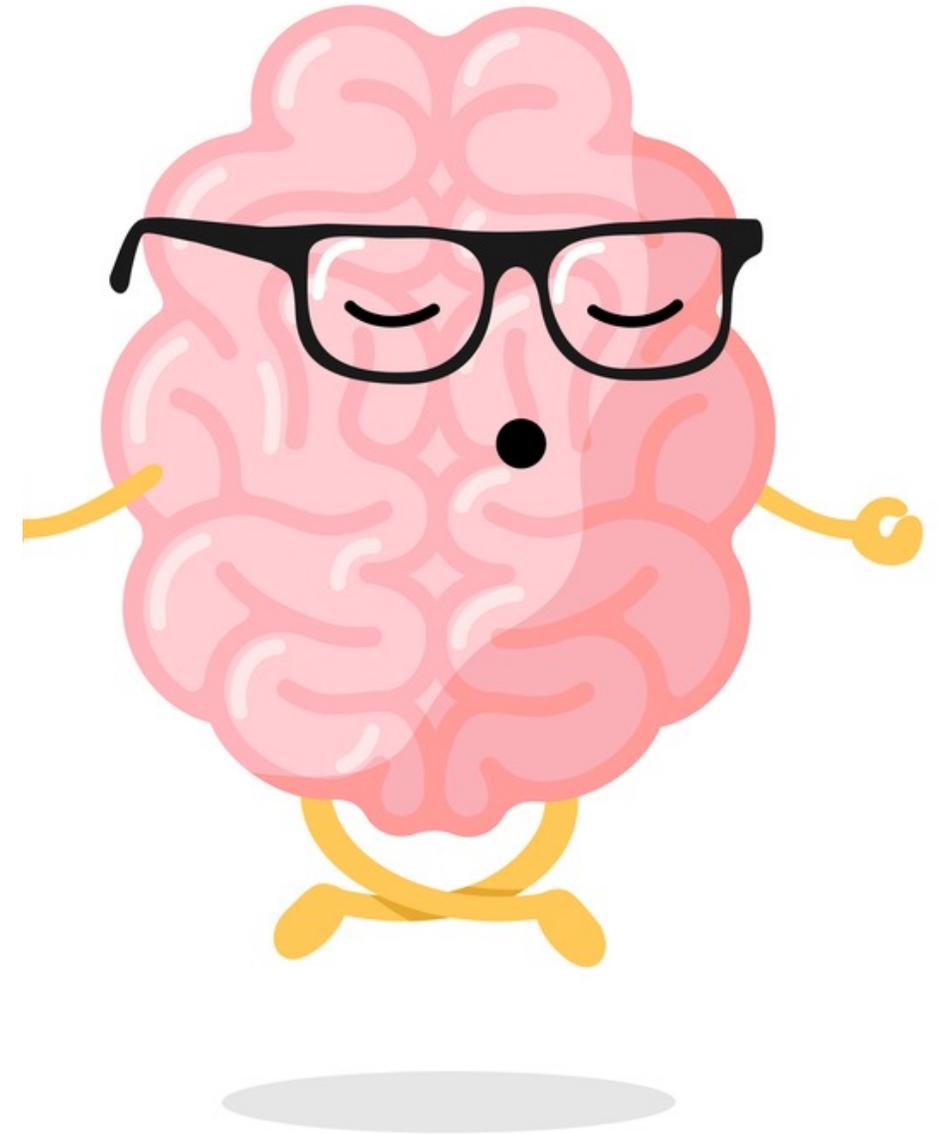


Mindfulness for Stress Reduction & Well-Being

CREATE GOOD CONFERENCE
DURHAM, NC

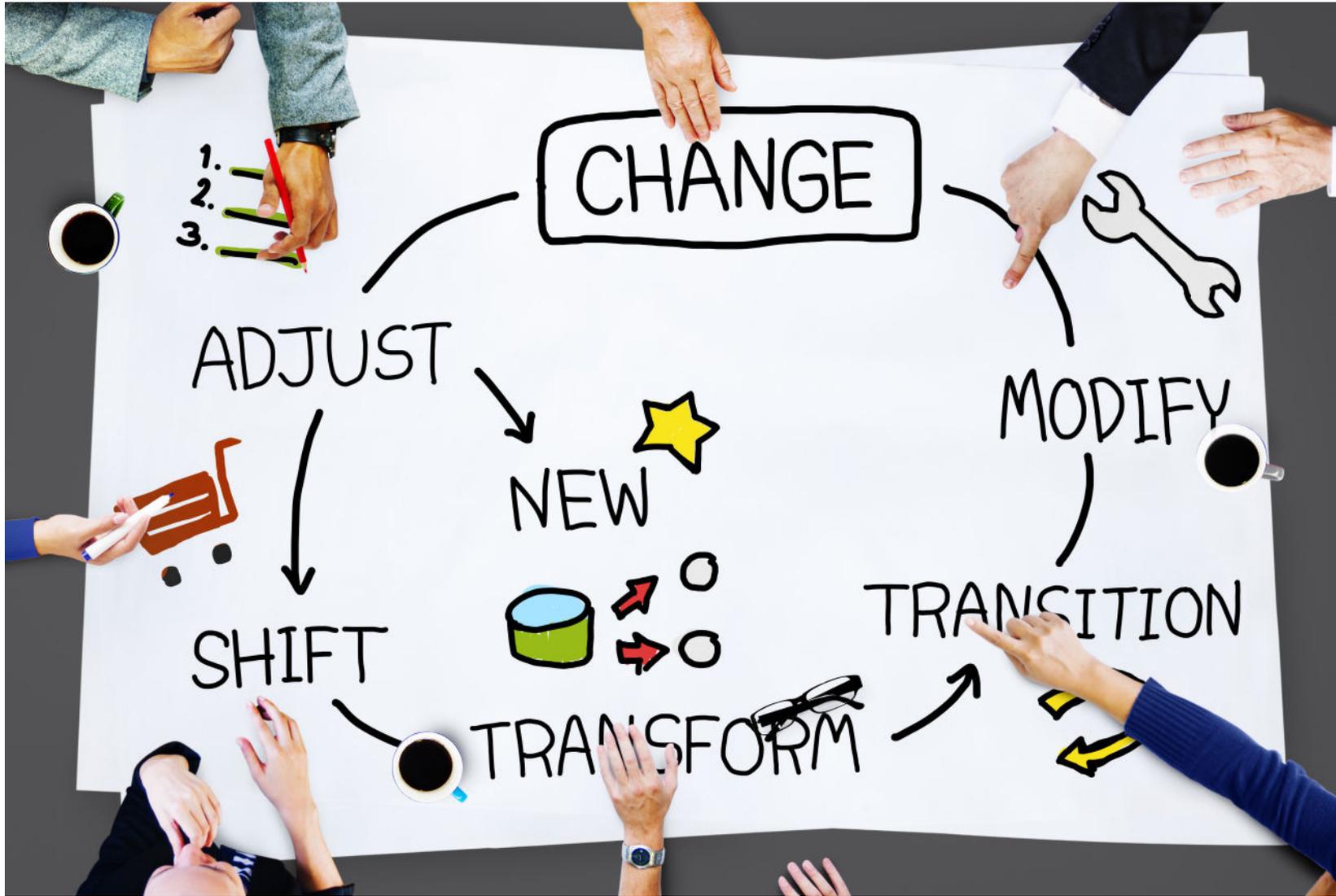
PRESENTED BY:
MARY LINDA MCBRIDE
MINDFUL RESOLUTION







**PACE
YOURSELF**





Living in a V.U.C.A.
Environment

Volatile

Uncertain

Complex

Ambiguous





I THINK
IT'S
STRESS!!

produced by
Denise Schrier Cetta

Our lives are filled with distractions - email,
Twitter, texting - we are constantly con-
nected to technology, rarely alone with just
our thoughts.



mindfulness

mindfulness





Studies show that mindfulness can help...

Improves Focus

Reduces Anxiety

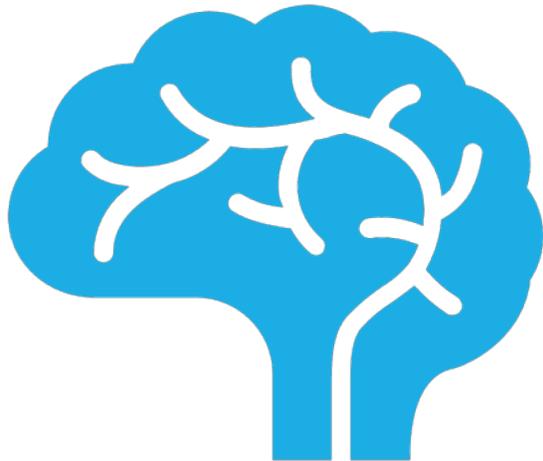
Improves Sleep

Lowers Blood Pressure

Less Reactivity

Greater Sense of Well-Being

What is Mindfulness?



