

Introduction to Mindfulness

Participant's Guide



Improving business. Improving lives.

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Introduction to Creating a Mindful Workplace




Improving business. Improving lives.

Agenda

1. What mindfulness really is, why it's growing
2. Myths and facts: what it is and what it's not
3. The neuroscience and benefits
4. Simple practices you can use immediately

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Our first mindful practice



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Quick Poll: How much experience have you had with mindfulness?

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Challenges of the modern workplace



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Benefits of mindfulness

- Focus for longer periods and work more effectively amidst distractions
- Thrive in a fast paced environment, pivot faster, adapt and bounce back from challenges
- Observe thoughts and respond wisely as opposed to reacting impulsively
- Increase creativity, deepen insight and see things in new ways
- Create a healthier people culture

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Improvements after only four days



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Results at General Mills

- 83% of participants said they were taking time each day to optimize their personal productivity (+23%)
- 82% said they now make time to eliminate tasks with limited productivity value (+32%)
- 80% of senior executives reported a positive change in their ability to make better decisions
- 89% of senior executives said they became better listeners

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The growth of mindfulness



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Our second mindful practice: standing



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MBSR

Mindfulness Based Stress Reduction

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An ancient science of the mind



Source: <http://www.advaitayoga.org/images/yogisat.jpg>

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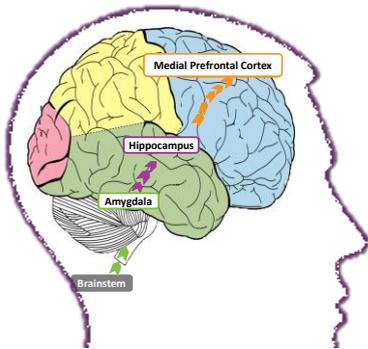
Modern-day mindfulness



“Mindfulness is paying attention, on purpose, in the present moment, non-judgementally.”

– Jon Kabat-Zinn –

Emotions and the brain



Mindfulness practices

Formal

Informal



Mindfulness What it is and what it isn't



Mindfulness is a way of strengthening concentration power and clarity.

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Final mindful practice: sounds



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Working with difficult emotions

“Labeling your emotions is key. If you can name it, you can tame it.”

– Marc Brackett,
Yale Center for Emotional Intelligence –

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“You can’t stop the waves,
but you can learn to surf.”

– Jon Kabat-Zinn –

Questions

- What preconceived notions did you have before the session?
- How has your understanding of this topic changed?
- Were you surprised by anything?
- Is any aspect still confusing?

Mindfulness

Benefits of Mindfulness

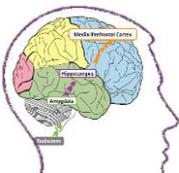
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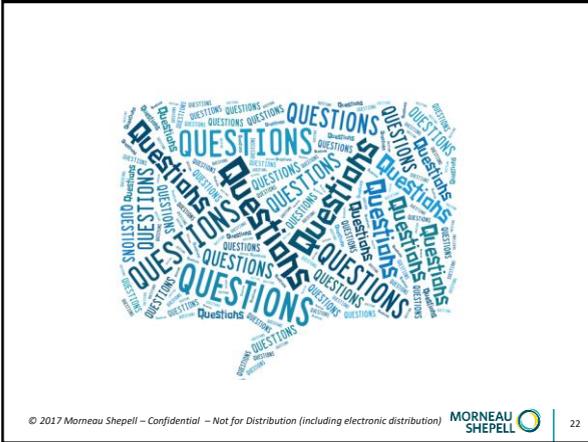


What happens during Mindfulness and Meditation

1. The **amygdala** – where we have anxiety – shrinks.
2. The **hippocampus** – where we have memory and concentration – thickens.
3. The **MPC (Medial Prefrontal Cortex)** – where we regulate our emotions – comes online.

Resources:

- Book: 10% Happier by Dan Harris
- Website: Mindful.org
- Apps: [Insight Timer](#) & [Headspace](#)
- [Five-minute Awareness of Breath practice](#)
- Morneau Shepell 6-week training: [Creating a Mindful Workplace](#)



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 French 1 844.880.9143

or visit:
www.workhealthlife.com

or access resources:



FIRST CHAT



ONLINE ACCESS



E-COUNSELLING

My EAP app:



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Your Feedback Is Important To Us!

You will receive an **email** which links to an **online survey**.

Please complete **as soon as possible** to help improve and plan future training.

Your responses are completely **anonymous**.

Thank you.

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