



Mindfulness to Promote Mental Health

JM
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Resources

Presentation Slides
Resourceful Links
Additional Information



Objectives

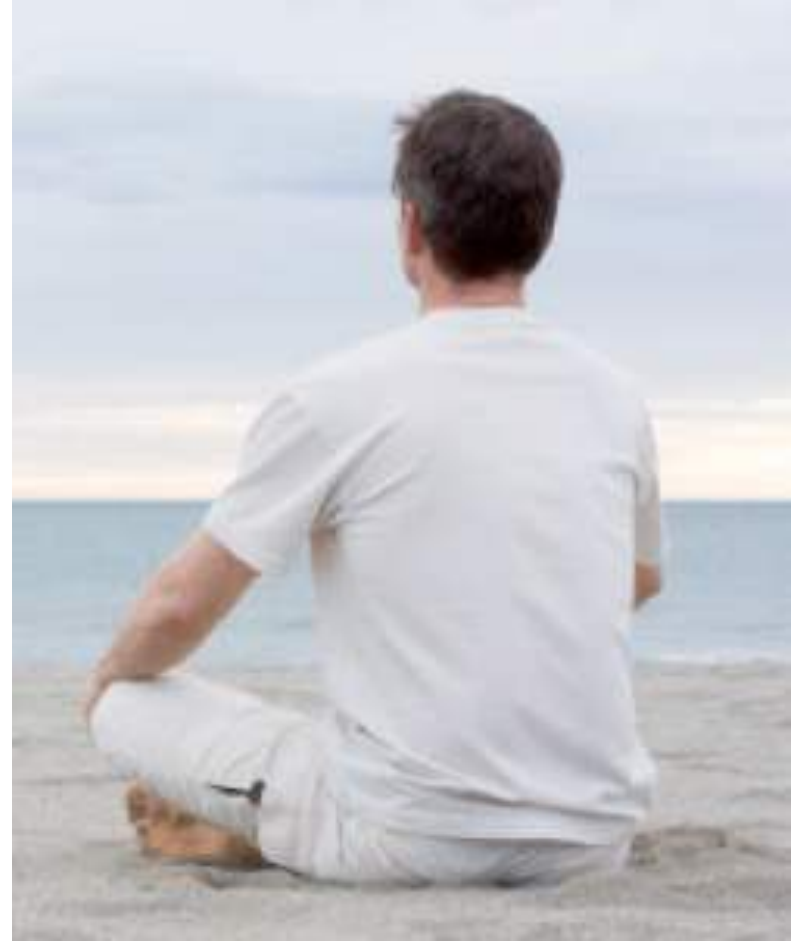
- Understand the meaning of mindfulness
- Identify benefits of practicing mindfulness
- Recognize the obstacles to mindfulness
- Implement strategies for increasing mindfulness
- Apply mindfulness to relationships to improve emotional intelligence



Practice Mindfulness-Based Stress Reduction

- Moment-to-moment awareness of our thoughts, feelings, bodily sensations, and environment
- Rooted in the here-and-now, taking life one day at a time
- Noticing our thoughts and feelings without judging them
- Allows us to respond, rather than react to stressors

Source: <http://greatergood.berkeley.edu/topic/mindfulness/definition>

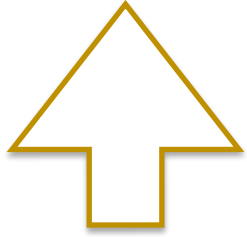


Mindfulness in the Workplace

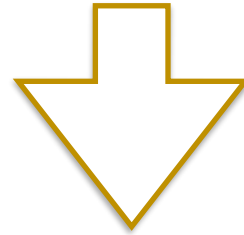
- GOOGLE
- NIKE
- ACCENTURE
- SONY
- LOREAL
- BRITISH AIRWAYS
- NOKIA
- MICROSOFT
- AMERICAN EXPRESS
- JOHNSON & JOHNSON



Mindfulness & Work Research



Job Performance
Problem Solving
Work/Life Balance
Focus & Concentration
Ethical Decision Making
Creating & Innovation
Employer-Employee Relations



Emotional Exhaustion
Cognitive Rigidity
Intention to leave
Multi-tasking
Sick Days
Stress



Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M, Duffy, M. K, Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128–133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain



Benefits of Mindfulness, cont.

