

The Power of Mindfulness
with Norma Powers
Mind, Body, Vitality LLC

Session will be starting at 12 PM

Please note this call will be recorded

Session is being recorded



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March Topic:
The Power of
Mindfulness

Circle of Life:
Spirituality



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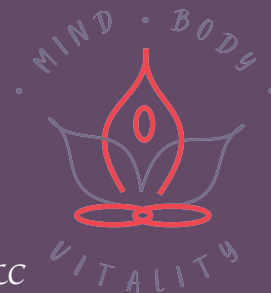
Disclaimer

Participants understands that the role of the Health Coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.

Participants understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals.

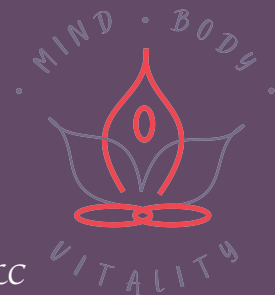
If you are under the care of a health care professional or currently use prescription medications, please discuss any dietary changes or potential dietary supplements use with your doctor and do not discontinue any prescription medications without first consulting with your doctor.

Participants understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.



What New & Good

Share in the Chat Box, or
unmute yourself to **SHARE**
anything that is
“New and Good”



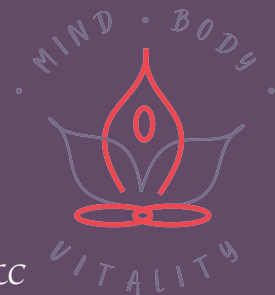
Recap of February

“Working from Home Effectively”

- Prepare for any possible distractions
- Find office space where you can be successful
- Sync your work apps to other devices (phone / tablet)
- Put your commute to good use by doing something good for your health
- Set a routine and get started early
- Act like you’re going into the office
- Turn off social media
- Identify peak productive times
- Designated color codes for children
- Check in with co-workers
- Time Management Apps
- Make a playlist according to your mood or energy
- Say no to visitors
- Stay vigilant of hackers and work securely
- Set clear working hours

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Chat Box

*What have you implemented
into your routine?*

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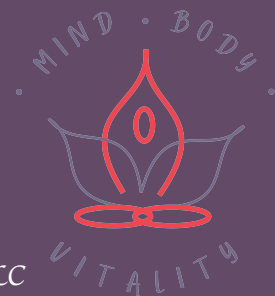


Opening Meditation



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Love and Kindness Meditation

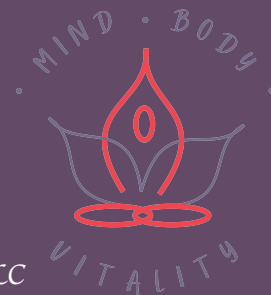
(Metta Meditation)

- Is a meditation of putting together and practicing the four qualities of love:
 - (1) friendliness
 - (2) appreciation and joy,
 - (3) compassion, and
 - (4) equanimity
- Starts with the self.
 - as Buddha said: *“unless we treat ourselves with love and compassion, we cannot reflect the same on others.”*
 - Once we start experiencing self-love and self-compassion for ourselves, we can show the same to others too.
- Practicing this meditation helps develop self-compassion, increased focus and attention, and a deep sense of emotional strength that helps balance our thoughts and actions.
- Uses words, images, and feelings to evoke a loving kindness and friendliness toward oneself and others.

<https://positivepsychology.com/loving-kindness-meditation/>

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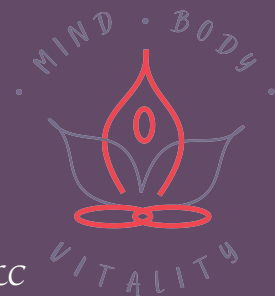
Love and Kindness Meditation

(Metta Meditation)

- As we recite the phrases, we are expressing an intention, planting the seeds of loving wishes for ourself and others over and over in our heart.

Find a comfortable set. Let your body rest and be relaxed. Allow your heart to soften. Let go of any preoccupations.

