



inhale

Mindful Resilience for Performance & Mental Health

INTRODUCTIONS





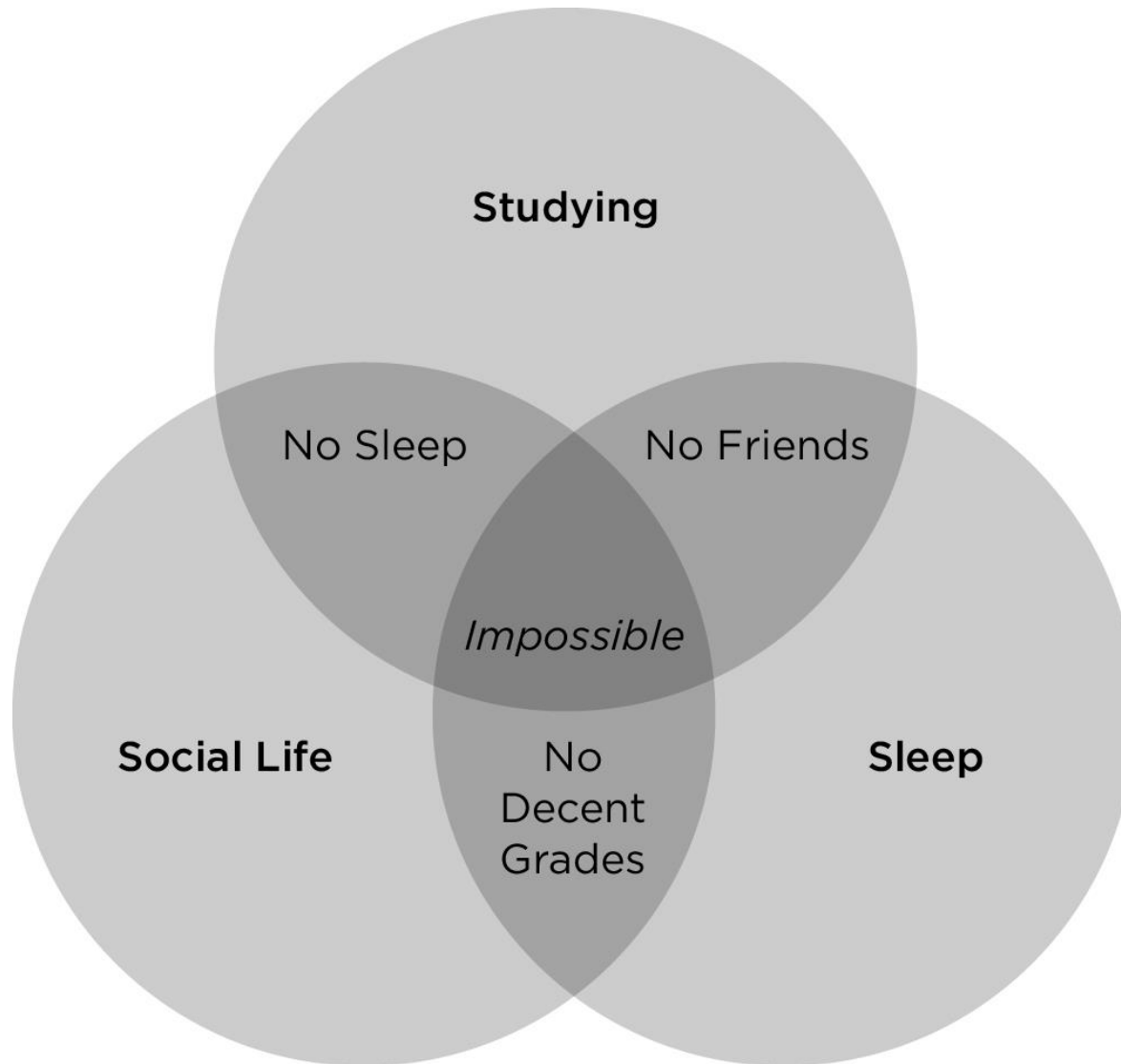
inhale



"What's a nice guy like you doing in a persona like that?"

THE STUDENT PARADOX

"Pick two"



THE STUDENT PARADOX

"Pick two"

Financial worries

Clubs Applications

Varsity Sports

Environmental devastation

Interviews

Family Issues

Systemic Racism/Oppression

Jobs

Aging grandparents

Essays

Money

Politics

Leaving home

Cultural issues

Rides

Extra-Curriculars

Parent Pressure

Learning differences

War

Roommate Issues

Social Media

Staying in shape

Mental health issues

Phone / Computer / Tech

The Economy

Curfew

Bullying

Summer plans

Eating healthy

Drugs

Alcohol

Hookups

Internships

Driving tests

Health issues

Dating

Family illness

Electronics

Body Image

1,3,5,7,9,11,13,15,17



STRESS = REGRESS

(FIGHT/FLIGHT/FREEZE/FORGET IT)

Physiology of threat- *system evolved to keep us safe from physical threat but we still use it emotional threat* (academic, social, athletic, etc)

BRAIN

- Amygdala (cave dweller brain) ON
- Prefrontal cortex (our evolved higher brain) OFF
- Everyone looks like an enemy or threat
- Only thinking *“How do I make it end?”* not *“Who gets hurt?”*

