

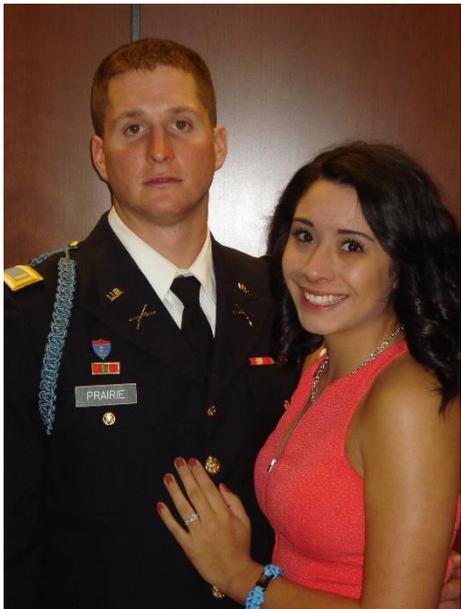
Fay Prairie

Counselor, Relationship Coach, Speaker

www.fayprairie.com

fay@fayprairie.com

Prairie 
Perspectives



Pause Into Your Power
Through Mindfulness

WHY NEED THIS

350 million people suffer from depression

1 in 13 people suffer from anxiety

75% of people say stress affects their quality of life

WHY NEED THIS

Stress is a major factor in up to 85% of all doctor visits

Heart Disease is the #1 cause of death in America

Cancer #2

50% marriages end in divorce

This is for anyone who wants to improve their quality of life

- You want to improve your cognitive ability
- You want to improve your health
- You want to improve your relationships

This is for anyone who wants to improve their quality of life

- You want to be happier and more content
- You want to manage depression, anxiety or stress
- You want to stop worrying so much

This is for anyone who wants to improve their quality of life

- You want to stop the negative thoughts and be more positive
- You want to have control over your emotions; choose your responses versus reacting

This is what you're going to learn.....

