



**AWARENESS is a requirement for self-regulation.
Without it, we are unable to manage our thoughts, emotions, and impulses
in a healthy way.**

AWARENESS CHALLENGE

- 👁️ **Get in the habit of pausing for short moments throughout your day.
Take a few mindful breaths and notice what is happening in your body and mind.**
- 👁️ **Make a habit of noticing what is happening with your attention.
Practice directing and sustaining your attention for short moments throughout your day.**
- 👁️ **Make a habit of asking yourself “What am I thinking”, “What am I feeling?” and then observe
whatever thoughts and emotions are present.**

The Importance of Taking Care of Our MINDS

- 👁️ Now more than ever, we need to focus on a healthy, inner, wellbeing (*anxiety and depression at epidemic levels, distraction off the charts and loneliness reaching toxic levels*)
- 👁️ Mindfulness is the foundation for training a healthy mind.
- 👁️ The science of training the mind is based on neuroplasticity (the brain is constantly changing in response to experience)
- 👁️ Short moments of practice add up and are the key of rewiring our brains.
- 👁️ *Awareness, Connection, Insight & Purpose* strengthen areas of the brain that help regulate attention and manage thoughts and emotions

How do you nourish a healthy mind?

How does nourishing a healthy mind optimize the work you do?

Distraction

- 👁️ How often do you get distracted? _____%
- 👁️ Harvard researchers found that people are less happy when they are distracted.
- 👁️ Being distracted is toxic for our mind and many people feel less content.
- 👁️ Research supports that can learn to control our focus and pay more attention at any age.

How does it feel when your mind is scattered or distracted?

How does it feel when you are fully present or overly focused?

The Art of Doing Less

- 👁️ The compulsion to “do” never lets up in our fast-paced world; our brain is a “habit machine” constantly being influence by forces around us.
- 👁️ We can cultivate and train our brain to be healthy, balanced and calm.
- 👁️ We are human-BEINGS not human DOINGS.
- 👁️ Practice the skill of “lightness of being” that sometimes gets lost in our working day. Mindfulness can tap into this skill of just being and the art of doing less. We are not waiting for the future to be better than the present.

How often do you feel that you are wasting time when you don’t get something done?

If I just could

.....
then everything will fall in place/will be alright/will be perfect.

Strengthening Self-Awareness

- Self-awareness helps us know our "state of mind", giving us a new set of tools to manage thoughts and emotions in a skillful way.
- Checking-in helps us notice what is going on with thoughts and feelings. Checking-in instead of checking-out.
- Learn to slow down and pause, then choose a skillful way to handle emotions.
- Notice what is going on in the mind, the same way you notice the breath or what's going on in the body. I
- Skills that strengthen self-awareness: *noticing thoughts, noticing emotions, and noticing impulses.*

**Are you aware of any judgements and interpretations when you are involved in a challenging work situation?
How do these thoughts make you feel?**

Do you allow yourself to step back and pause before you react?

How does self-awareness shift our mindset during challenging moments?

Self-Regulation

- We can train the brain to respond rather than react.
- Self-regulation is the capacity to manage our thoughts, emotions, and impulses
- It is the key to successful, adaptive functioning.
- Research study found that kids with greater ability of self-regulation when they are 5 do much better when they are in their 30's. The child's ability to self-regulate when they are 5 is a better predictor of life outcomes than IQ, grade point average and standardized test scores.
- Simple mindfulness strategies can strengthen self-regulation abilities, changing circuits in the brain that we know to be involved in self-regulation.
- Every single moment of awareness is re-wiring your brain for the better.

How is self-regulation important in your daily work?

Dealing with Stress

- Stress can be toxic impacting our relationships, work, and health.
- It has also been shown to affect our genes and how our body ages.
- Research shows that people trained in meditation show significantly less cortisol levels during stressful tasks, do better on these tasks and recover more quickly compared to people who do not practice meditation.
- Neuroscience research focuses on areas of the brain for self-regulation (pre-frontal cortex and the amygdala) There is a strong correlation between better regulate of emotions and strengthened neuro pathways between the pre-frontal cortex and amygdala.
- Paying attention to thoughts and emotions when the mind is relatively calm strengthens relations in the brain that can help us to self-regulate, be more balanced and less reactive.

What are some work situations when we feel confident and resilient?

What are some work situations when we feel overwhelmed and reactive?