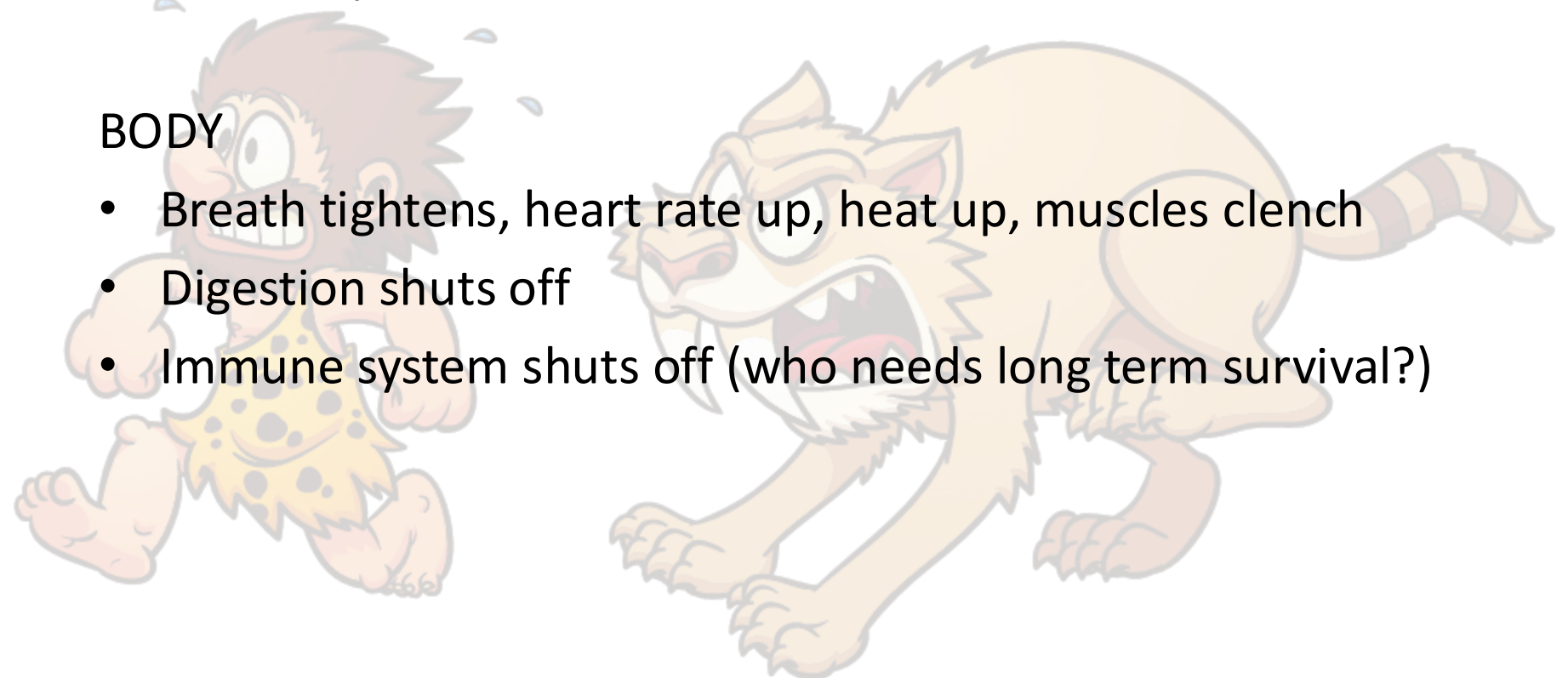
STRESS = REGRESS

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Physiology of threat- *system evolved to keep us safe from physical threat but we still use it emotional threat (academic, social, athletic, etc)*

BODY

- Breath tightens, heart rate up, heat up, muscles clench
- Digestion shuts off
- Immune system shuts off (who needs long term survival?)



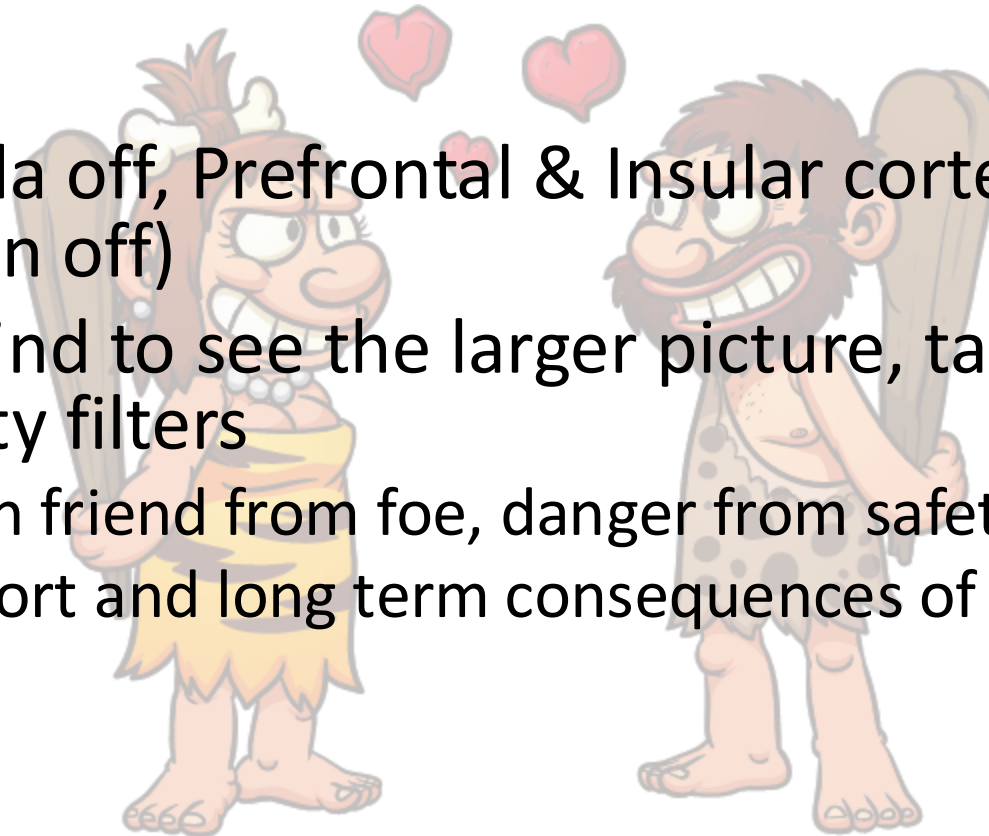
STRESS = PROGRESS

(ATTEND & BEFRIEND)

Physiology of Mindfulness and Compassion *System for caregiving, connecting and feeling safe*

BRAIN

- Amygdala off, Prefrontal & Insular cortex on (caveman off)
- Open mind to see the larger picture, take off negativity filters
 - Discern friend from foe, danger from safety
 - See short and long term consequences of action