What **Mindfulness** is

How it Physically **Changes** Your **Brain**

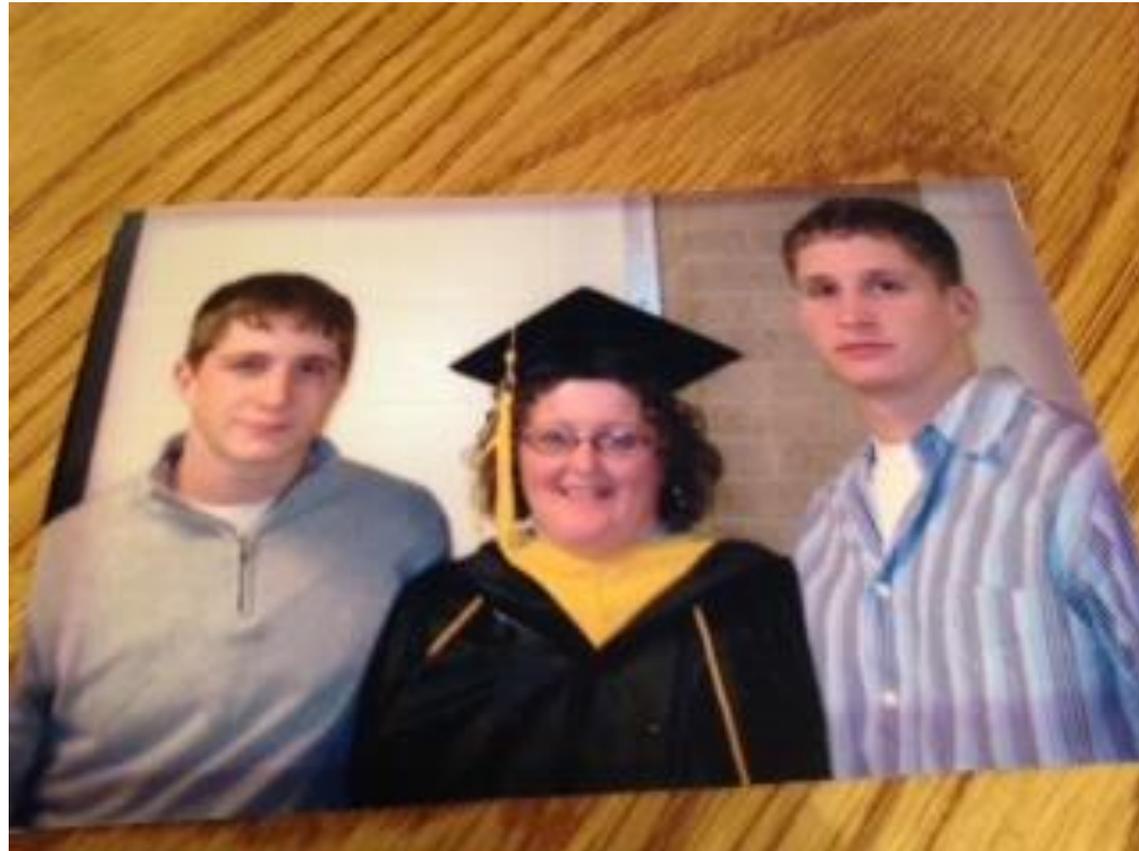
What **Research** is Saying

Mindfulness **Exercises**



Ways to work with me further

Why Me?



WHATS POSSIBLE



WHATS POSSIBLE



THINK HOW GOOD IT WILL FEEL.....

Quiet and Relax your Mind and Body

Calmly Observe and Respond to situations

Let go of troubling thoughts and feelings

Improve your Quality of Sleep

JUST SOMETHING ELSE TO TAKE MORE TIME??

Gives you **MORE** time

Increases Efficiency

Increases **Focus**/Increases **Productivity**

**Our mind is probably the part of our
body we use the most!!**

Mindfulness is not a magic trick that eliminates stress and gives you the life of your dreams overnight.

It's possible to get these benefits long-term, it's not immediate!

If you stick to it and make mindfulness part of your life, it can have a powerful impact on your life!!

Who's Using Mindfulness?

- **People in High Stress Jobs** (Anderson Cooper)
- **Businesses** (Google, Huffington Post)
- **US Military**-(Snipers, Special Forces, Navy Seals)
- **Professional Sports** (Olympics)
- **Congress** (Tim Ryan Ohio \$1 million dollars)
- **Hospitals**
- **Schools** (Oakland)

DEFINITION OF MINDFULNESS

Pay **Attention**, On **Purpose**,
Nonjudgmentally
in the **Present Moment**

RESEARCH SHOWS IT PHYSICALLY CHANGES YOUR BRAIN

Amygdala (shrinks)

Stress/Emotional Reactions
Less Reactivity

Hippocampus (more activity)

Learning/Memory/Managing
Emotions-(*smaller is associated with
depression*)

Prefrontal Cortex (thickens)

Executive Decision Making,
Problem solving, Reasoning

Corpus Callosum-Bridge-

Left & Right Side Brain

HOW IT PHYSICALLY CHANGES YOUR BRAIN

Gray Matter (increases)

Seeing, hearing, memory, emotions, speech, decision making, self-control

Serotonin

Increasing [alpha brain waves](#)-- eyes-closed relaxation and meditation stimulates serotonin

Dopamine

Attention and Awareness to happy thoughts—appreciation-- stimulates dopamine.