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being



Source: <http://www.mindwork.co/what-is-workplace-mindfulness/the-research-on-mindfulness>, <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>,
http://www.mindfulnessnet.org/Building-the-Case-for-mindfulness-in-the-workplace_v1.1_Oct16_Full_doc.pdf

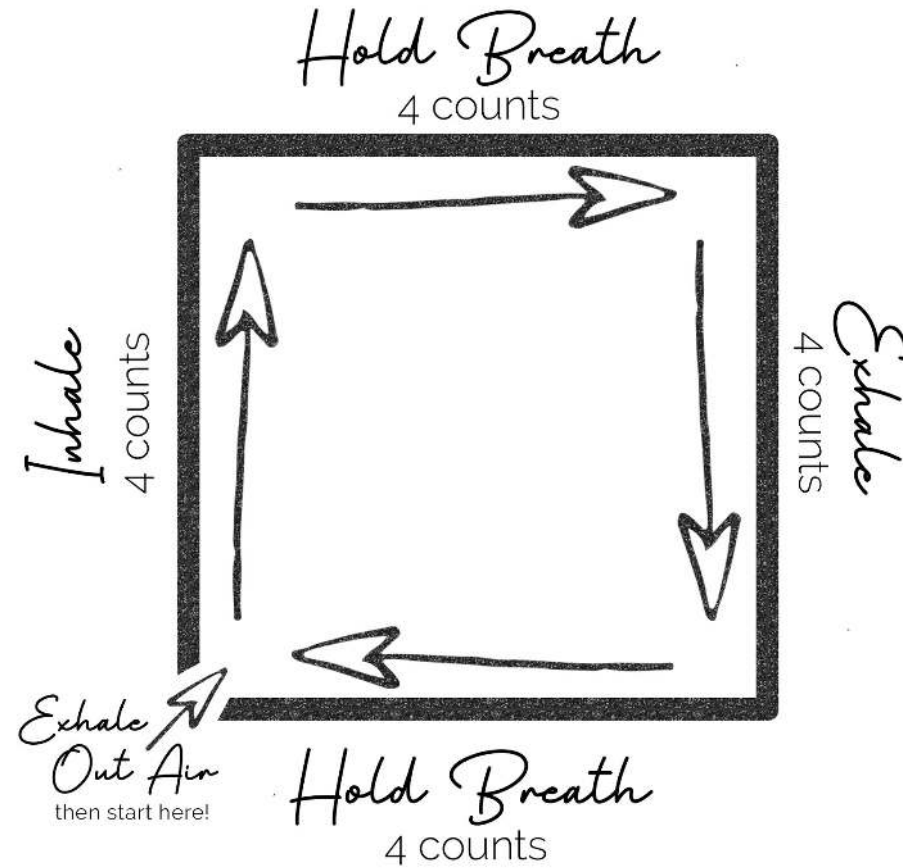
Presence

“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- Eckhart Tolle, The Power of Now



Square Breathing



Obstacles to Mindfulness

- Distractions
- Interruptions
- Emotional obstacles (feeling too anxious)
- Doubt (e.g., “This won’t work for me.”)
- Lack of prioritization & making time for it
- Burnout or overwhelm



Acceptance

“If you don’t like something, change it.
If you can’t change it, change your attitude.”

- Maya Angelou



Strategies for Increasing Mindfulness

- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Attitude of gratitude



Positivity

“A man is but the product of his
thoughts...what he thinks,
he becomes.”

- *Mohandas Gandhi*



Practice Self-Compassion

- Honor your feelings
- Don't judge or ignore your feelings
- Practice self-forgiveness



Practice Gratitude

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

- Epictetus



Detachment

“Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.”