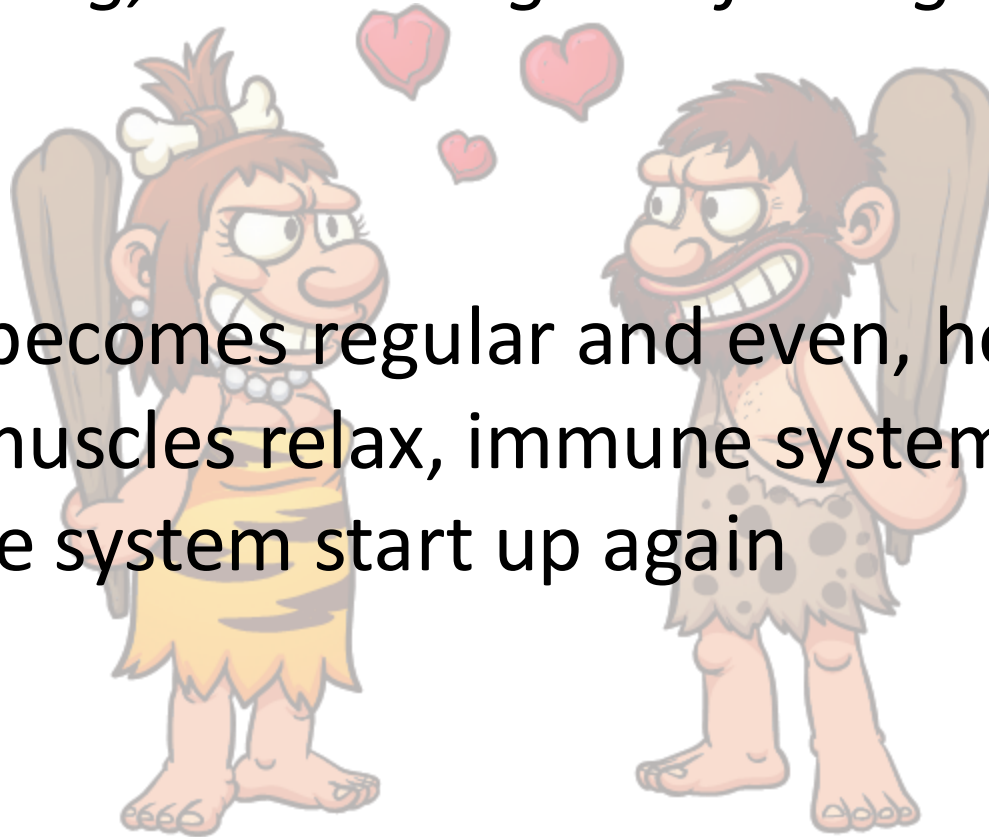
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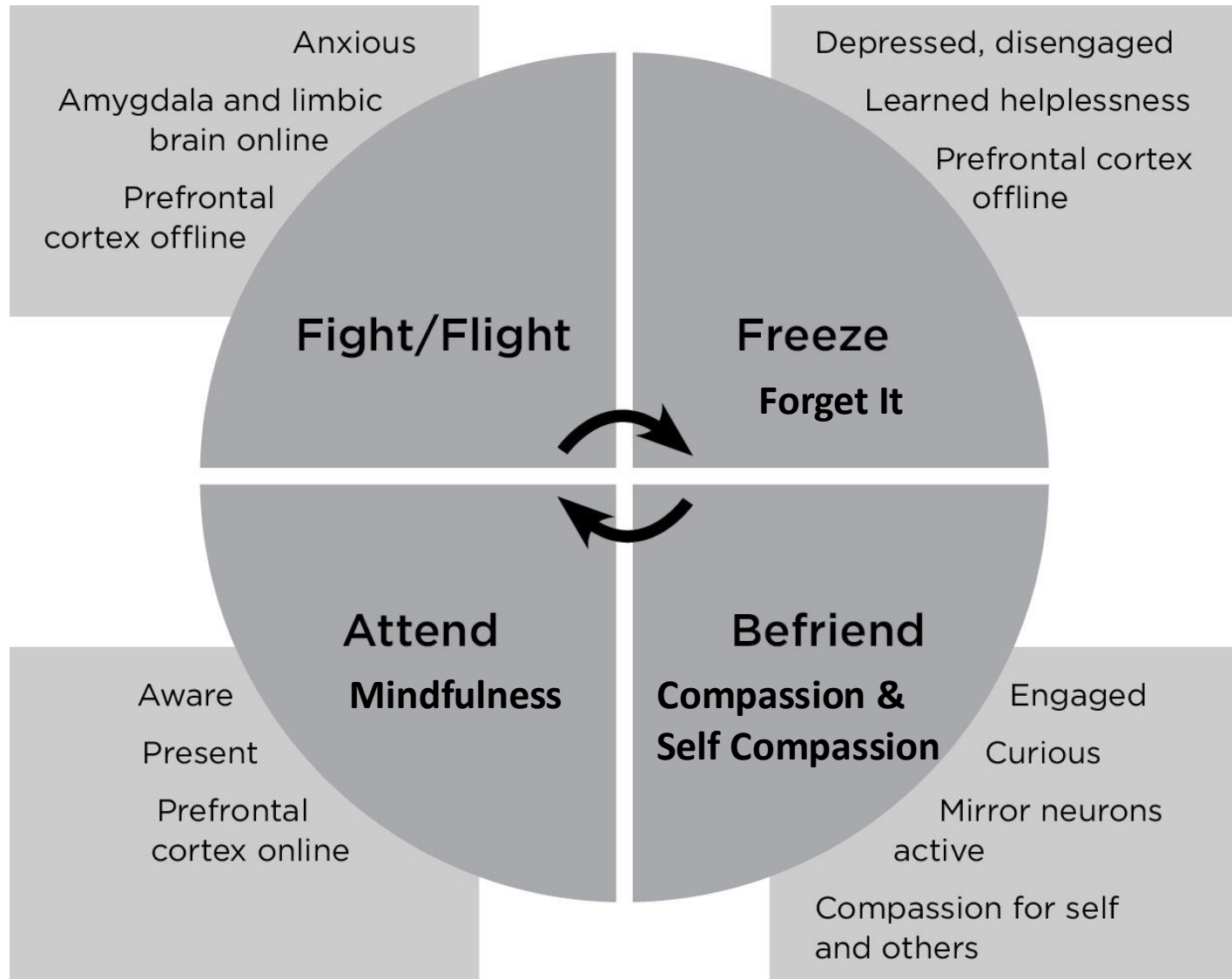
Physiology of Mindfulness and Compassion: *System for caregiving, connecting and feeling safe*