Anterior Cingulate Cortex

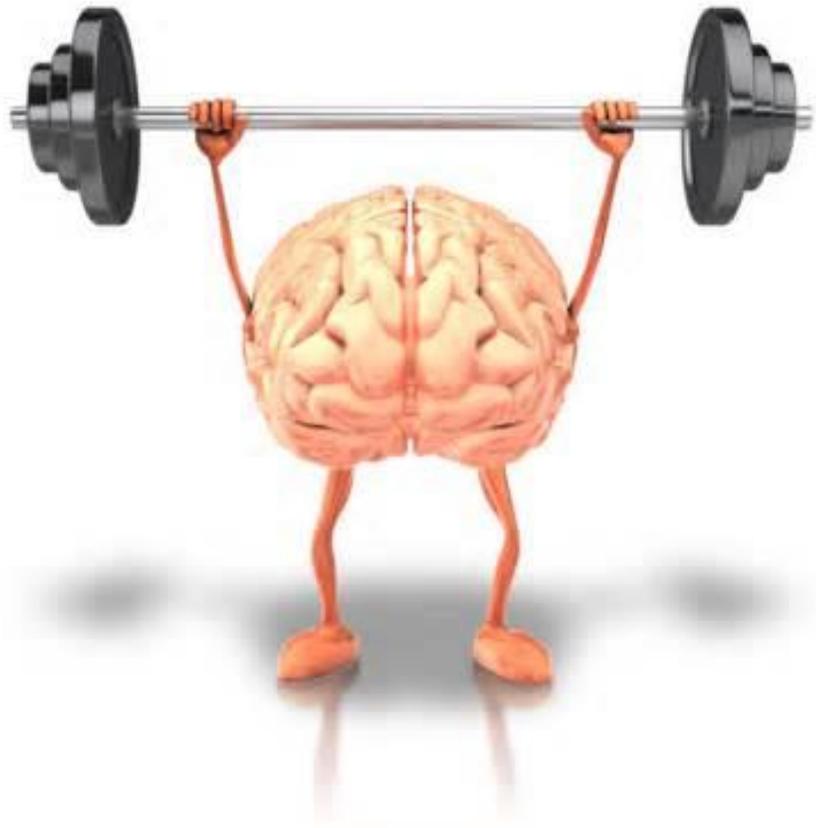
Increases Self-Regulation. Control knee-jerk reactions, purposely choose behavior and responses.

Helps control monkey mind.

After 8 weeks of regular meditation these changes were visible even when the subjects weren't meditating.

Our Inner World
Determines
our Outer World

NEUROPLASTICITY



Exercises to Train Your Brain



Ten minutes of **mindfulness** could soon become an accepted, **stress-busting** part of our **daily health regimen**, just like going to the **gym** or **brushing our teeth**

7 Skills to Mindfulness

1. Breath

2. Present Moment

3. Feeling Sensations in our Body

4. Mindfulness of Emotions

5. Mindfulness of Thoughts

6. Acceptance/Loving Kindness

7. Meditation

just
breathe

BENEFITS

Trains your body to relax

Slows down heart rate

Lowers cortisol level

People feel more comfortable with you

BENEFITS

Stops you from spinning stories

Brings your mind back to the present moment

Helps you to think more clearly

Gives you time to respond versus react

WHAT'S EASY TO DO
IS ALSO
EASY NOT TO DO!

Breathe In.....Peace, Love, Forgiveness,
Calmness, Happiness, Compassion

Breathe Out.....Anger, Irritability,
Frustration, Sadness, Judgmental
Thoughts





PRESENT MOMENT

What is it?

Why is it important?

What are the challenges?

"When people are sad or **depressed**, they are often **locked** in the **past**. They're ruminating about something that **happened** that they can't **let go** of. "

"When they're **anxious**, they're **ruminating** about the **future** -- it's that **anticipation** of what they can't **control**."

When **mindful**, we are **focused** on the **here**
and **now--attention** to what is **happening** in
the **present moment**.



Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

**ATTENTION AND AWARENESS
to PRESENT MOMENT**

**It's the Happiest and Most Peaceful
Place to be**

MINDFULNESS OF HEARING

Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

MINDFULNESS OF SIGHT

Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

MINDFULNESS OF TOUCH

Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

MINDFULNESS OF SMELL

Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

MINDFULNESS OF TASTE

Pay Attention.....On Purpose.....Nonjudgmentally in Present Moment

People spend **46.9 percent** of their
waking hours
thinking about something **other than**
what **they're doing**,
and this
mind-**wandering** typically makes them
unhappy.

In the Zone



Mind Full, or Mindful?

How Do you Wake up in the Morning?

Mindfulness & Appreciation of Small
Things in Life
Makes you Happier

MINDFULNESS OF PHYSICAL BODY SENSATIONS.....

HALO Body Scan

Centering attention in the body can be a very helpful way to disengage from the story.



When we take time to **notice** our physical
impulses and sensations,
we learn
how to **regulate them** in a special way
that helps stop
automatic reactions and increases
skillful, **caring responses.**

**Drops Cortisol
Levels**

**Process
Trapped
Emotions**

**Brings back to
Present
Moment**

**Let Go
Thoughts**

**Reduce Heart
Rate**

Lower Stress

MINDFULNESS OF EMOTIONS

We often **avoid** feeling our
emotions
because we're **not**
comfortable **with** emotions.

