



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



3

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

— Mindfulness

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

— Mindfulness

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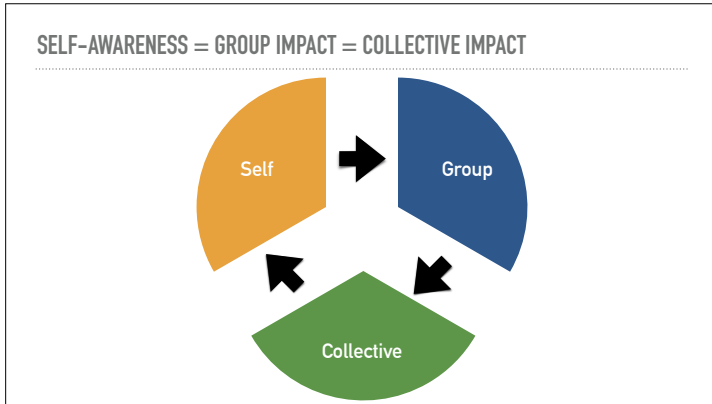
**RESPOND MORE, REACT LESS**

TAKE A META-MOMENT

1. Something happens    2. Sense    3. Stop

4. See your best self    5. Strategize    6. Succeed!

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SCIENCE OF MINDFULNESS

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

**> GRAY MATTER**  
Hippocampus  
*More resilience in dealing with stress  
Better emotional regulation  
Improved learning & memory*

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SCIENCE OF MINDFULNESS

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

**< ACTIVITY**  
Amygdala  
*Reduced fear  
Less reactivity of fight, flight, or freeze*

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SCIENCE OF MINDFULNESS

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

**META ANALYSIS**  
Increased:  
*Self-Awareness  
Attentional Control  
Emotional Regulation*

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“

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

— *What is resilience?*

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“

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

— *Nelson Mandela*

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### RESILIENCE IN PRACTICE



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### STRESS



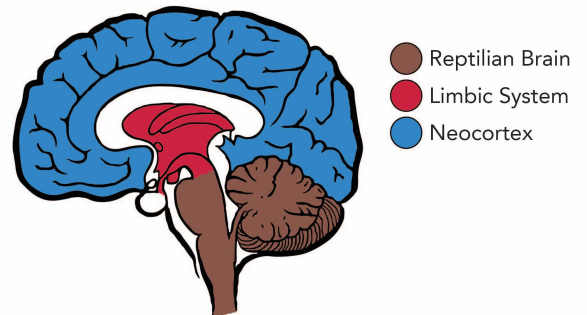
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### SOURCES OF STRESS

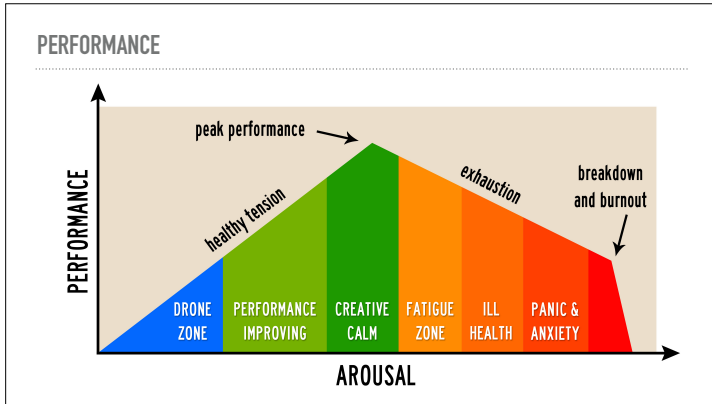


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### STRESS & THE BRAIN



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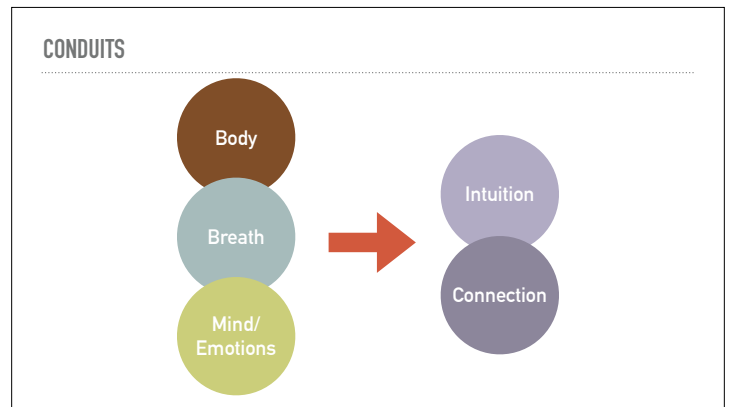
**SIGNS OF NEGATIVE STRESS**

- **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

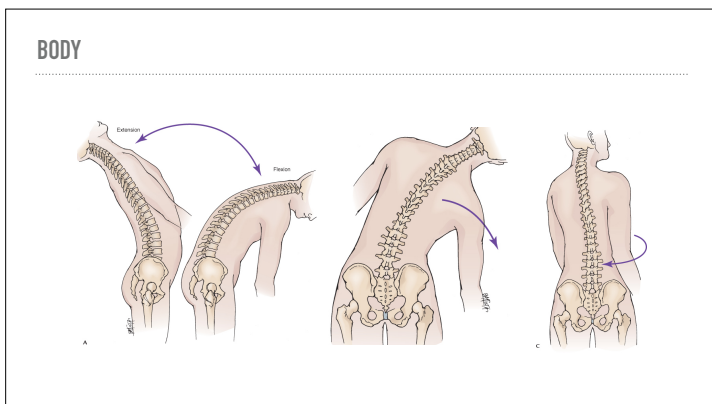
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**CONDUITS**  
For Increased Awareness

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**BREATH**

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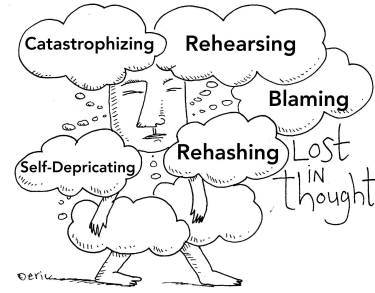


### MIND/EMOTIONS - BUSY MIND?

- 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?

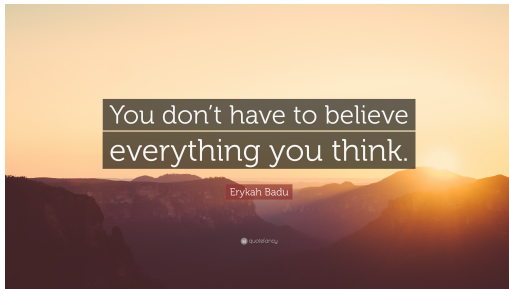
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### MIND/EMOTIONS - OBSERVING THOUGHTS



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### MIND/EMOTIONS - OBSERVING THOUGHTS



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### MIND/EMOTIONS - PRACTICES



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## PRACTICE

*Practice, Practice*



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### ONE DEGREE SHIFTS

- 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

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## BABY STEPS

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- 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**