BODY

- Breath becomes regular and even, heart rate slows, muscles relax, immune system and digestive system start up again



THE STRESS RESPONSE



COLLEGE FACTS

- One in four young adults have a diagnosable mental illness
- One in three students seek mental health counseling during college
- 75 percent of mental health conditions begin before the age of 24
- College counseling centers report double digit growth in the use of their services in the past few years
- In an ACHA report, students cited stress, depression and anxiety as among the top impediments to academic performance.
- 64 percent of young adults who are no longer in college are not attending college because of a mental health related reason.
- 7 percent of college students have “seriously considered suicide” in the past year.

A photograph of a woman in a white lab coat shouting into a red hair dryer at a woman in a maroon shirt who is looking down at a smartphone. The scene is set in a room with large windows and bookshelves.

NEVER...

**In the history of calming down
Has anyone ever calmed down
By being told to calm down.**

THE BEST WAY TO
CREATE **STRESSED OUT,**
MISERABLE KIDS IS TO
SURROUND THEM WITH
STRESSED OUT,
MISERABLE ADULTS.

BUT
THE BEST WAY TO
CREATE **MINDFUL &**
COMPASSIONATE KIDS
IS TO SURROUND THEM
WITH **MINDFUL,**
COMPASSIONATE
ADULTS.

WAIT A MINUTE





DID YOU KNOW?

YOU CAN ACTUALLY
REGULATE
YOUR **BREATH**,
WHICH REGULATES
YOUR **BODY**,
WHICH REGULATES
YOUR **NERVOUS SYSTEM**
AND **BRAIN**
WHICH REGULATE YOUR
ATTENTION, IMPULSES,
AND EMOTIONS.

LONGER BREATH



**RESET BUTTON LOCATED AT
BOTTOM OF LUNGS**

REMOTE CONTROL



7/11 BREATH



Breathe in for a count of 7...
Breathe out for a count of 11..

SIMPLE BREATH HACK:
PUT YOUR HANDS BEHIND YOUR
HEAD TO RELAX YOUR BODY,
AND DEEPEN YOUR BREATH
AUTOMATICALLY



HOT CHOCOLATE

A person wearing a grey sweater and light blue knitted mittens is holding a white mug of hot chocolate. The background is a soft-focus view of a window with light-colored curtains. The text "HOT CHOCOLATE" is overlaid at the top in a large, blue, sans-serif font.

Inhale in through your nose...

Exhale out through your mouth...

THE SILENT SIGH



MINDFULNESS

What is it?

MINDFULNESS

***“Paying Attention...
to the here and now...
with acceptance
& non-judgment”***

PAYING ATTENTION

FORMS OF PAYMENT ACCEPTED

☐ VISA

☐ AMEX

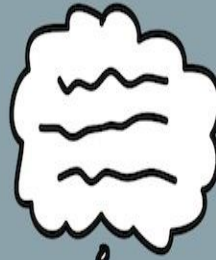
☐ CASH

☒ ATTENTION

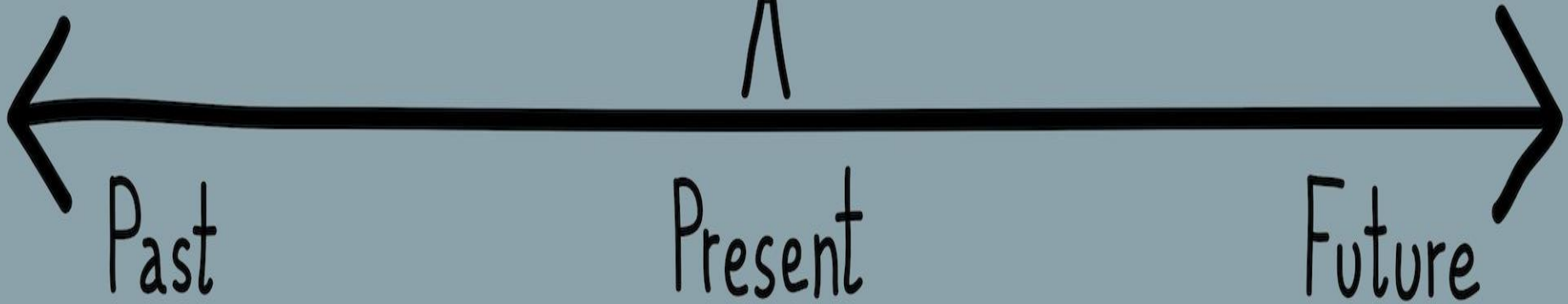
SINGLETASKING



Your body is present.



Is your mind?