- Begin with yourself, because without loving yourself it is almost impossible to love others. Breathe gently, and recite to yourself:
 - *May I be filled with lovingkindness.*
 - *May I be safe from inner and outer dangers.*
 - *May I be well in body and mind.*
 - *May I be at ease and happy.*





Circle of Life:
Spirituality

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Spirituality

Spirituality: refers to the way we seek and express meaning and purpose, and the way we experience connectedness to the moment, to self, to others, to nature, and to the significant or sacred.

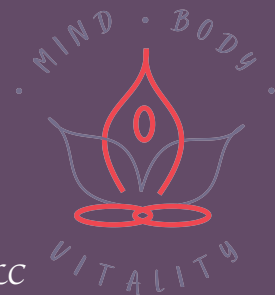
Spirituality: is about seeking deeper meaning in life and intending to align with the highest version of ourselves

- aligning and being connected in peace, love, kindness and joy.
- It seeks to answer the questions, "Who are we?", "Why are we here?", and "What is our purpose in this life?"
- A balanced spiritual life cultivates non-judgement, integrity, kindness and respect.

Consider your answers to the following questions:

- What does spirituality mean to you?
- Is spirituality an area where you currently invest your time?
- What does a balanced spiritual life look like to you?
- What spiritual practices resonate with you and uplift you the most?

On a scale of 1-10, what is your level of satisfaction with Spirituality?

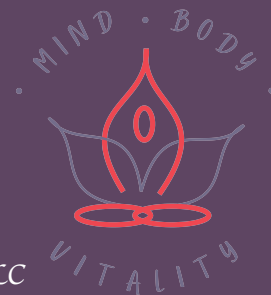


A woman with her hair in a bun is sitting in a meditative lotus position on a dark rock ledge. She is facing away from the camera, looking out over a vast ocean towards a bright sunset. The sky is a mix of soft orange and pale blue. A decorative wreath of thin branches with small circular buds frames the central text.

THE POWER OF MINDFULNESS

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WHAT IS MINDFULNESS?

