

The Power of Mindfulness

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INTRODUCTION



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AGENDA

1. ARRIVE

2. INTRODUCTION

**3. INTERACTIVE
DIALOGUE**

**4. INTRODUCTION TO
MINDFULNESS**

**4. SIMPLE DAILY
PRACTICES**

5. POWER OF POSITIVITY

6. KEY TAKEAWAYS

7. THANK YOU

ARRIVE



WHAT IS YOUR EXPERIENCE WITH MINDFULNESS?

INTERACTION

Think about a stressful experience

- ❖ What did you feel in your body?
- ❖ What was physically happening?
- ❖ What was your response?
- ❖ How did your response make you feel?

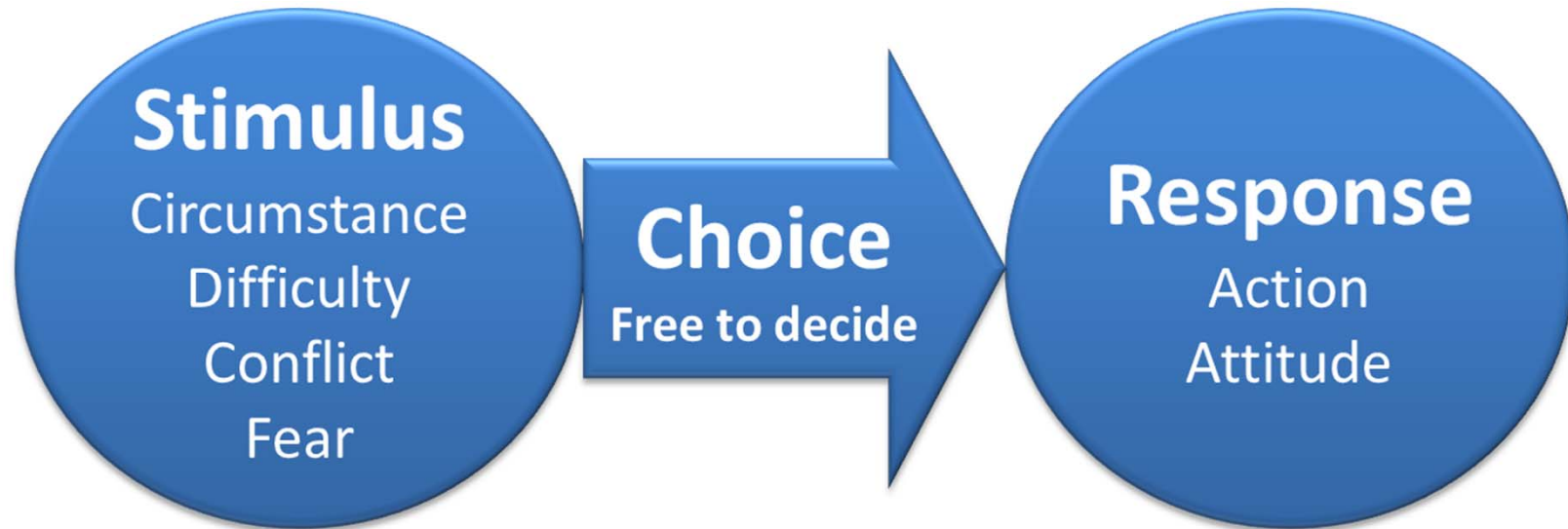
FIGHT OR FLIGHT RESPONSE

[Flight or Fight Video](#)