Mindfulness helps us move towards the emotion so we can dissolve it or let it move on versus running away from it which actually intensifies and strengthens the emotion.

Name It to Tame It

“I’m feeling angry”

“I’m worried”

“I’m feeling hopeless.”

“I’m feeling guilty”

“I’m feeling scared.”

What you Resist Persists!
Feel them and Let Them Go

MINDFULNESS OF THOUGHTS

THOUGHTS

- **Right Brain**: *Everyone at the table **is frowning**. They're not **laughing** at our brilliant **jokes**.*
- **Left Brain**: *Obviously, they **hate** us and are **plotting** our **death**.*

Lefty can be way off base sometimes. The meaning lefty gives it can be completely wrong!!

THOUGHTS

- Right Brain-- “She’s looking at her *phone*”
- Left Brain- “Clearly, we’re *boring* her”

When we allow Lefty to give it the meaning, you can end up angry, sad, frustrated or anxious.

- **Right Brain**-- “She **didn't** call me **back**”
- **Left Brain**-- “What did I do to **upset** her?”

- **Right Brain**-- “He left his **clothes** lay on the **floor** again.”
- **Left Brain**-- “He **purposely** does that just **to irritate me.**”

- **Right Brain**-- “He **didn't** kiss me **goodbye**”
- **Left Brain**-- “He **must** be **upset** with me.”

Mindfulness is about staying **focused** on reality and not **getting** too wrapped up in Lefty's **interpretations** and **stories**.

“The Roommate”

- A lot of people let **Lefty** have **control** of their lives. They are **angry** and **offended** more than they **need** to be because they **don't question** the **truth** of Lefty's **explanations** and meanings.
- But once Lefty's **tactics** are **questioned** and **examined**, one can start to not let Lefty have so much control!

- **Right Brain:** *The boss seems **agitated**.*
- **Left Brain:** *Better get **the resume** together. We're getting **fired**.*

“Whoa, whoa, whoa....There are many reasons he could be upset.”
Let's wait until we have more info before we empty our desk.”

Check and investigate how practical and realistic Lefty's interpretations are!

Getting rid of Lefty isn't even possible. Lefty's the kid.
You must be the parent.

"Oh that's just lefty doing his thing again."...

"Just Lefty's opinions"

"Just The way Lefty sees it"

**Rather than "This is the way it is"
This small difference is enough to make a big change.**

Question #1

“Do I want to **nurture** this thought
or do I want to **let it go**?”

Question #2

“Is **this** thought **empowering** me
or **disempowering** me?”

Reappraisal

Telling yourself a **different** story from Lefty's about what's **going** on:

*“She doesn't **hate** me.
She's **just** in a bad mood.”*

Change Frequency

- I am so **grateful** and **thankful** for_____.

*I am so **grateful** and **thankful** that all the answers I need are coming to me!*

*I am so **grateful** and **thankful** for all the good that is coming into my life!*

*I am so **grateful** and **thankful** for who I am!*

*I am so **grateful** and **thankful** that I am in a **loving** relationship!*

Exercise to Help Lefty Be More Positive

Before you go to bed, write down three good things that happened that day.

Change Questions You ask Yourself

Rewire your Brain to a Positive Bias

Lefty: What if that goes wrong?
What if that goes right?

Lefty: What if I can't do it?
What if I can do it?

Lefty: What if I hate it?
What if I enjoy it?

Many assume that **happiness** is derived from **external** circumstances, money, happy childhood, if we married well, etc..

The proposition of **mindfulness** is that you can **develop** your **happiness muscle** the way you develop your biceps in the **gym**.

Awareness of Thoughts

With *practice* it becomes *easier* to become aware of the *arising*, *persistence* and *passing away* of thoughts.

It's important is to have an *awareness* of the flow of your thoughts.

Awareness gives us options. Like 'diving in' to a particular thought if we wish to, or deciding that we'd *rather not enter* into that thought now and *choose to think* something else

Acceptance

- Goldilocks-too hot, too cold, too soft, always thinking things should be different than they are
- Last 24 hours, how often truly content appreciating moment?
- Usually we are always thinking it should be different than it is
- Leads to mood highs, mood lows
- Constant thinking, thinking, thinking

LOVING--KINDNESS

- Increase Acceptance and Compassion
Both for Yourself and Others
 - Reduce Judgments
 - Reduce Negativity
 - Soften your heart
 - Learn Unconditional Acceptance
 - Recharge Batteries



Compassion releases
oxytocin,
the bonding hormone which
calms us



May I be free from anger.

