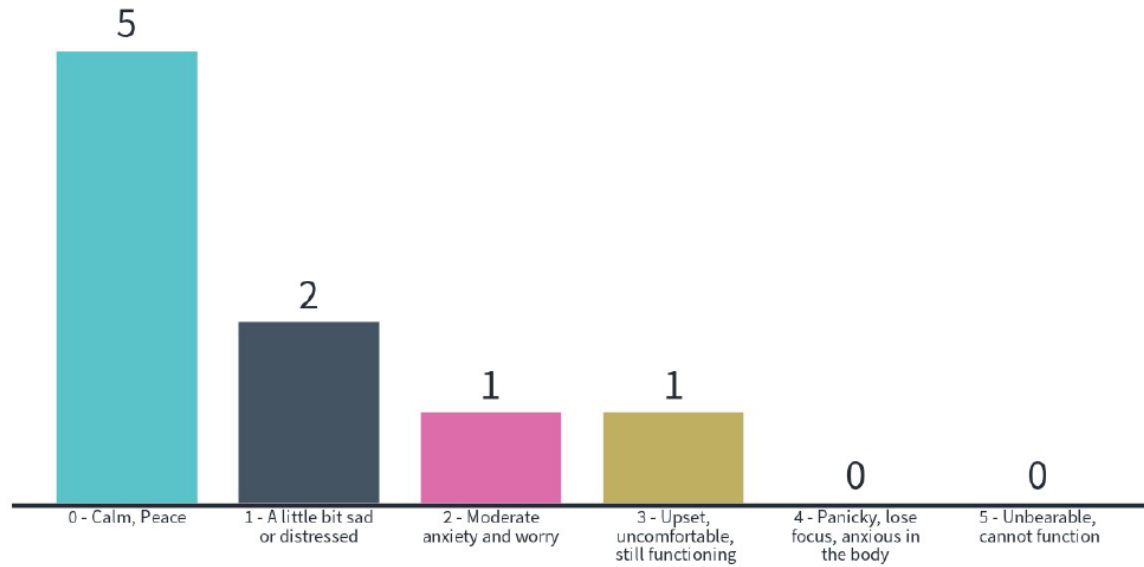
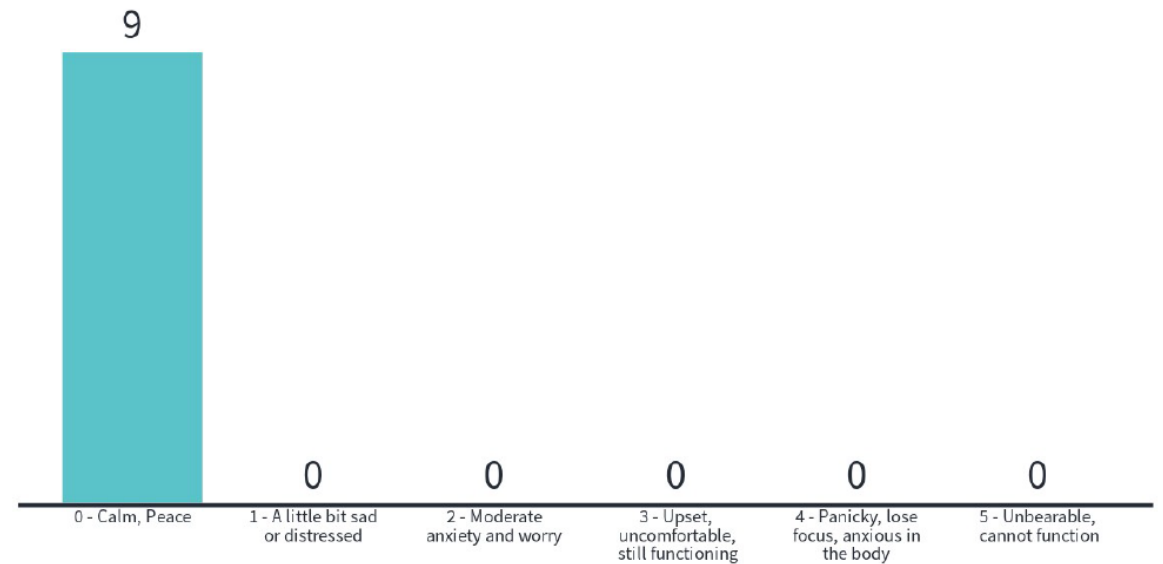


# RATE THE WEIGHT



## BEFORE SELF-CARE & CONNECTION

## AFTER SELF-CARE & CONNECTION



# What are you carrying?

long "to do" list

upcoming vacation days

Chronic pain annoyance

Pain, gratitude, fatigue, anxiety

Wedding planning, schoolwork, work transitions, family expectations

Preparing for my nonprofits first big fundraiser! Doing it all alone because my board is not working adequately.