Mindfulness as a Superpower



FREEDOM TO CHOOSE YOUR RESPONSE



Notice

Shift

Rewire

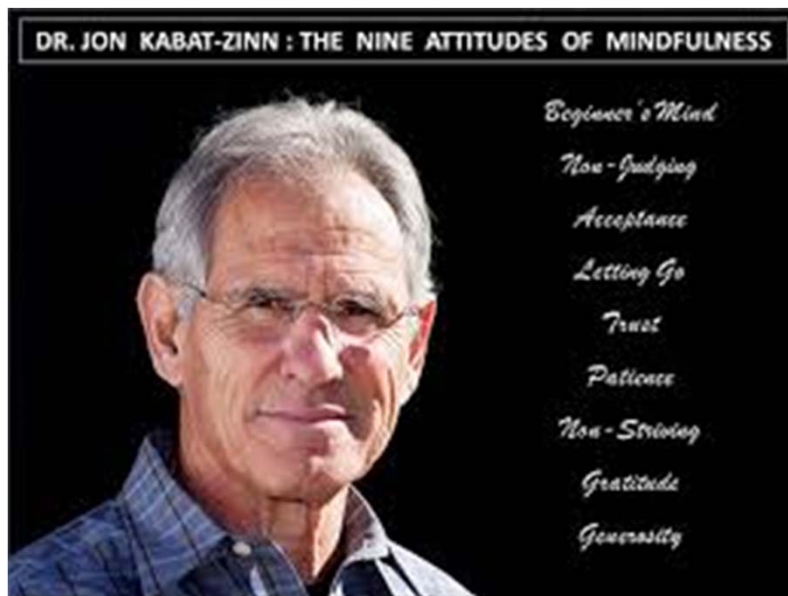
WHAT IS MINDFULNESS?



Mindfulness is
paying attention on
purpose, in the
present moment, and
nonjudgmentally, to
the unfolding of
experience moment
to moment.

~ Jon Kabat-Zinn

MINDFULNESS 101 – BEGINNERS MIND



A child's mind
is like
an open book

Yet,
as an adult

We
just can't seem
to get
the book
opened

- FuzzyG

boardofwisdom.com 

YOU CAN CHANGE YOUR BRAIN!

- Neuroplasticity – the lifelong ability of the brain to reorganize neural pathways based on new experiences



We are **NOT** born with a **fixed number** of brain cells.

The average adult grows **5,000 new brain cells** a day.



Practice a couple minutes/day changing your thoughts = **POSITIVE CHANGE!**

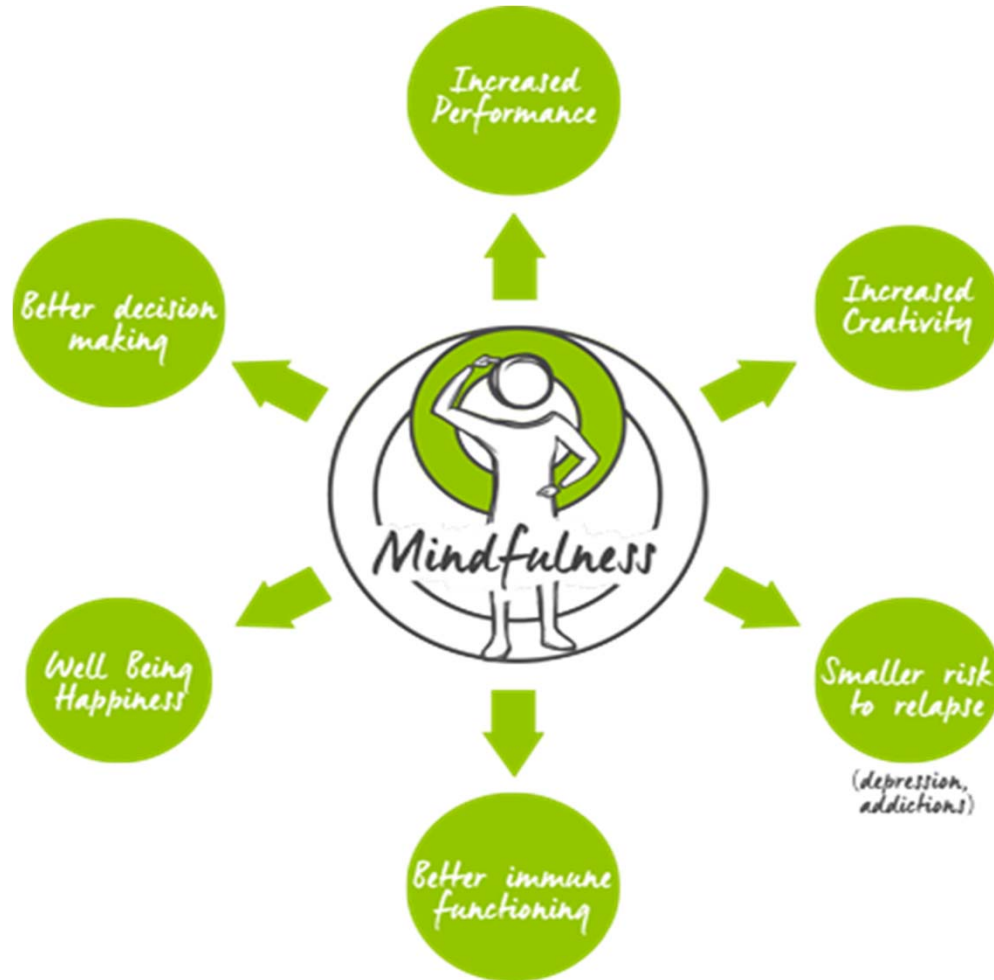
NEUROPLASTICITY IS REWIRING FOR YOUR BRAIN

