

# *Get Out of Your Own Way!*

*5-Part Workshop (Session 5)*

*In partnership with  
Guerrilla Gym*

Presented by:  
Oscar Flores, M. Ed., LMC, NBC-HWC  
[www.respondmindfully.com](http://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 1-4
- Responding to Emotions and Mindful Eating Strategies
- Self-Compassion to add to Mindful Toolbox

# *Gratitude & Appreciation Practice*

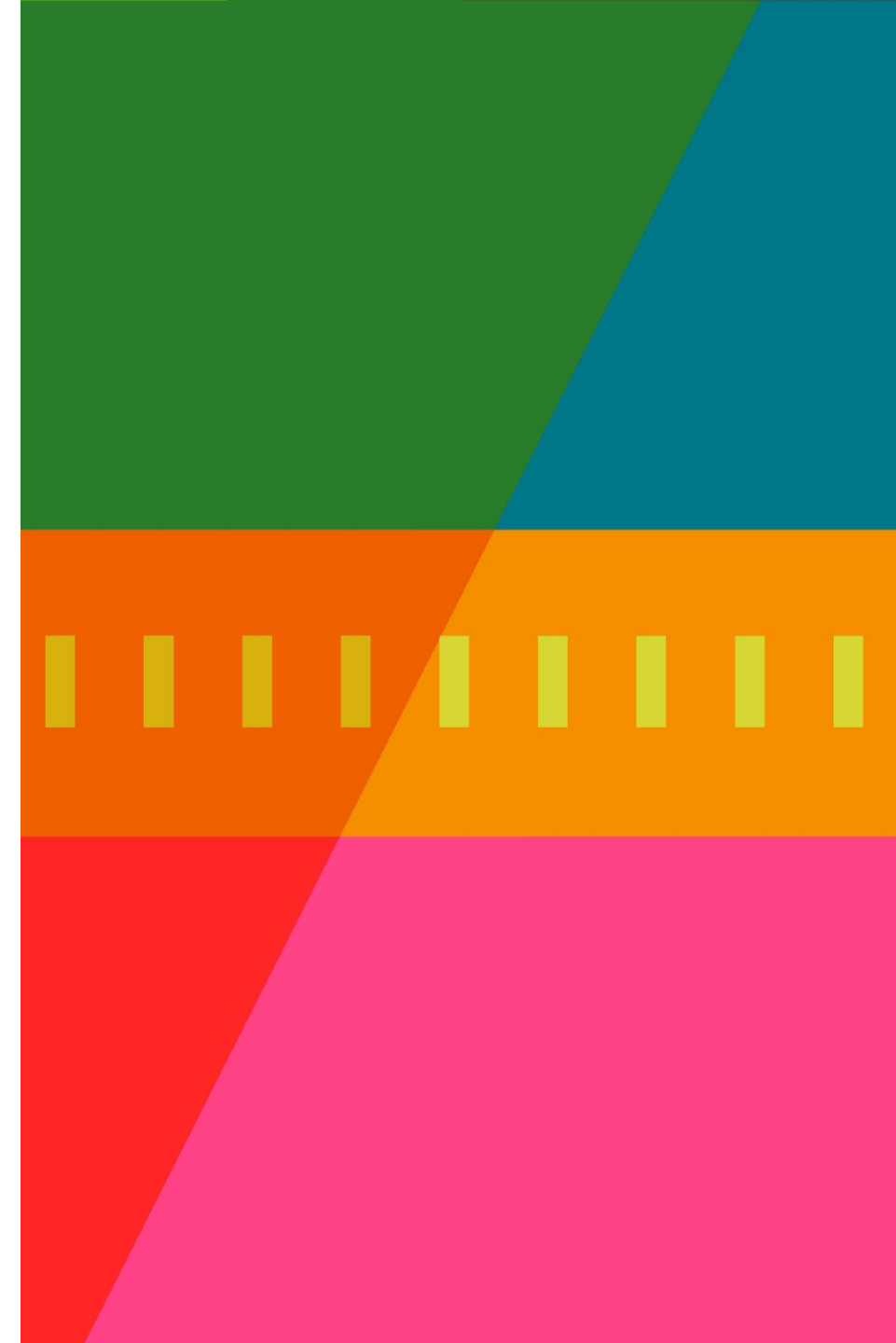
Visualization of what is working well.  
Start with your body.  
Then, move outward. Your life.  
In your community.

