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

Stimulus
- Circumstance
- Difficulty
- Conflict
- Fear

Choice
Free to decide

Response
- Action
- Attitude

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
A child’s mind is like an open book.

Yet, as an adult.

We just can’t seem to get the book opened.

- FuzzyG
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

- Increased Performance
- Increased Creativity
- Smaller risk to relapse (depression, addictions)
- Better immune functioning
- Well Being Happiness
- Better decision making
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.
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 toaccomplish? 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.

- illinari
3 GOOD THINGS PRACTICE

Write down 3 things that went well today
• Why was it good?
• How did this make you feel?

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<thead>
<tr>
<th>Good Things</th>
<th>Why Was it good?</th>
<th>How Did You Feel?</th>
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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
THANK YOU