**We are
what we
repeatedly
do.**

- Aristotle



BENEFITS OF MINDFULNESS PRACTICE



SIMPLE DAILY PRACTICE

Rewire your brain to have more focus
4x4 breath

Start by **Noticing** your current state. What is causing you stress?

- * Breathe in for 4 counts.
- * Breathe out for 4 counts.
- * Repeat 4 times.



NOTICE-SHIFT-REWIRE

Try this exercise of **Focusing on the Breath**

*Start by **Noticing** your current state.

*Take a deep breath in and **Shift** your attention to the sensations in your nose as you feel the cool air coming in. Listen for any sounds that accompany the breath.

* As you take in a 2nd breath, let yourself relax, simply watching the breath rise and fall.

* With your final breath, take a moment to **Rewire**. Enjoy this moment of stillness, this pause in your day. Bring this new state of awareness to the rest of your day.



SET A DAILY INTENTION



Try this simple exercise to help you get into a zone of productivity.

* Start by **Noticing** – What are the three most important priorities today that you really want to accomplish? Be mindful of the unconscious commitments that may get in your way.

* Then **Shift** – Write down your top three priorities.

* Finally **Rewire** – Commit to making them happen. Savor the joy you feel when these tasks have been completed.

SET A DAILY INTENTION



What role do you play in making your day a positive experience for yourself and others?

What's stopping you?

INSTANT REFRAME – ANY SITUATION

Try this exercise the next time you are faced with a stressful situation that is distracting you:

Notice how you typically react when faced with a stressful situation.

Shift by asking yourself one or all of the following questions:

- Do I know for certain this is true?
- Am I worrying over mere possibilities?
- Who would I be without these thoughts?

