MINDFULNESS & COMPASSION

1

INQUIRY
➤ Don’t believe anything I say!
➤ Gather data and run experiments
➤ Create buy-in from personal experience
➤ Welcome discomfort
➤ Embrace the unfamiliar
➤ Recognize how a one-degree shift can change everything
➤ Life-enhancing/giving?
➤ Life-detracting/depleting?

2

MINDFULNESS

3

“Practices that increase attention span, amplify focus, build resiliency to stress, and promote empathy.”

— Mindfulness

4

“Waking up, being fully alive, and being present for the richness of each moment.”

— Mindfulness

5

RESPOND MORE, REACT LESS

6

TAKE A META-MOMENT

1. Acknowledge

2. Acknowledge

3. Acknowledge

4. Acknowledge

5. Acknowledge

6. Acknowledge
SELF-AWARENESS = GROUP IMPACT = COLLECTIVE IMPACT

BRAIN SCIENCE
Of Mindfulness

SCIENCE OF MINDFULNESS

Anterior Cingulate Cortex
More self-regulation
Greater ability to direct attention & behavior

Hippocampus
More resilience in dealing with stress
Better emotional regulation
Improved learning & memory

Insula
Increased self-awareness
Better interface bet feelings, cognition, & action

Amygdala
Reduced fear
Less reactivity of fight, flight, or freeze

SCIENCE OF MINDFULNESS

Pre-Frontal Cortex
Engages higher order brain functions like awareness, concentration & decision-making

Meta Analysis
Increased:
Self-Awareness
Attentional Control
Emotional Regulation

RESILIENCE
Ability to recover readily from illness, depression, adversity, or the like; buoyancy.

— What is resilience?

Do not judge me by my success, judge me by how many times I fell down and got back up again.

— Nelson Mandela

RESILIENCE IN PRACTICE

RESILIENCE & THE BRAIN

STRESS & THE BRAIN

SOURCES OF STRESS

Things happening around us (events or circumstances) vs. Our reactions

[Diagram of human brain with labels: Reptilian Brain, Limbic System, Neocortex]
**Performance**

- **Arousal**
  - Healthy tension
  - Improving
  - Creative calm
  - Fatigue
  - Ill health
  - Panic

**Signs of Negative Stress**

➤ **Body**: Fatigue, headaches, muscle tension, indigestion, heart burn, rapid heart beat
➤ **Mind**: Worrying, negativity, lack of clarity, poor judgment
➤ **Emotions**: Loss of confidence, depression, anxiety, irritability, apathy
➤ **Behavior**: Isolation, lashing out, appetite changes, insomnia, accident prone

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**Conduits**

For Increased Awareness

- **Body**
- **Breath**
- **Mind/Emotions**
- **Intuition**
- **Connection**

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**Body**

- **Alert**
- **Meditative**
- **Deeply Relaxed**
- **Sleeping**

**Breath**

- **Body**
- **Mind**
- **Body**
MIND/EMOTIONS - BUSY MIND?
➤ How many thoughts in a single day?
➤ 50-70,000
➤ 35-48 per minute
➤ Wandering mind
➤ Creative, productive thoughts
➤ Negative depleting thoughts
➤ How does modern life amplify our minds to wander?

MIND/EMOTIONS - OBSERVING THOUGHTS
You don't have to believe everything you think.

MIND/EMOTIONS - PRACTICES
➤ Standing/lying down body scan
➤ Walking to/from work
➤ Actually listening
➤ Eating a meal
➤ 3-10 min meditation (any technique)
➤ Going outdoors/seeing
➤ Deep breathing
➤ Tai-Chi/Yoga movements
➤ Journaling (catharsis & gratitude)
➤ Love notes, GNN, Random Acts of K
BABY STEPS

➤ Make ONE inquiry commitment at a time, be clear, measurable
➤ Employ COMPASSION
➤ Use the power of behavioral change (will power is extremely limited)
➤ 3 months minimum to create new habits
➤ 51% rule