THE PRESENT MOMENT

TAKING A MINDFUL SEAT

- S Sensations
- E Emotions
- A Actions
- T Thoughts



SOUND COUNTDOWN





Non-judgment day is near

NON JUDGMENT

“The curious paradox is that when I accept myself just as I am, then I change” – Carl Rogers

**DON'T BELIEVE
EVERYTHING YOU THINK**



DON'T BELIEVE EVERYTHING

	THOUGHT	
	I can't make friends	
	I can't make the team	
	I can't control my temper	
	I can't learn Spanish	

YOU THINK

DON'T BELIEVE EVERYTHING

	THOUGHT	
<i>I'm having the thought that</i>	I can't make friends	
<i>I'm having the thought that</i>	I can't make the team	
<i>I'm having the thought that</i>	I can't control my temper	
<i>I'm having the thought that</i>	I can't learn Spanish	

DON'T BELIEVE EVERYTHING

	THOUGHT	
	I can't make friends	<i>YET !</i>
	I can't make the team	<i>YET !</i>
	I can't control my temper	<i>YET !</i>
	I can't learn Spanish	<i>YET !</i>

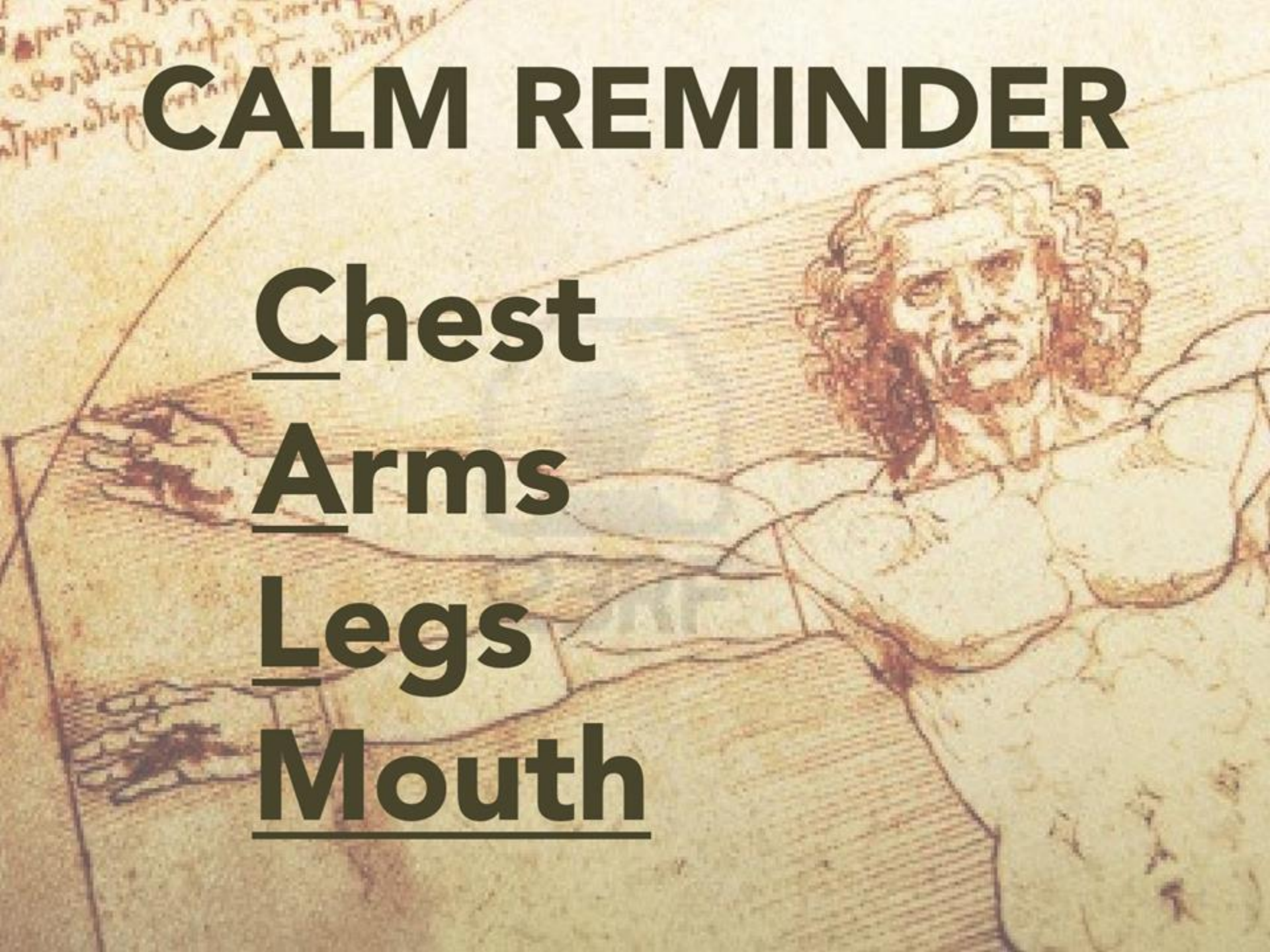
YOU THINK



Mind Full, or Mindful?