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



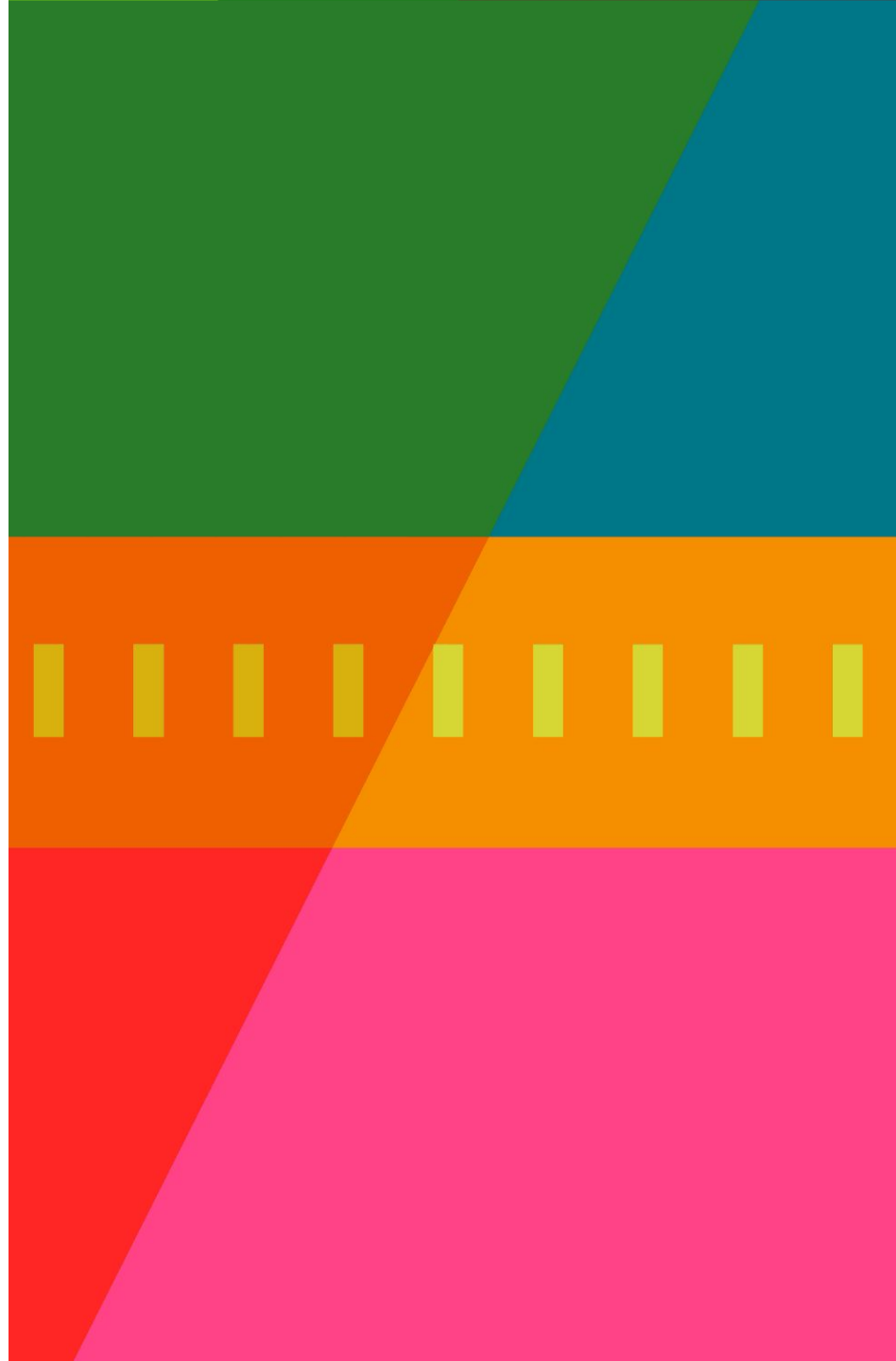
# Recap from Sessions 1-4

- 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 subconsciously
- *Next slide, please*