Resting attention in the present moment

Awareness of “real time” thoughts, emotions, and sensations in the body

Awareness of the environment/ others



Two Ways to Practice



PACE YOURSELF



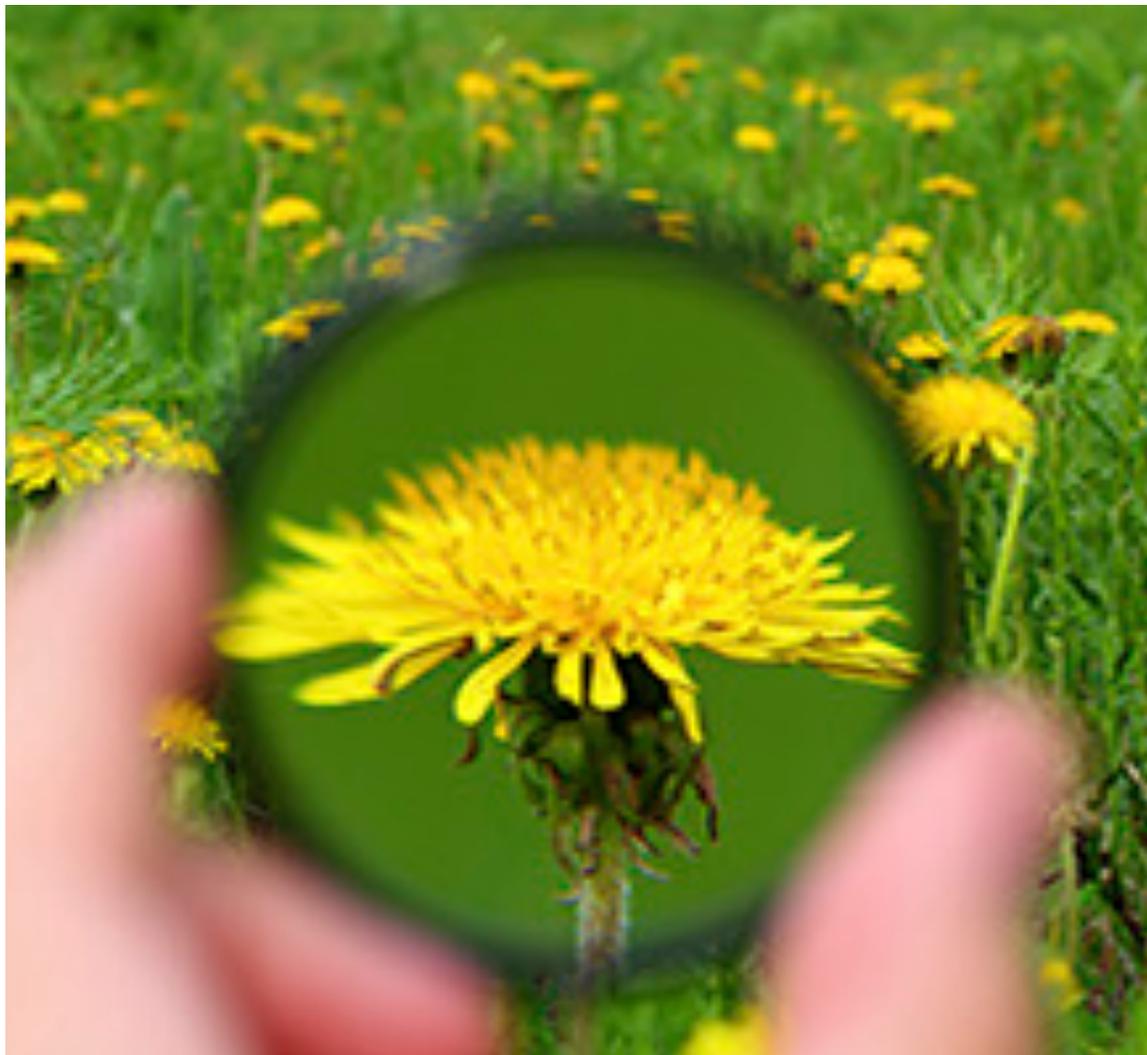
I love cooking my family
and my pets.



The Powerful Pause







Attention Regulation

A Wandering Mind is an Unhappy Mind

What are you doing right now?