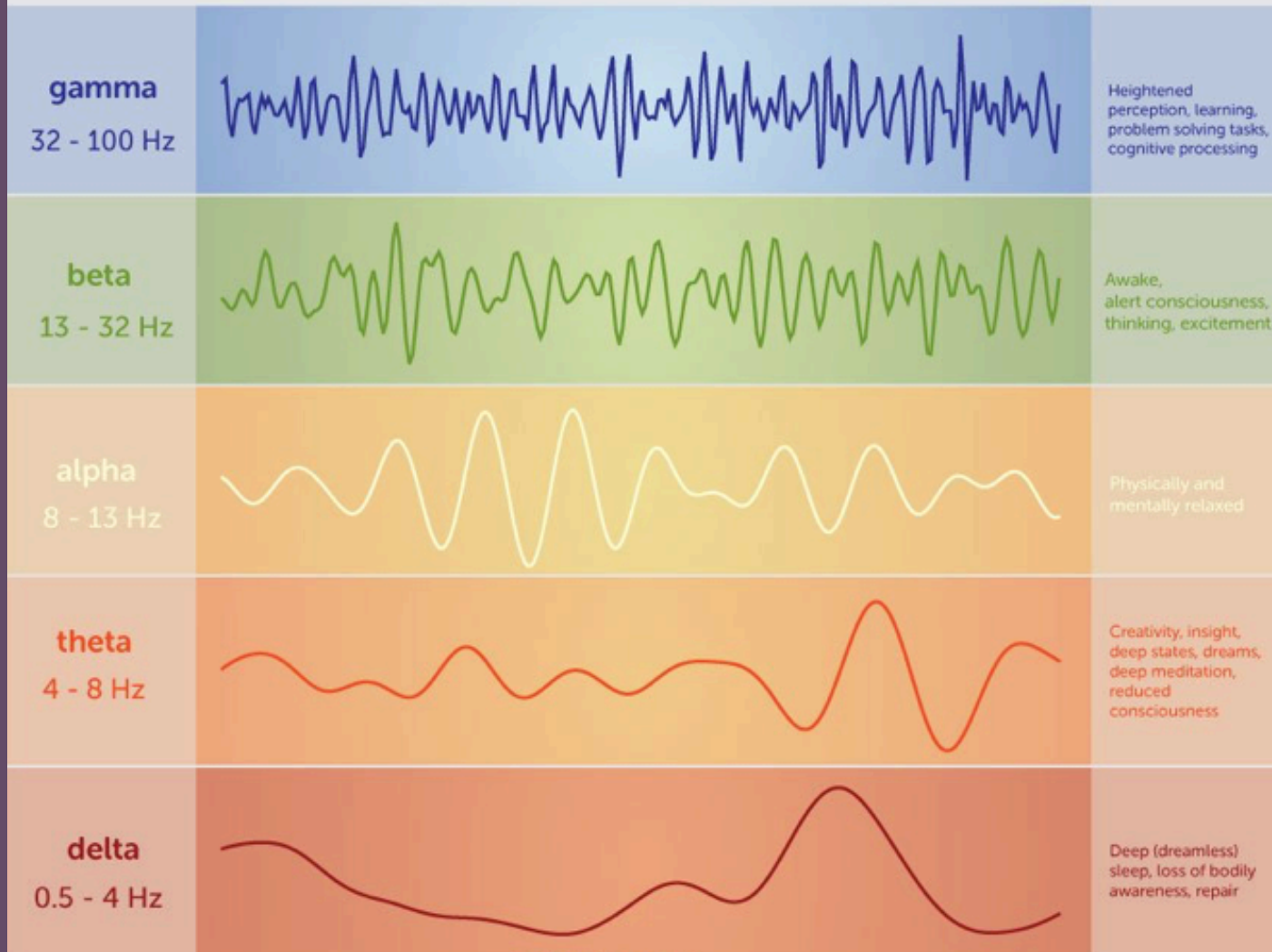
- What is happening right now
- Being fully present
- Fully aware of your current situation and environment
- Alpha brain waves – associated with the conscious mind increases when we are relaxed
- Harvard Study: concludes positive benefits of mindfulness
 - <https://news.harvard.edu/gazette/story/2011/04/turn-down-the-volume/>
 - Meditation boost alpha brain ways which might increase creativity levels

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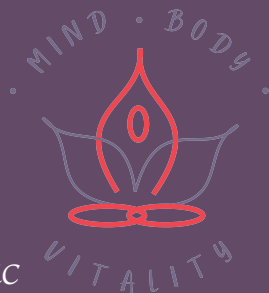
Human Brainwaves



museTM
the brain sensing headband

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- Neurobiology plays a roll in the process of mindfulness
- Improved brain function and newly formed neural pathways
- Improvement in cognition, behavior, concentration and productivity levels.
 - Changes the way you think!!

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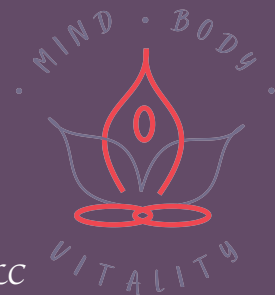


PAST – PRESENT – FUTURE

- Be Here Now
- Preoccupation with worry about the past or future takes our focus away from being present
- Let go of the future: Eckhart Tolle

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LETTING GO

- 'Surrender to what is, let go of what was, and have faith in what will be' - Sonia Ricotti
- Let go of past emotions or events helps us live in the now.
- 'Thoughts aren't facts' – Eckhart Tolle
- Let go of the feeling of the need to be busy, let go of a person, place, experience

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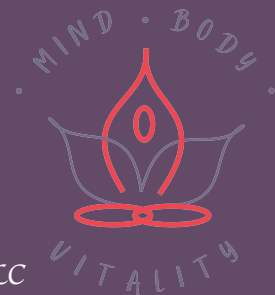
MINDFULNESS, ANXIETY & DEPRESSION

Benefits of mindfulness

- Bring our attention back into the NOW
- Regular mindfulness and meditation practice helps brings awareness to the onset of anxiety
- Decreases reactivity to external events and triggers
- Becomes a tool we can tap into