# Recap from Sessions 1-4

- It's important to ask yourself: *why do I really want to be healthy?*
- Tiny steps make the next step easier!
- Noticing our habits, especially those in the categories of wanting, distraction, resistance and doing can be helpful in supporting our practice of responding.
- Mindful attitudes can help you in the difficult moments: acceptance, patience, trust, beginner's mind, and gratitude.
- Negative thinking is trying to be helpful, *it is good at detecting threats based on our past experiences.*
- Why are you eating? Are you hungry? Are you full? Were you fully present when you were eating?
- *Anything else you are holding on to? What reflections have you had since last week? What have you noticed?*



# Reminder: Use our Mindful Framework

- NAME IT (What is factually going on?)
- FEEL IT (By accepting what is arising without wanting it to be different or go away)
- SELF-COMPASSION (Kind acceptance while being open to next step to grow)
- REDIRECT (Respond with Wisdom and Vision)
  - Why do you want to be healthy?
  - What is your intention?
  - What energy do you want to bring to this moment to help you move toward your goal?
  - What is the tiny step forward you want to make in this moment?
  - What is comes from a place of non-judgement, generosity and patience?



# Group Reflection

What is going well in your health and wellness journey?

Share in pair. 1 min each. *This time, you can interject, but ask yourself if you really want to interject given that you only have one minute.*



# Complaining can cloud so much! *This is why we started with gratitude, and we'll end with gratitude.*

“Through the repetition of bad, sad, mad and powerless feelings, the neurotransmitters in the brain can go through a neural “rewiring,” which reinforces negative thought patterns, ***making it easier for unhappy thoughts to repeat themselves and leaving little room for the more positive feelings of gratitude, appreciation, and well-being.*** A continuous cycle of negative thoughts may even cause damage to the hippocampus, the part of the brain used for problem solving and cognitive functioning. Over time, complainers become negativity addicts, attracted to the drama that comes with a complaining attitude.”

Quote from: <https://hbr.org/2021/04/managing-a-chronic-complainer>

Notice what comes up? What feelings, sensations, thoughts, and/or emotions come up? *Hold these with self-compassion and care.*





“Chronic complainers also have a damaging effect on those around them. When people are thinking and reacting in negative and pessimistic ways, without realizing it, they transfer these feelings onto others in a process psychologists call “projective identification.” It is as if they use other people as some kind of garbage can for their negativity, making these others feel weighed down and exhausted.

“Some neuroscientists have suggested that human beings possess what are called mirror neurons in their brain that are important for survival. ***As social beings, our brains unconsciously mimic the moods of the people around us, which can be an advantage when we are faced with danger.*** It can also serve as a form of social cohesion. This neuronal mirroring, however, has a flip side. ***People who complain about everything become contagious and, before we realize it, we turn into complainers ourselves.***”

“Complaining isn’t all bad. Occasional venting and expression of negative emotions to a colleague about difficult situations allow us to get our concerns out into the open, and in doing so, lessen possible stress reactions. Repressing our feelings may stop us from naming our problem and getting to the bottom of it. People also complain in order to feel better about themselves.”

Quotes from: <https://hbr.org/2021/04/managing-a-chronic-complainer>

**Remember from Session 1:** who we are as humans is complex. How we show up is influenced by so much. Social structures matter too, and how we were socialized. The question is whether our complaining is working for us? Is it shifting how we respond?



# *How to Respond when you Notice Complaining*

*Use our mindful framework! And ask:*

- What is really going on?
- What can you do?
- What do you need?
- What support would be helpful?
- What is upsetting about this person or situation?



# Gratitude & Its Benefits

“In general, people are more cognitively aware of their “headwinds” (or barriers they face) than “tailwinds” (benefits they receive). ***By paying more attention to our tailwinds, studies have shown that we can accentuate feelings of happiness, optimism, and positive emotion.***”

Robert Emmons writes that “practicing gratitude magnifies positive feelings more than it reduces negative feelings.”

