

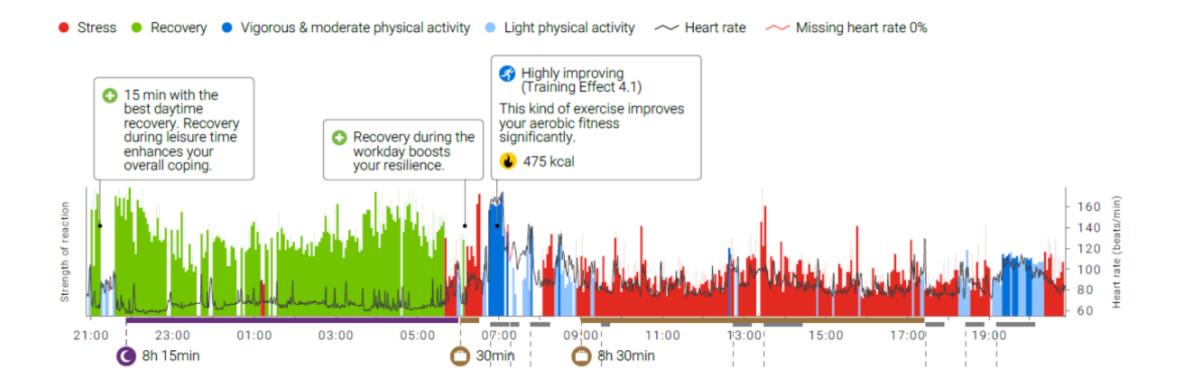
BEACON Chapter 7 Nurture

Lesson 5 Mindfulness

Thrive Ability



What's happening here? The energy leak of the "red zone"



What might help provide daytime recovery?

What Is Mindfulness?

Mindfulness is:

- Living in the now, aware and awake in every moment. Having your mind where you feet are.
- Being **fully engaged** in whatever is happening around you and within you
- Bringing an **attitude of curiosity**, **acceptance and friendliness** to whatever is experienced, rather than judgment & criticism.
- Mindfulness is a way of living and being in the world you can do it any time, anywhere

What is Meditation?

- Meditation can sometimes sound mysterious but in its essence is a very simple practice.
- It involves taking time out of your day for stilling the mind to give attention to one simple focus.
- Focusing on the breath is a form of meditation.



5 Top Benefits of Mindfulness Meditation

MORE PATIENCE

In our lightning-fast instant gratification culture, it's easy to get distracted. Mindfulness teaches us to practice patience so it comes more naturally to us when we need it.

BETTER FOCUS & PRODUCTIVITY

It's tempting to get caught up in social media, interruptions, and unhelpful thoughts. Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them.

COMPASSION Mindfulness broadens compassion for ourselves and others by helping us suspend self-judgment and bring our

moment.

INCREASED

attention back to the present

HEIGHTENED **BODY AWARENESS**

We tend to lose awareness of what our body is feeling when we get too busy or distracted. With mindful awareness, we can listen to our bodies and react in healthier, purposeful ways.

LESS STRESS & ANXIETY

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety.

https://thinklivebepositive

Meditation allows the dial to be reset.

The stillness allows a sense of peaceful pleasure, simple joys become more noticeable, the warmth of a summer's day, the beauty of a tree, or the joy of touch, awareness of the flow of energy.



My attempts at being more mindful....



What have I learnt? KISS – Keep It Simple = Serenity

Just do it





How might we get started with meditation?

TIMER PRESETS

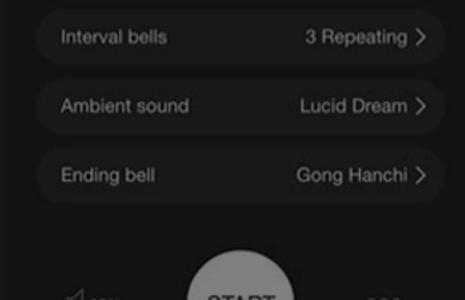
Starting bell

ZHADA

Try one of the many available apps or guided meditations

INSIGHT

Peace in our Timer



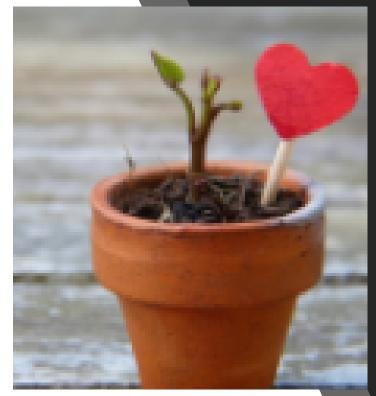
breathing

RESET YOUR MIND IMPROVE YOUR ENERGY ENHANCE YOUR HEALTH

DR GREG SMITH

Breathing as a master switch

- Breathing skills can reduce states you don't want & increase states you do want
- Often people who are anxious don't breathe out & people who are depressed don't breathe in
- Breathing can be used as the 'reset' switch to change modes.
- Breathing slowly using the diaphragm has a calming and centring effect,