Staying true to myself on some tough issues

Unfinished projects looming

Getting my home ready to sell and moving soon

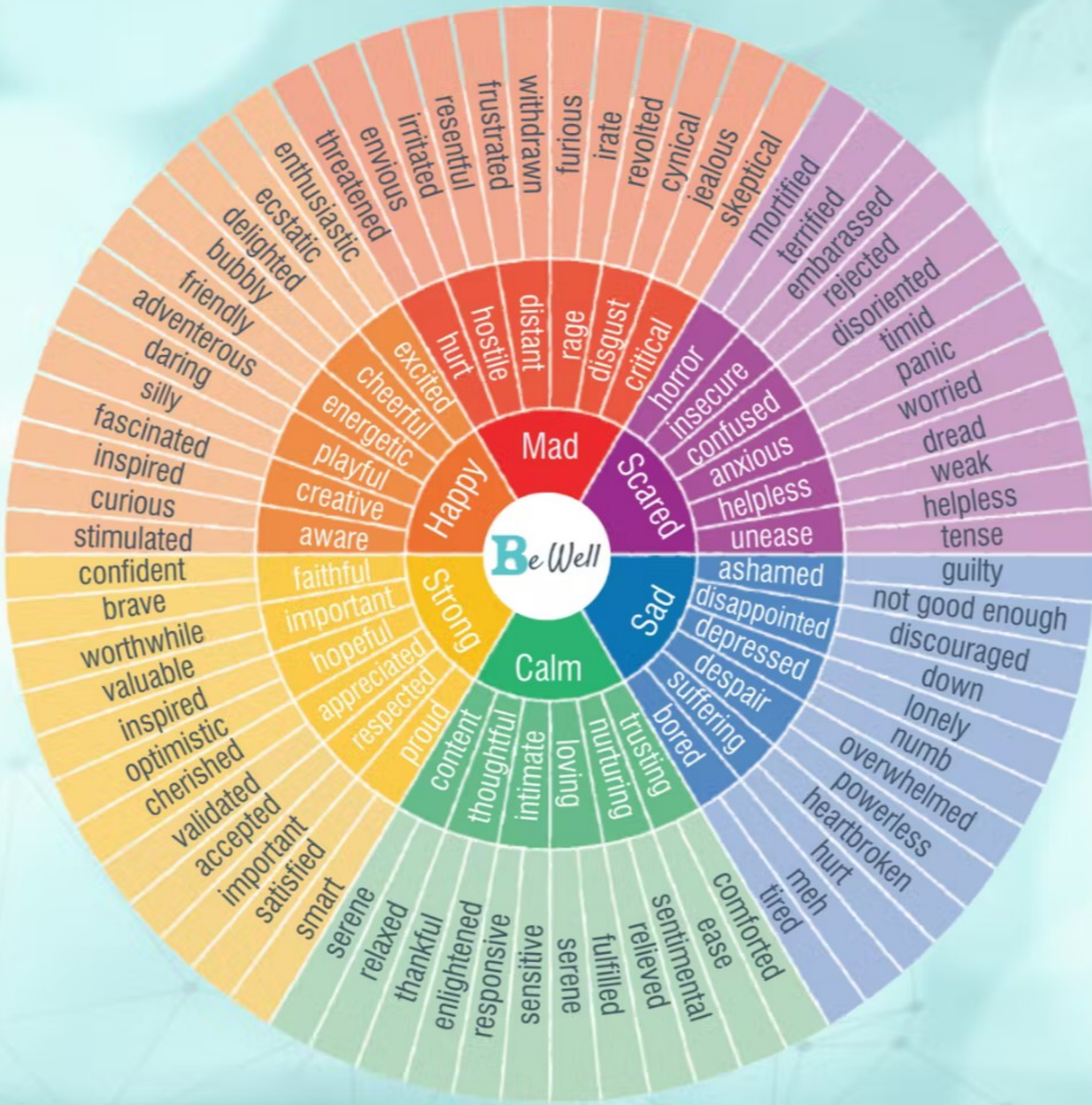
# What are you carrying?

Gratitude

My mother in law had a massive stroke. We are now caring for her and running her business on top of our careers.



# Two (ish) Word Check-In



inspired validated  
**overwhelmed** anxious proud  
**excited** anxious  
 happy valuable  
 sad uneasy  
 hopeful bittersweet  
 tired worried loving chill confident  
 content



# What judgments and experiences do you have with Mindfulness?

I get so distracted!

I love the practice. It is essential for regulating my emotional state.

I used to think there was only one "correct" way to practice

Makes me realize how much time I spend on auto-pilot

What about those times when I feel "past the point of mindfulness" and it feels like I'm too far in the crisis to bring it back to mindfulness?

It can be so challenging but works. Trying to slow down and make mindfulness my default response.

I often get distracted and drift away.

Judgments I have are unrealistic in thinking I have to do it a certain way and if I don't then I'm not doing it right.

My experience is if I am able to do simple breathing or ground myself somehow I'm usually okay



# MINDFULNESS

means paying attention  
*in a particular way*  
*on purpose, in the*  
*present moment and*  
**nonjudgmentally.**



*As long as you are  
breathing, there is  
more right with you  
than wrong.*

*-Jon Kabat-Zinn*



# MINDFULNESS

## "WHAT" SKILLS

OBSERVE

DESCRIBE

PARTICIPATE

## "HOW" SKILLS

NONJUDGMENTALLY

ONE-MINDFULLY

EFFECTIVELY





# How do you envision mindfulness being utilized at work?

In between meeting times (especially meetings I anticipate being difficult)

Active listening. Being present in the moment with clients and coworkers.

Just having everyone in your environment being on the same page sort of

Practicing with intention. Opening meetings with a brief practice to regulate

Pause and pause again

Using it to regain my focus

Being more present in the moment with the people around you, even when you have so much to do. Really listening to others.



# What brings you into the present moment? What are you already doing?

Meditation. It is essential for my day to day!

I'm looking at my Be Well coloring book on my desk right now... :)

Have a sticky note on my computer that's says BREATHE

focusing on my breathing

Walks in nature, petting my fur babies, during yoga.

Focusing on what's in front of me, breathing and not getting ahead of myself

Deep breath

Taking 10 seconds and appreciating the nature around me, even if that's just looking at a tree outside my window