NEUROPLASTICITY





CALM REMINDER

Chest

Arms

Legs

Mouth

NEUROPLASTICITY

*Neurons that
fire together,
wire together.*



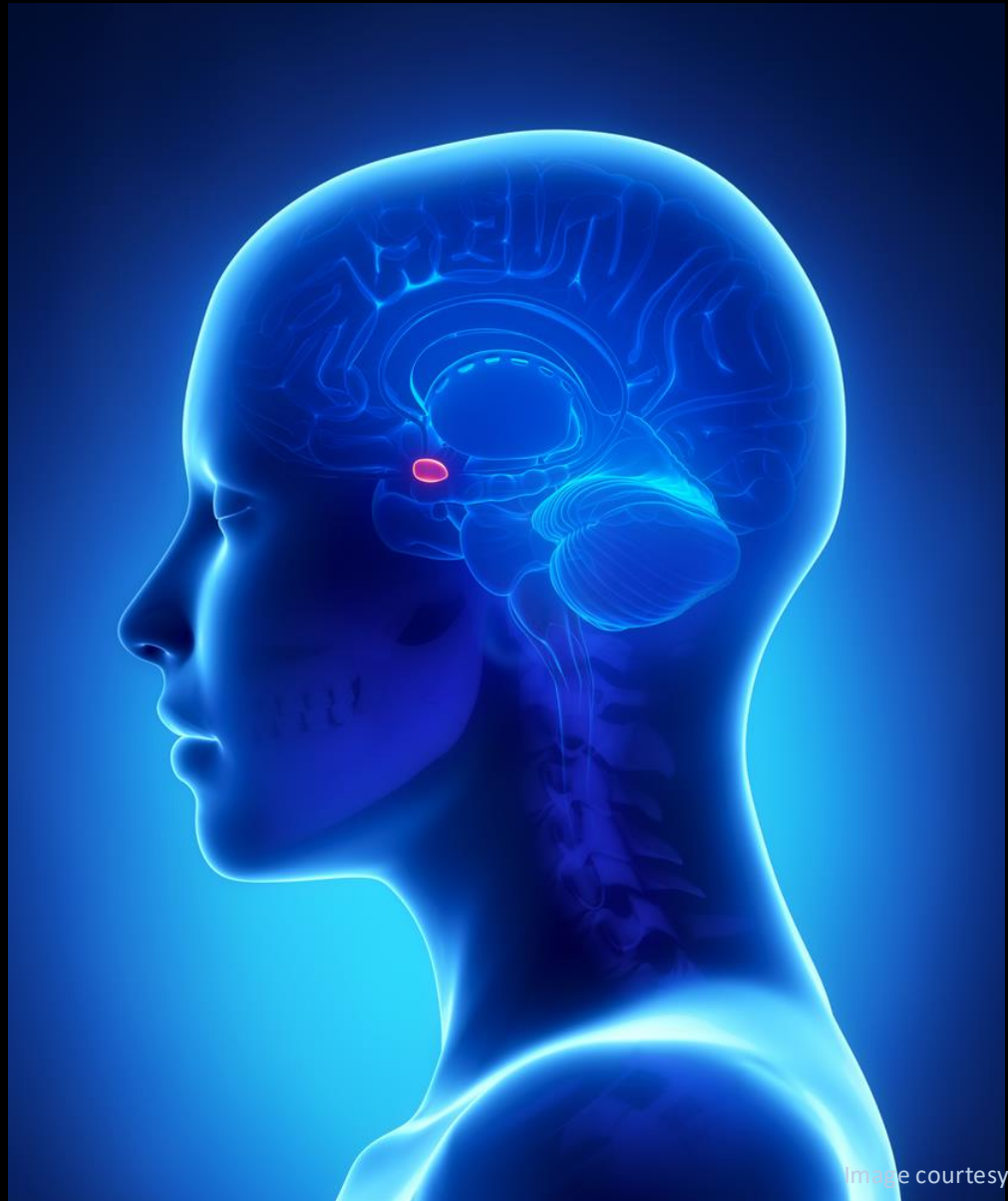
PREFRONTAL & INSULAR CORTEX

*Our most
evolved self*



THE AMYGDALA

*Our inner
caveman*



WHICH BRAIN DO YOU WANT?



Wired for:

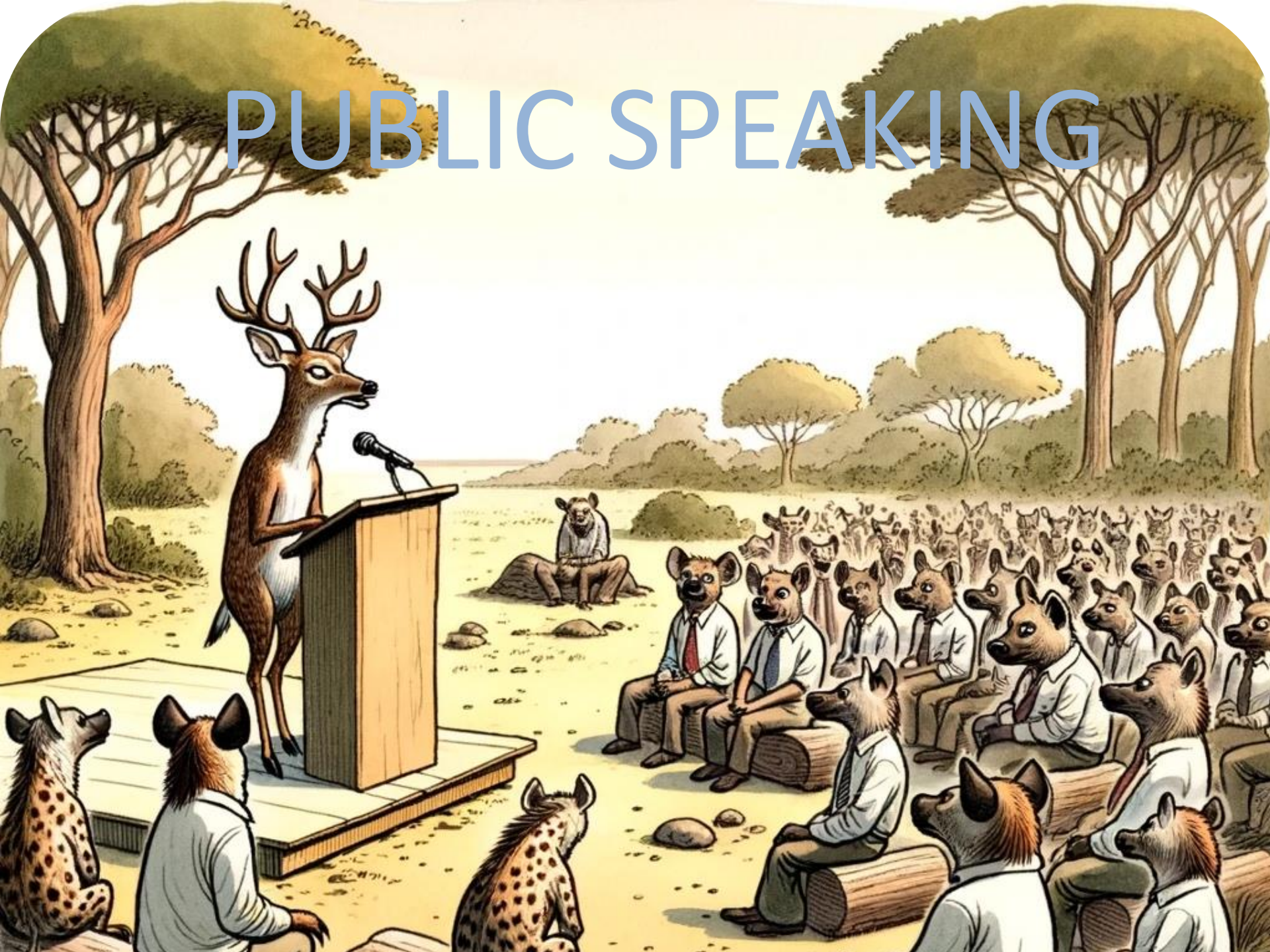
ongoing stress, mental illness, depression, anxiety, anger, learning issues, health issues...