Loving Kindness Meditation

- Barbara Fredrikson's Open Heart study. People spent 80 – 90 mins per week listening to guided mediation of LKM.
- Shift were slow (3 weeks) but positivity rose steadily.
- It became like a "time release capsule" delivering benefits in increasing amounts over time.
- Benefits include, Less self destructive thoughts, Less self-criticism, more positive emotion, reduced pain, more resilience and faster recovery from some forms of mental illness
- If your still learning self kindness or feel isolated this may not be for you.....YET

www.positivityresonance.com/meditations

Key Question;

What if I could experience this moment without baggage of the past or fears for the future? What if I could just BE HERE NOW? Echart Tolle





Key points Lesson 4 Mindfulness

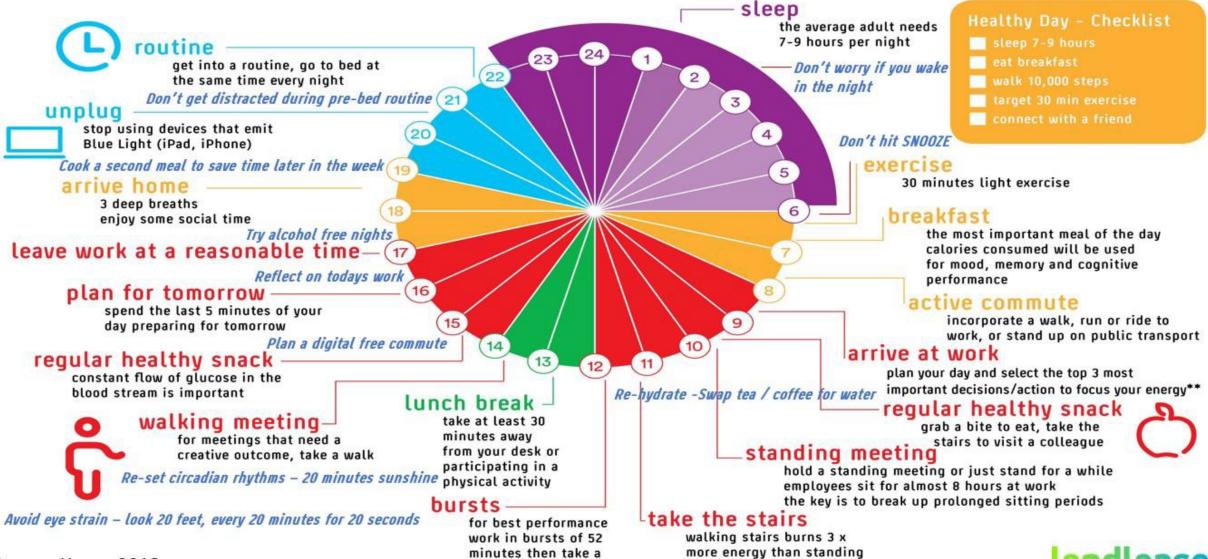
- We are more likley to thrive and sustain our energy if we take some time to mindfully restore.
- We can take **time to throughout the day to be mindful** "be where our feet are". Let go and ground yourself often throughout the day, perhaps setting a timer to remind you. Become aware or your surroundings, sensations, breath.
- There are many different type of meditation but **it's best not to get overwhelmed and to start simple** - KISS – Keeping It Simple = Serenity.
- Start by finding a time and place, sitting with a straight back, eyes slightly close, gentle smile on your face and for just a few minutes focus on the breath. Do this often and increase over time noticing the effects.
- We can use our **breath as a master switch**, helping us regulate our emotional states. Learn more in Greg Smith's new book Purposeful Breathing.
- Loving kindness mediation has solid research from Prof Barbara Fredrikson for raising positivity and connection. See resources or link to find the guided version and give it a go.
- In a moment of struggle, try to remind yourself to "be here now" without baggage of the past, or fears for the future.

ENERGY

(Key points for Chapter 6)

Eat like a Greek Nourish your gut biomes Exercise even when you think you can't Relax your mind with the breath Get good sleep You do it **your** way

How can we build more wellbeing into everyday 2.0



in a lift

short break

Duncan Young 2018

We are what we repeatedly

do. Excellence, therefore, is

not an act, but a habit.

Aristotle