Is your mind engaged in what you are doing?

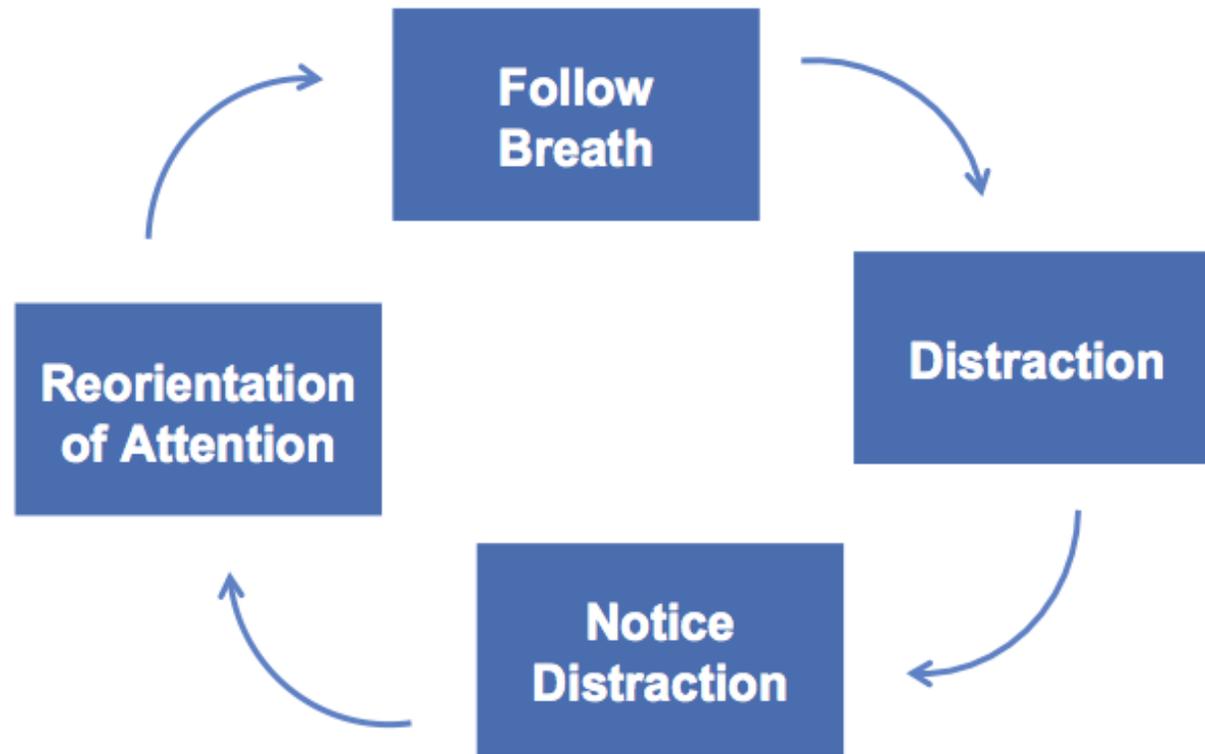
What is your mood?