Wired for:

emotion regulation, healthy relationships, calm, learning, physical and mental health...

PUBLIC SPEAKING



FEEL YOUR FEET



EVIDENCE

- Concentration
- Creativity
- Fluid intelligence
- Patience
- Decision making
- Sustained and selective attention
- Learning & Memory
- Depression
- Anxiety
- Health
- Sleep
- *STRESS*





WHO IS PRACTICING?

- **Athletes**
- **Politicians**
- **Musicians**
- **First Responders**
- **Actors**
- **Doctors**
- **Artists**
- **Scientists**
- **Writers**
- **CEO's and business leaders**
- **And more...**

WHY MINDFULNESS?

Empowering

Simple, cheap, portable

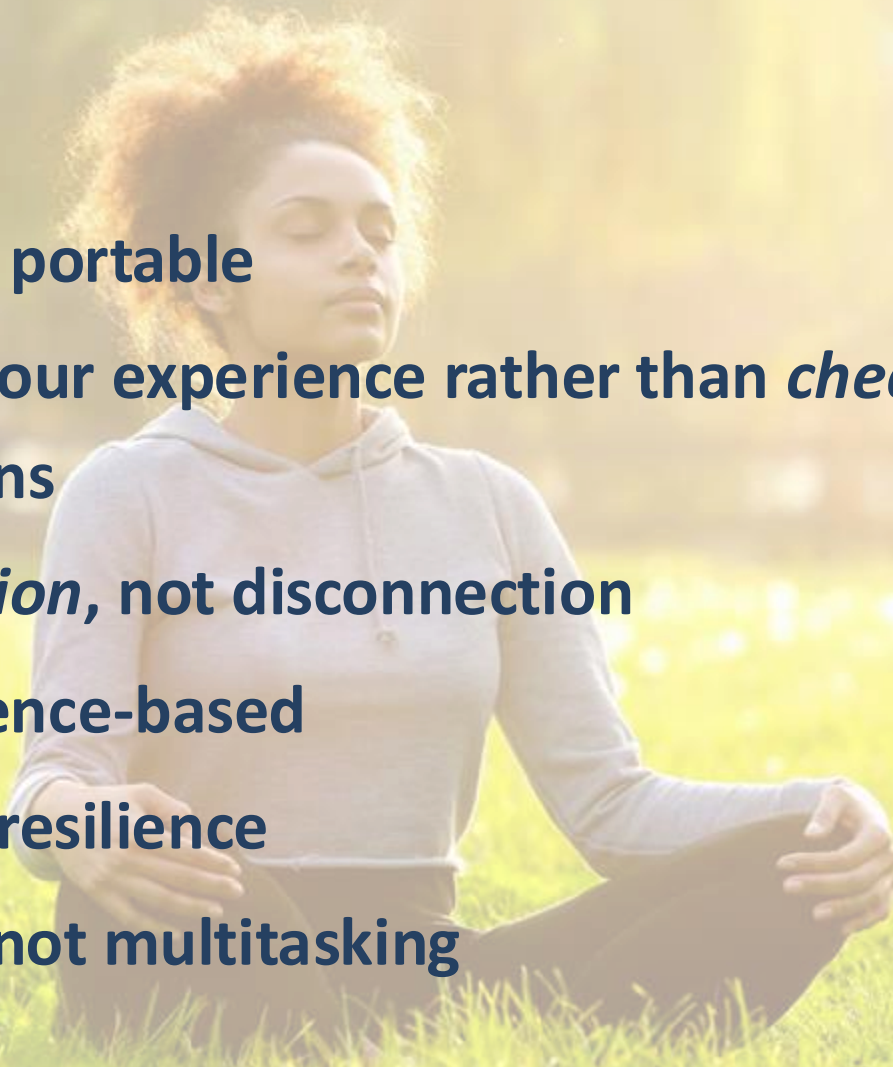
***Checking In* to our experience rather than *checking out* with distractions**

About *connection*, not disconnection

Effective, evidence-based

Builds lifelong resilience

Single-tasking not multitasking



THE LITTLE MOMENTS

A man with a beard and short hair is shown from the chest up, wearing a blue tank top and a silver chain necklace. He has his eyes closed and his hands raised in a prayer position (Anjali Mudra) with his palms facing each other. He is wearing an orange wristband on his right wrist. The background is a plain, light blue color.

- First thing in the morning/ Last thing at night
 - Walking to class or to meals
 - Waiting in line, waiting for the elevator
 - Before diving into reading or writing
 - Waiting for professor to hand out exams
 - Waiting on the sidelines or backstage
 - Any time you feel the urge to...
-
- *Mindfulness isn't difficult or easy, REMEMBERING to be mindful is difficult!*



