

MINDWELL

Session #1 Mindfulness & Resilience Tips & Reminders

Mindfulness definition: being fully present in, and accepting of, the present moment, just as it is! It is a basic human capacity we have and can develop and leverage.

Mindfulness practices:

- Observe the mind - how is the traffic in your mind?
- Observe the breath - where do you feel it in your body? How is it - fast, slow, steady, deep?
- Connect with your body - use your senses to feel and observe

Mindfulness tools:

- Intention (purposeful action),
Attention (focused, present, aware),
Attitude (open, curious)
- Become the observer or silent witness
- Practice non-judgment - start with easy things; weather, traffic
- Your body & breath are anchors to the present moment

Why is mindfulness important?

- We create stress by thinking about the past or the future
- Mind management puts us in control & influences our perceptions
 - You don't have to change your world, you can change your mind about your world!
- Full attention/presence - how many f's are you missing? Mindful or Mind full?
 - Awareness is the greatest agent of change
- Mindfulness enables awareness and change - with attention & practice!

Four stages of conscious change;

1. Unconscious incompetence,
2. Conscious incompetence,
3. Conscious competence,
4. Unconscious competence

Evidence based mindfulness benefits*:

- **Increased:** Workplace Engagement, EQ, Psychological Capital, Optimism, Resilience, Hope, Self-Efficacy, Well-being, Self-Compassion, Humility, Authenticity
- **Decreased:** Stress, Burnout, Disrespect, Hurtfulness, Rudeness, Conflict, Turnover Intentions

Resiliency definition: the capacity to bounce back, adapt and even thrive under change and difficult situations.

Resiliency attributes: + attitude, optimism, regulate emotions, acceptance, non-judgment, self care, ask for help.

Energy fuels resiliency: - how full are you keeping your resiliency reserve knapsack?

Brendon's high performance habits for increased energy and resiliency:

1. Sleeps 8 hours
2. Meditates 1-2x per day
3. Moves every 50 minutes
4. Whole foods, plant-based diet, 8 glasses of water
5. Finds inspiration every morning

Energy Fuels Resiliency

How full is your resiliency reserve knapsack?
What are your resiliency habits?