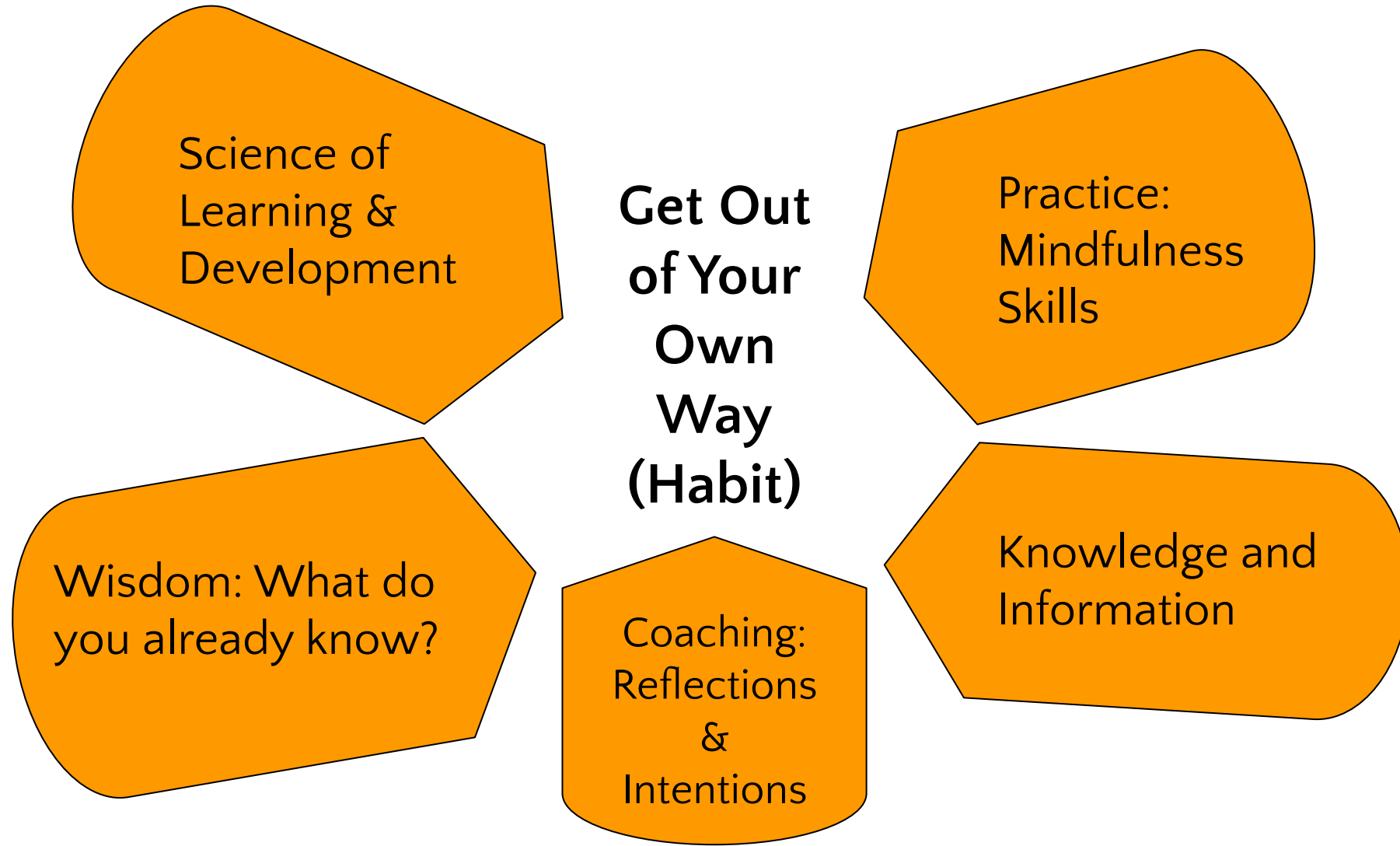
“Physiological changes associated with gratitude are typically a reduction in blood pressure and increase in vagal tone, which is taken as an index of increased parasympathetic influence on the peripheral nervous system,” says Dr. Emiliana Simon-Thomas, Science Director at the Greater Good Science Center.

“Gratitude may also open the door to healthier communication styles within a relationship. Since the practice leads to more positive perceptions of our partners, friends, or family (and likely, greater trust), we may feel more comfortable talking through disagreements.”

Quotes from: <https://www.mindful.org/the-science-of-gratitude/>



# Reminder: *Use all of YOUR Tools*



# Integration

What is the story you'll tell yourself about this training series?

What is the story you'll tell others?

What do you want to hold as you move forward?



# ***Keep in Touch & Thank you!***

Watch for future collaborations. Share with others about your experience. Send me an email with your feedback and testimonial.

Slides and resources:

[www.respondmindfully.com/getoutofyourownway](http://www.respondmindfully.com/getoutofyourownway)

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