Stop

Take a breath

Observe

Proceed

SHORT AWARENESS

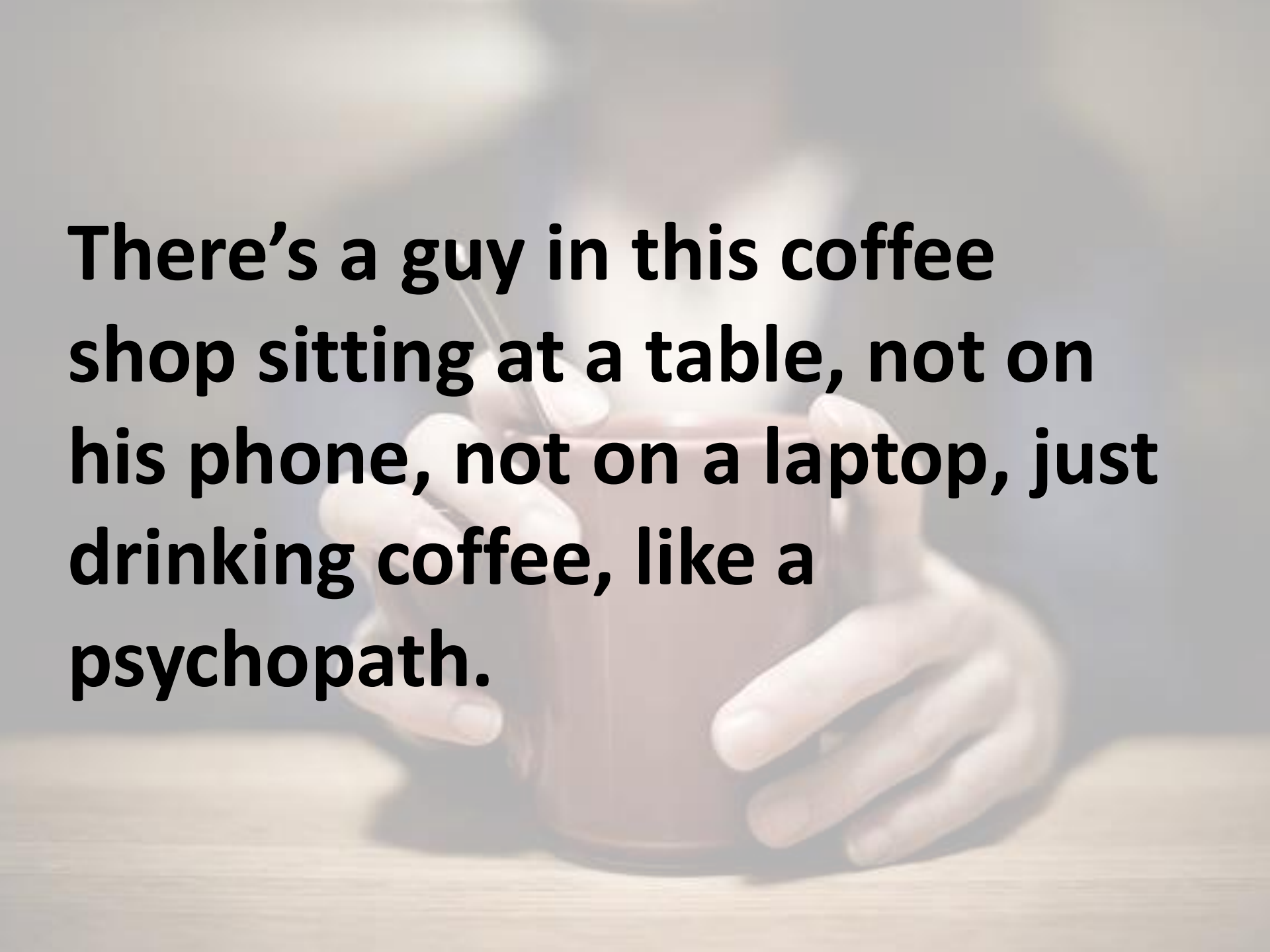
"Life moves pretty fast... if you don't stop to look around every once in a while, you might miss it."

- Notice one pleasant thing
- Notice a new thing in your surroundings
- Notice the same thing at different times
- Pay attention to senses (sounds, sensations, etc)
- Listen to music mindfully
- STOP- ask yourself what are you doing, and how do you know?

SINGLETASKING

A blurred background image of a person's hands holding a glass and a pen, suggesting a state of multitasking or distraction.

What am I doing and how do I know I'm doing it?

A blurred background image showing a person's hands holding a dark-colored cup, likely coffee. The person is wearing a light-colored shirt. The image is out of focus, with the hands and cup being the primary subjects.

There's a guy in this coffee shop sitting at a table, not on his phone, not on a laptop, just drinking coffee, like a psychopath.



*80% of life
is just
showing up.*



"Child's Mind is a wonderful reminder that every young person is capable of great understanding, compassion, and joy." Thich Nhat Hanh

A wonderful approach to learning mindfulness- full of great skills, practical tools, and enormously helpful wisdom." – Jack Kornfield,

Growing up Mindful is filled with wisdom and expert guidance in sharing the blessings of mindfulness with young people. Drawing on his vast experience as a teacher, clinician and practitioner, Chris Willard provides the kind of practical, doable exercises and reflections that will help you bring mindfulness alive in all the situations of daily life." – Tara Brach

"This magnificent collection of pearls of wisdom and practical advice on how to cultivate mindful awareness in our youth, and even ourselves, is an important resource for any educator, clinician, or parent who supports the development of children and teens. Each of the experienced contributors offers a unique perspective on a range of populations and ages, creating a broad spectrum of insights in accessible and useful ways we can apply immediately. Soak in these pages!!" - Daniel J. Siegel, M.D.

"Christopher Willard's delightful book Child's Mind makes the wonder and transformative power of mindfulness meditation accessible to everyone. His elegantly simple practices are a joy to read and will impact kids and families for generations to come." - Susan Kaiser Greenland

"If you're considering how to bring mindfulness into the lives of children, this book is the place to begin. It breathes the life into the practice of mindful awareness.. I recommend this book for anyone who wants to be eased into the original wonder and delight of mindfulness practice, or who wants their kids to grow up savoring each precious moment of their lives." Christopher K. Germer, Ph.D.



SCAN FOR
POWERPOINTS

6 Ways to Practice Mindful Eating

Mindless Eating

- 1** Eating past full and ignoring your body's signals
- 2** Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3** Eating alone, at random times and places
- 4** Eating foods that are emotionally comforting
- 5** Eating and multitasking
- 6** Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

Positive Procrastination

*How to do more by doing less with
mindfulness*

Christopher Willard Psy.D.

**Mindfulness in Education Network
Institute for Meditation and Psychotherapy
Harvard Medical School**



Positive Procrastination

*How to do more by doing less with
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WHAT IT'S NOT

- Not religious, not prayer, not mystical
- Not getting rid of stress – *optimizing* stress
- Not passive, *active*
- Not shutting off thoughts
- Not time consuming

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