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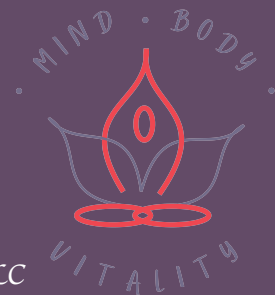


SLOWING DOWN

- SLOW... THINGS... DOWN...
 - Meals
 - Walk
 - Responses & Interactions
- Challenge yourself to observe one new thing every day
- Methods effective to helping slow us down and boost mindfulness
 - Breath control
 - Getting sufficient sleep
 - Minimizing distractions

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Breathwork (pranayama) is vital to help slow down and become more mindful

- Equal breathing: inhale and exhale for the same count.
 - Aim for 4, increase to 6-8
 - Best technique and most effective before bed

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MINDFUL BREATHING TECHNIQUE 2

- Abdominal Breathing: helps increase lung capacity
 - One hand on chest and other on belly: full inhale into the diaphragm
 - 6-10 slow breaths per minute for 10 minutes
 - Keep at it for 6-8 weeks
 - Best technique and most effective before an exam or stressful event

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MINDFUL BREATHING TECHNIQUE 3

- Alternate Nostril Breathing: helps equalize the amount of oxygen received on both sides of the brain
 - Brings calm and balance
- Hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril.
- Continue the pattern, inhaling through the right nostril, closing it off with the right thumb and exhaling through the left nostril.
- Best technique and most effective whenever its time to focus or re-energize (not before bed)

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MINDFULNESS AND MEDITATION

- Mindfulness vs Meditation
 - All mindfulness techniques are ultimately forms of meditation
 - Mindfulness encourages awareness to the present moment and surrounding
 - Meditation encourages focus on a particular thing or intention
- Concentration
 - Both require a great deal of concentration
 - Deep concentration and meditation ultimately improves overall capacity to concentrate

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MINDFULNESS AND YOGA

- Mindfulness, Yoga and Meditation: all bring the body and mind back into a state of balance.
- Cultivating awareness
 - Yoga: awareness of the body
 - Meditation: awareness of the mind

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- Mindfulness is important for kids and teenagers
- Provides increased concentration, increase self and body awareness, compassion and understanding
- Breathwork is effective in combatting behavioral issues

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FLOW STATE & CREATIVITY

- Being in the flow: state of mind with immense and prolonged focus
 - Intentional focus and detachment from the outside world
 - A state of meditation / mindfulness while fully absorbed in an activity

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- When to Practice
 - Morning before you start your day: prepares our mind for the day's task
 - Before bed to help disconnect from the conscious world into a deep sleep state
- Guided Meditations
 - <https://www.youtube.com/watch?v=pFkJAw4ODIE>
 - any videos by Jason Stephenson:
<https://www.youtube.com/watch?v=6vO1wPAmiMQ>

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MINDFULNESS RESOURCES

- Search for what you need
 - Mindfulness for anxiety
 - Mindfulness for fatigue
 - Mindfulness for stress-relief
 - ...anything you are drawn to
- Meditation App
 - Headspace

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SOURCES

<https://www.youtube.com/watch?v=a3CunRgjXBk>

https://www.youtube.com/watch?v=6p_yaNFSYao

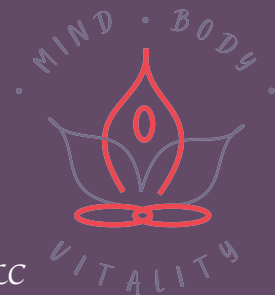
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Sources Continued

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HOW CAN I START?

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Homework

- Register on the group Facebook Page (CalTimes Wellness Group)
- Spirituality / Circle of Life: assess your satisfaction in this area by answering the discussion questions?
- Prior to our next session try to incorporate mindfulness into your daily ritual.
- If anyone has any questions or suggestions to share, please post them in the FB Group or you can message me.



Chat Box

*I'd love to see in the chat box
one takeaway that you plan
to incorporate.*



ANY QUESTIONS?

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