May I be free from sadness.

May I be free from pain.

May I be free from difficulties.

May I be free from suffering.

May I be healthy.

May I be filled with loving-kindness.

May I be happy.

May I be at peace



May you be free from sorrow and suffering.
May you be free from anger and difficulties.
May you be happy.
May you be well
May you be at peace

When you **give** the world
love and respect, the world
will give you **love** and **respect**
back.....

Meditation: 3 Simple Steps

One: Sit with your **eyes closed** and your **back** straight.

Two: Notice what it feels like when your **breath** comes **in** and when your **breath** goes **out**, try to bring your full attention to the **feeling** of your **breath** coming **in** and going **out**.

Third Step is the **biggie**.

Every time you notice that your **mind** is **wandering**, bring your **attention back** to your **breath** **and begin** again.

(Your mind is going to go crazy. You are going to start thinking about all sorts of stupid things like if you need a haircut, why you said that dumb thing to your boss, what's for lunch, etc.)

This is going to happen **over** and **over** and **over** again and that is **meditation**.

Ask Questions and the Answers Come!!

When I first started meditating I couldn't sit still, my back hurt during it and my legs fell asleep. It was really hard to try to focus on my breathing. It wasn't long before I'd wish it was over.

I did eventually get used to focusing on my breath, though, and my body began to naturally adjust to what was initially an awkward posture for me. And the more I meditated, the more I found I was able to take control of my thoughts and emotions. The more peaceful I felt.

Meditation soon became a necessary part of my morning routine which I actually looked forward to and created a domino effect, positively impacting all aspects of my life.

BENEFITS

Things just don't bother me as much!
I've learned to control my anxiety!
I sleep so much better!

BENEFITS

I'm more focused --I accomplish more!

I'm more patient with my kids!

I feel happier!

I'm more appreciative!

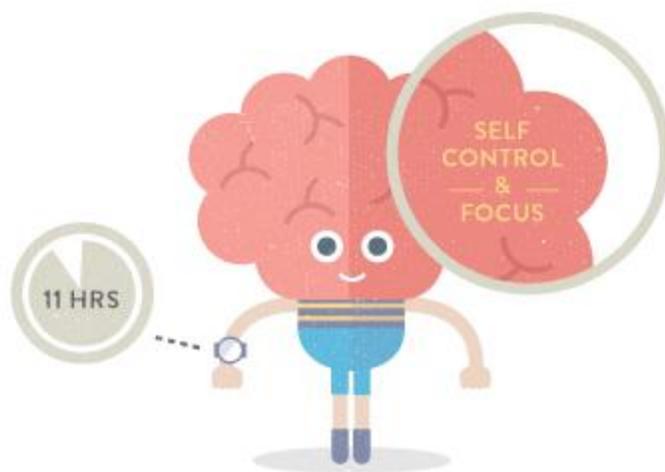
I'm able to let things go!

If you have a few minutes in the am or pm, rather than turning on your phone, TV or going online, try quieting down your mind, or at least paying attention to your thoughts and letting them go without reacting to them.

Research shows, [just a few minutes of meditation](#) may make a big difference.

BRAIN-CHANGING BENEFITS

Not only have scientists observed changes in people's performance after completing attention tasks, but they've also found corresponding changes in the structure and function of meditators' brains. Neuroscientists found that, after just 11 hours of meditation, practitioners had structural changes around the anterior cingulate cortex, a part of the brain involved in monitoring our focus and self control.⁹



Now wouldn't you like to be able to focus better on whatever it is that you do? If so, why not treat your head right - with Headspace?

SIGN UP FOR FREE



The Mindfulness Solution: Everyday Practices for
Everyday Problems Ronald D Siegel, PsyD

One Minute Mindfulness: 50 Simple Ways to find Peace,
Clarity, and new Possibilities in a Stressed-Out World
Donald Altman

Success Through Stillness: Meditation Made Simple
Russell Simmons

Websites to Visit

www.mindful.org

<http://www.freemindfulness.org/download>