- Arlene Englander



Detachment as a Mindfulness Practice

- Pause
- Connect with the breath
- Get grounded
- Zoom out
- Imagine a protective barrier
- Unhook or unplug



Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Environmental stressors
- Expectations
- Outcome (embrace uncertainty)



Detach with Love

- Detachment doesn't mean you don't care, aren't connected or are in denial
- Detachment is a mindfulness practice that involves:
 - Healthy separation
 - Not attaching your wellbeing to others
 - Not trying to control others
 - Not becoming defensive
- Lifeguard analogy



The disease of being busy & multi-tasking

- Hampers Creativity
- Drains Energy
- Reduces Wellbeing
- Reduces Efficiency
- Kills Prioritization
- Decreases Quality
- Shrinks Brain

Taken from Staford University "Cognitive Control in Media Multi-Taskers" Study



What can we do to be more mindful?

- Take a 21 Day Mindfulness Challenge
- Avoid multitasking
- Turn off all email notifications
- Don't do emails in the AM
- Be mindful in meetings



Mindful Workplace Exercises

- Start your day with a mindful moment and plan for mindful breaks
- Slow down to increase your productivity
- Switch off distractions
- Be a single-tasker
- Pay attention to your coworkers

Source: <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day>, <http://www.mindful.org/10-ways-mindful-work/>



Essence

“Whenever you feel superior
or inferior to anyone, that is
the ego in you.”

-Eckhart Tolle



Conscious Leadership: Mindfulness & Emotional Intelligence

- Know your emotions
- Manage your emotions
- Motivate yourself
- Recognize & understand the other people's emotions
- Manage relationships (manage the emotions of others)



Adapted from Daniel Goleman's book "Emotional Intelligence"

High IQ

- Low insecurity
- High openness
- Assertive
- Self-aware
- Inclusive
- Respectful
- Takes responsibility for actions



Practice Solutions

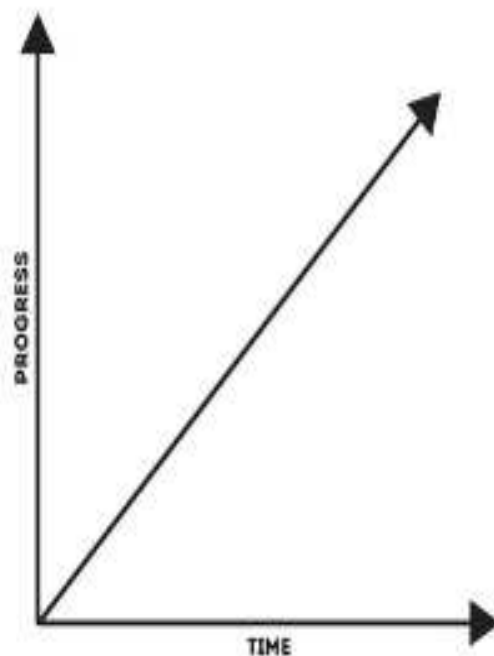
- Become rooted in the present
- Let go of defensiveness
- Take responsibility
- Appreciate the power of empathy
- Practice flexibility, adaptability, & compromise



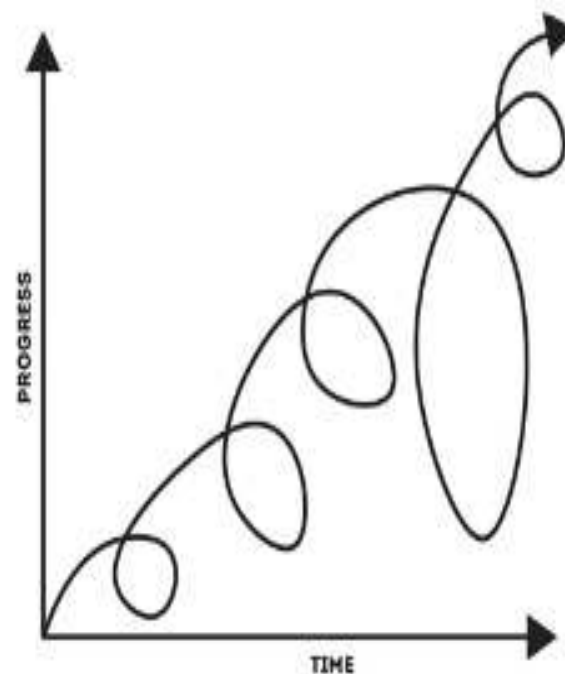
Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- Eckhart Tolle