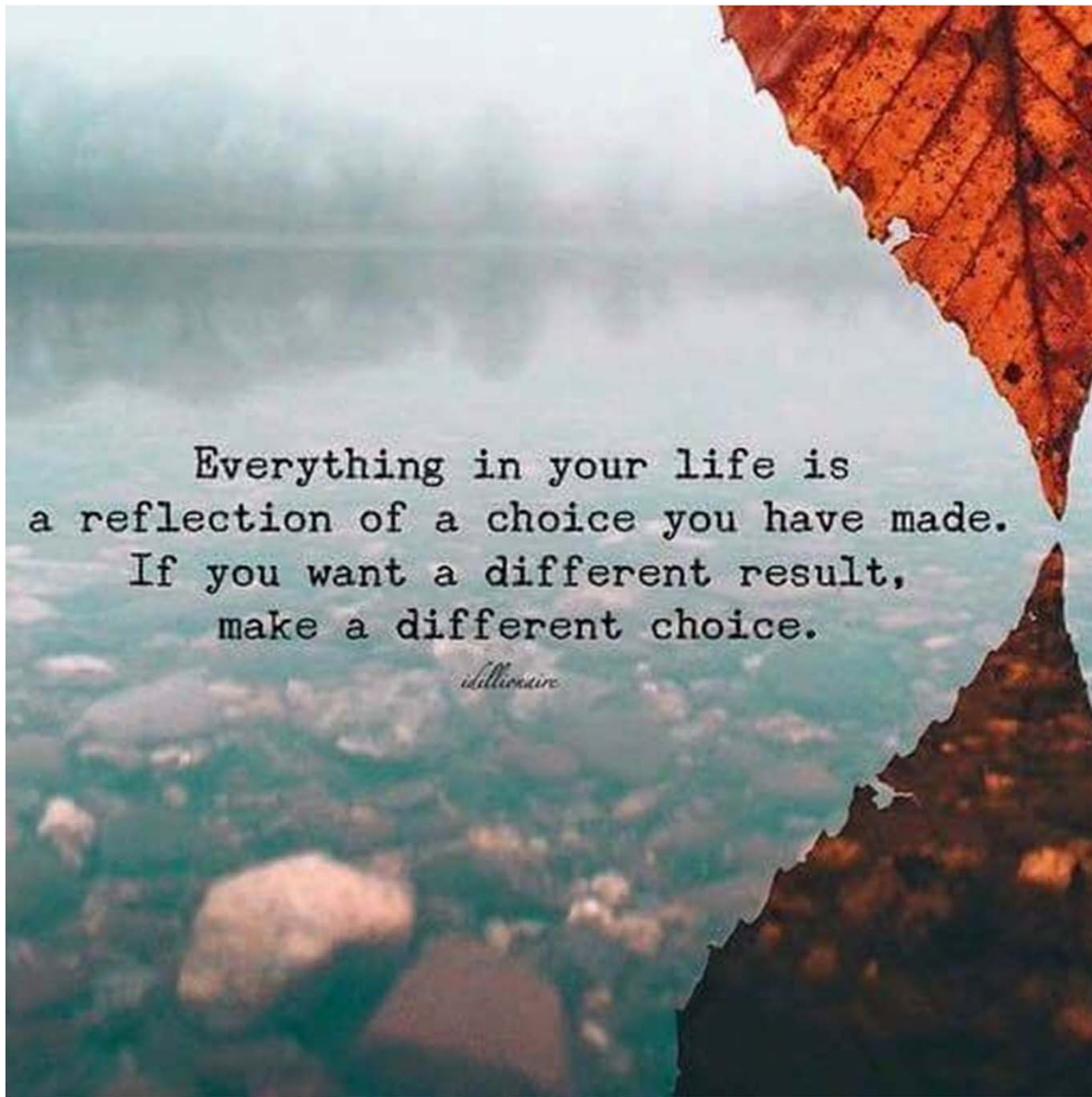
Give thought to taking on a new approach to your stressful situation

Rewire as you feel the benefits of this new outlook

INSTANT REFRAME – WHILE DRIVING



1. At stop signs build the muscle of presence by focusing on your breath
2. If you feel like you have been cut off by another driver, send compassion, by saying, “May they be safe, may I be calm”. Build your compassion muscles!
3. Build your non-judgmental awareness by accepting others driving habits. Don’t blame others on the road.



Everything in your life is
a reflection of a choice you have made.
If you want a different result,
make a different choice.

illuminare

3 GOOD THINGS PRACTICE

Write down 3 things that went well today

- Why was it good?
- How did this make you feel?

| Good Things | Why Was it good? | How Did You Feel? |
|-------------|------------------|-------------------|
| | | |
| | | |
| | | |



FOOD FOR THOUGHT

ONE SMALL
**POSITIVE
THOUGHT**

in the morning

**CAN CHANGE THE ENTIRE
OUTCOME OF YOUR DAY!**

Resources



- Happify – <https://www.happify.com/>
- Mindful – <https://www.mindful.org/>
- Center for Greater Good – <https://greatergood.berkeley.edu/>
- Alexa-mindfulness skills
- Free apps: Headspace, Calm, Insight

REFOCUS



THANK YOU