette (behavior); and then, for a brief time, that initial stress is reduced (reward). Our brains simply recognize that a particular behavior—in this case, smoking—alleviates, however briefly, the feeling that the initial trigger sparks in us. *So with that reward of lowered stress, the brain says, essentially: go do that behavior again.*”

Paraphrase from: <https://www.mindful.org/how-to-change-your-habits-with-mindfulness/>





Types of Habits we Usually Meet

1. *Wanting*
2. *Distraction*
3. *Resistance*
4. *Doing*

Our intention is to use mindfulness to notice as these habits arise.

It's good to be aware of what types of habits we are facing.

Source: <https://www.mindful.org/how-to-change-your-habits-with-mindfulness/>

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.

What is happening in this moment?

When we are present, when we allow our thoughts, sensations, and body to be as it is, we can gently ask:

- What is happening?
- What do I need?
- What do I already know?
- What support do I need?

Remember the tools we've discussed:

- Intentions and goals (what are they?)

Upcoming Tools:

- Self compassion (week 4)
- Reflection (week 5)

Items that may hinder habit awareness

- Hunger
- Anger and Anxiety
- Loneliness
- Fatigue

Paraphrase from: <https://www.mindful.org/how-to-change-your-habits-with-mindfulness/>



Mindfulness Attitudes can Help us Too

- Non-judging
- Acceptance
- Patience
- Beginner's Mind
- Trust
- Non-striving
- Letting go
- Gratitude
- Generosity

List from: <https://mindowl.org/9-attitudes-of-mindfulness/>



Lets Reflect and Practice Together: *Better Sleep*

Habits are not fixed; being aware of our perspective is key to shifting.

I am more happier and less moody when I get good sleep!

Science of Learning & Development

Wisdom: What do you already know?

Get Out of Your Own Way (Habit)

Coaching: Reflections & Intentions

Practice: Mindfulness Skills

Knowledge and Information

What do you feel in your body?
Attitude of patience.

Sleep is correlated with better health!

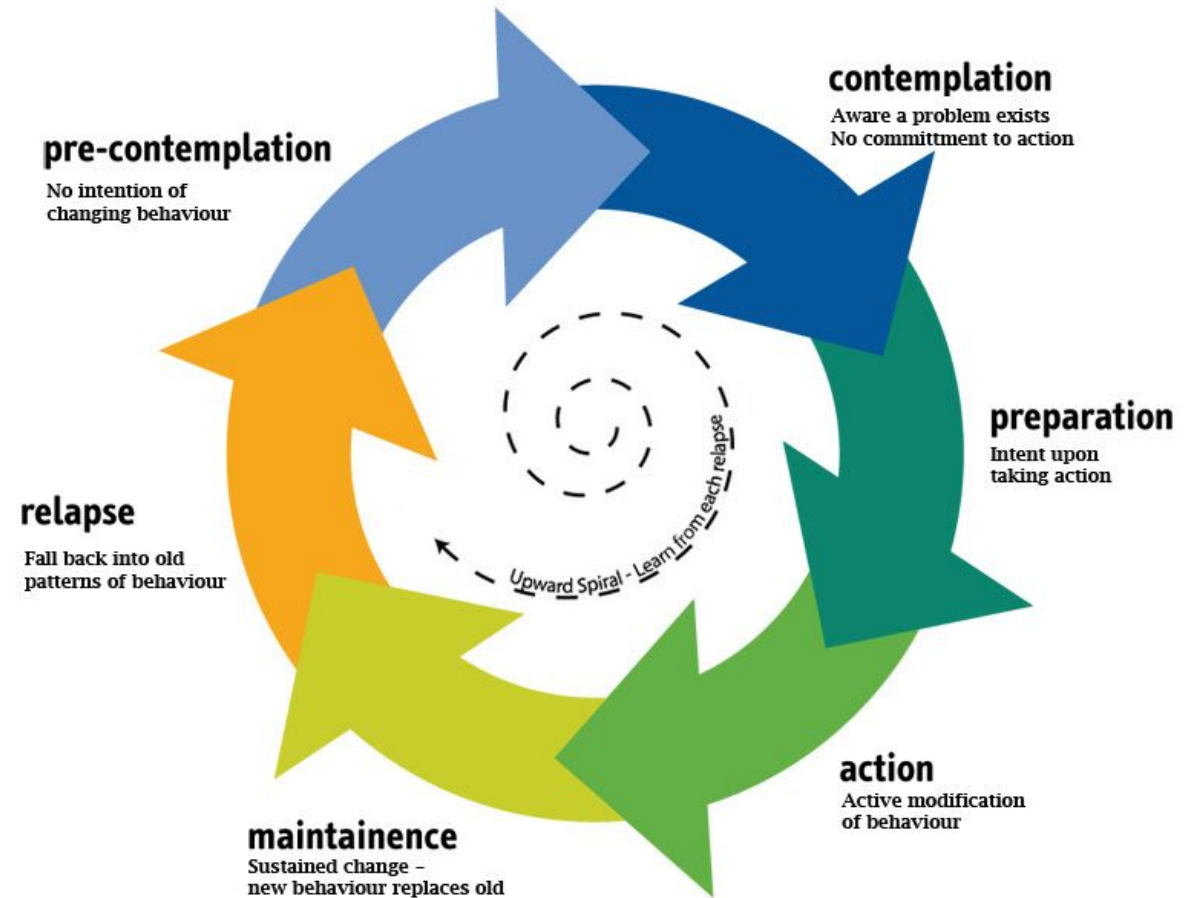
Intention: *ask myself, why I am still up?*



Coaching Tool

Honest self-reflection
reflected to your
health and wellness
goals

What support do I
need?



Transtheoretical Model of Change
Prochaska & DiClemente

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

Homework:

- Reflect on what you're own matra will be related to *small steps are the big steps*.
- Practice - at least once - either the body scan, mindfulness of breath or awareness of sound meditation.
- Worksheet: pick one habit, and address the questions on *Where am I with this Habit?* reflection page.

Slides and resources:

www.respondmindfully.com/getoutofyourownway

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