WHAT WE EXPECT



REALITY

Mindfulness as Resilience Training





Mindfulness Tips

- Choose a growth mindset
- Accept what you can't change
- Connect with the breath, the senses and the body
- Start & end your day with self-reflection
- Commit to practice like meditation or yoga



Key Components to Building Resilience

- Prioritize your mental health & wellbeing
- Seek and give support
- Strive for work/life balance
- Engage fully in life; don't isolate yourself
- Discover & develop a sense of purpose or meaning in life



Resilient People

- Understand that challenges are a part of life
- Promote health and wellbeing
- Enjoy connection & collaboration
- Are open, flexible and adaptive
- Are emotionally intelligent
- View challenges as opportunities
- Learn from mistakes
- Avoid worrying
- Have a sense of humor even when stressed



Utilize Your Benefits:

- **Vacation**
- **Sick benefits & FMLA for time as needed**
- **Employee Assistance Program (EAP)**
- **Insurance Benefits (Mental Health Parity Law)**
- **Flex Spending/Health Savings Accounts**



EAP Benefits:



Depression, grief, loss and emotional well-being



Family, marital and other relationship issues



Life improvement and goal-setting



Addictions such as alcohol and drug abuse



Stress or anxiety with work or family



Financial and legal concerns



Identity theft and fraud resolution



Online will preparation

You, your dependents (including children to age 26)² and all household members can contact master's-degreed clinicians 24/7 by phone, online, live chat, email and text. There's even a mobile EAP app. Receive referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to three face-to-face assessment and counseling sessions per issue. EAP services can help with:

Contact **EAP**

888.293.6948

TDD: 800.327.1833

24 hours a day,
seven days a week

workhealthlife.com/Standard3

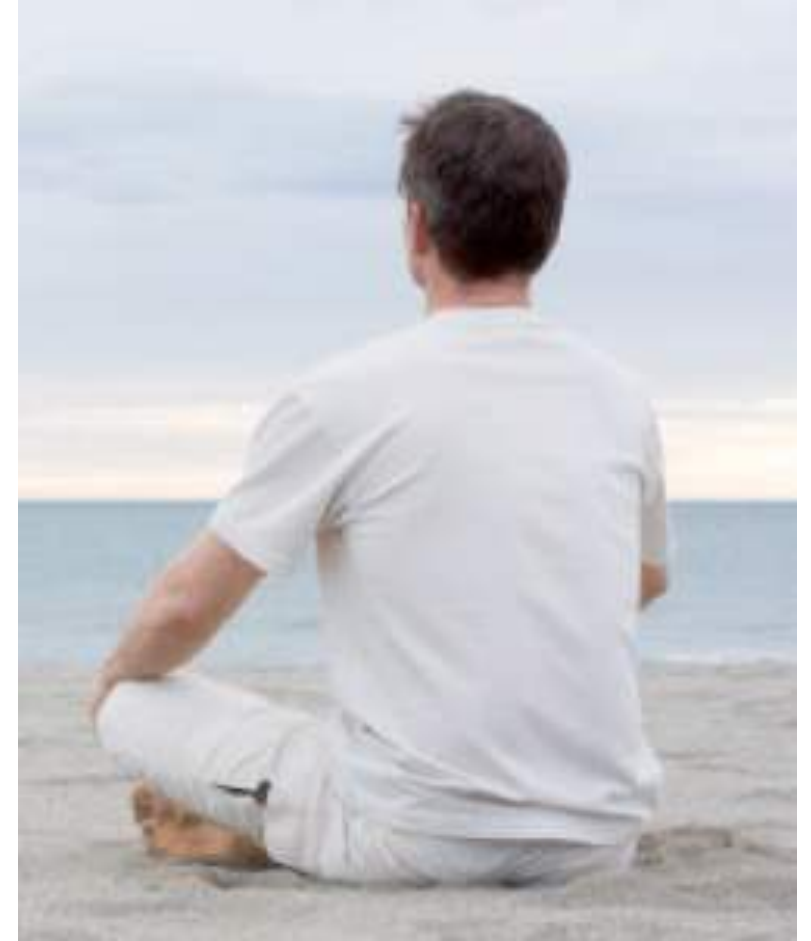
Counseling & Therapy Resources

- [United Healthcare](#) has launched a free (to anyone) 24/7 support line staffed by mental health experts: Call 866-342-6292
- Text HOME to 741741 to connect with a [Crisis Counselor](#)
- National Suicide Prevention Lifeline: 800-273-8255
- [Find a Mental Health Facility Near You](#)
- Most insurance companies are covering teletherapy and some like Aetna have waived copays for telemedicine.



Meditation Resources

- [Calm: 30 Days Free](#)
- [Headspace: Free Trial](#)
- [Jack Kornfield: Compassion in the Time of Coronavirus](#)
- [Eckhart Tolle](#)
- [Jon Kabat-Zinn](#)
- [Tara Brach](#)



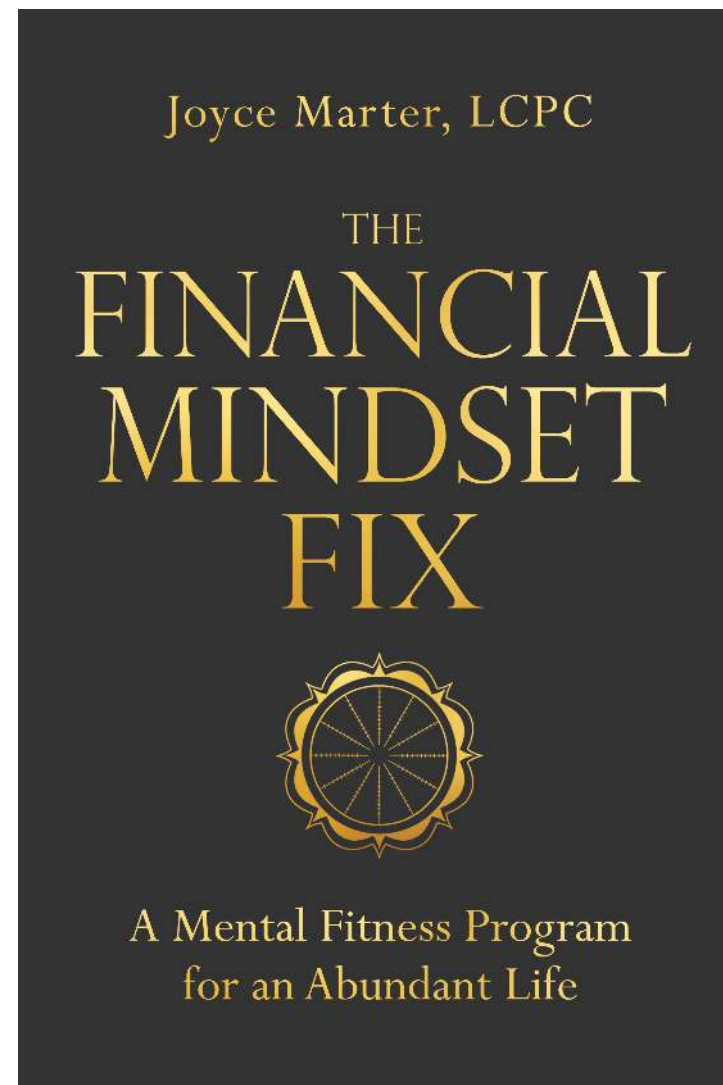
Upcoming Resource

Published by [Sounds True](#)

Available for pre-order on Amazon.

Available in bookstores July of 2021

Apply Mindfulness to Promote Mental Health & Financial Health



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What are you going to do now?

KEEP (doing)	START (doing)	STOP (doing)

Thank
You!



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Q&A