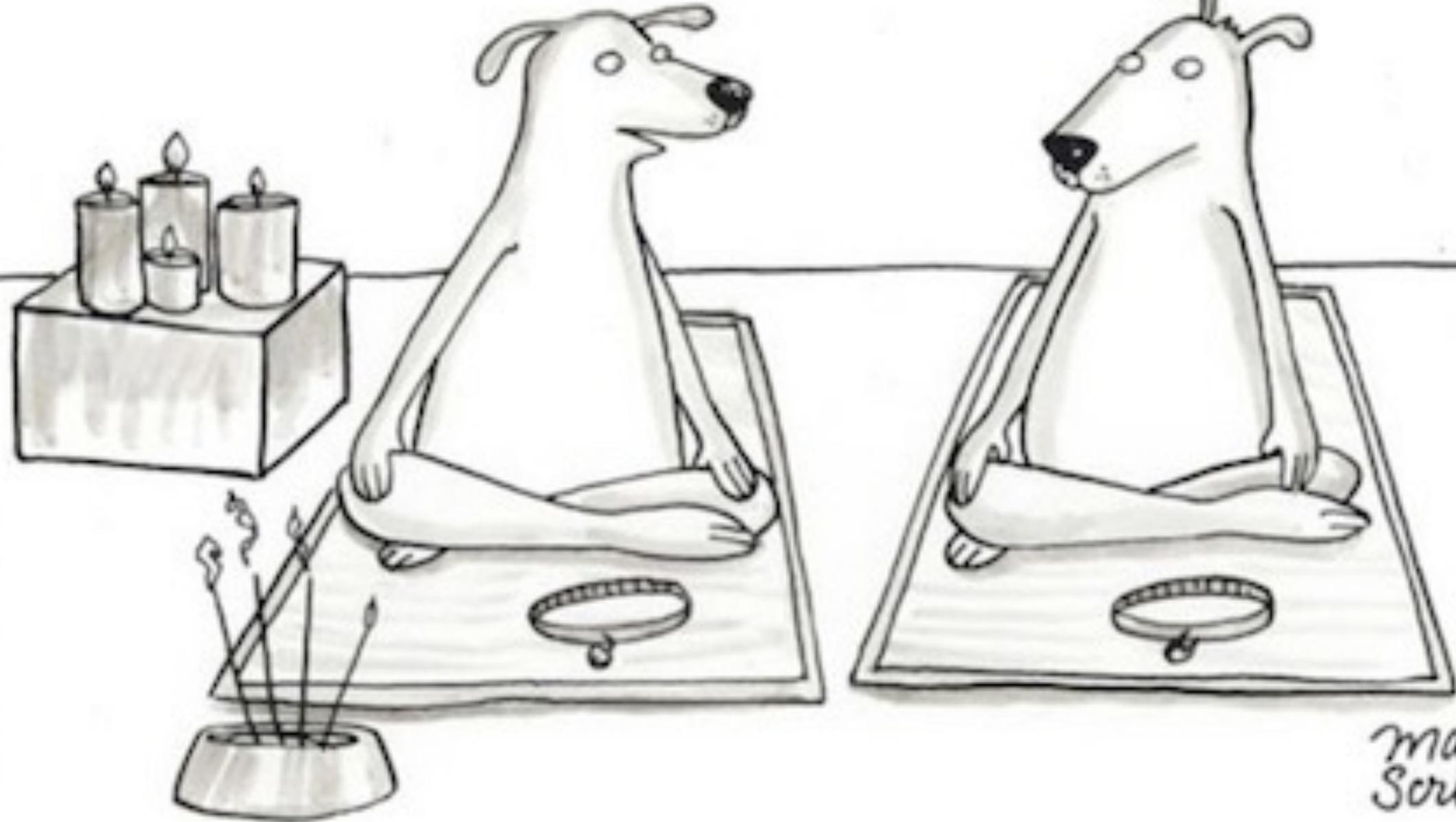


Neuroplasticity

Meditation Process

Focused Attention

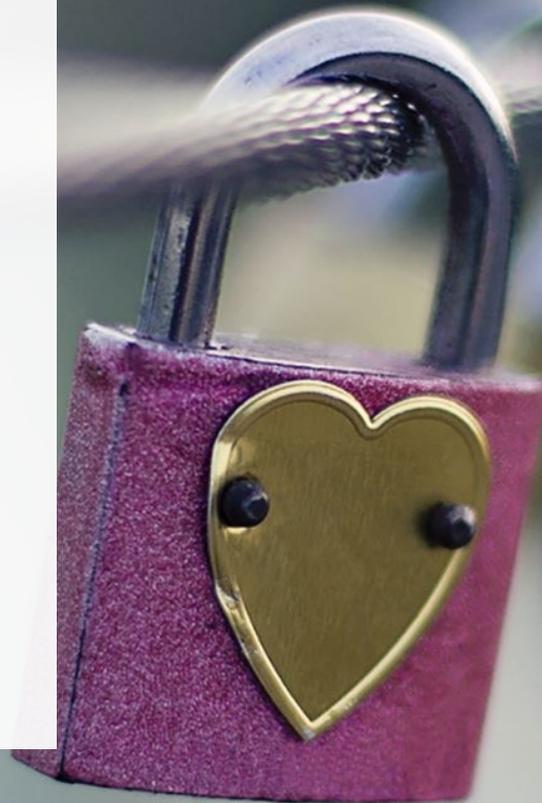




"The key to meditation is learning to stay."

Self- Compassion

Treating yourself like
you would treat a
good friend.





I'VE GOT YOUR BACK.

With self-
compassion
you are more
likely to...

*Have greater perspective, empathic concern, altruism, compassion for humanity, and readiness to forgive. (Neff & Pommier, 2012)

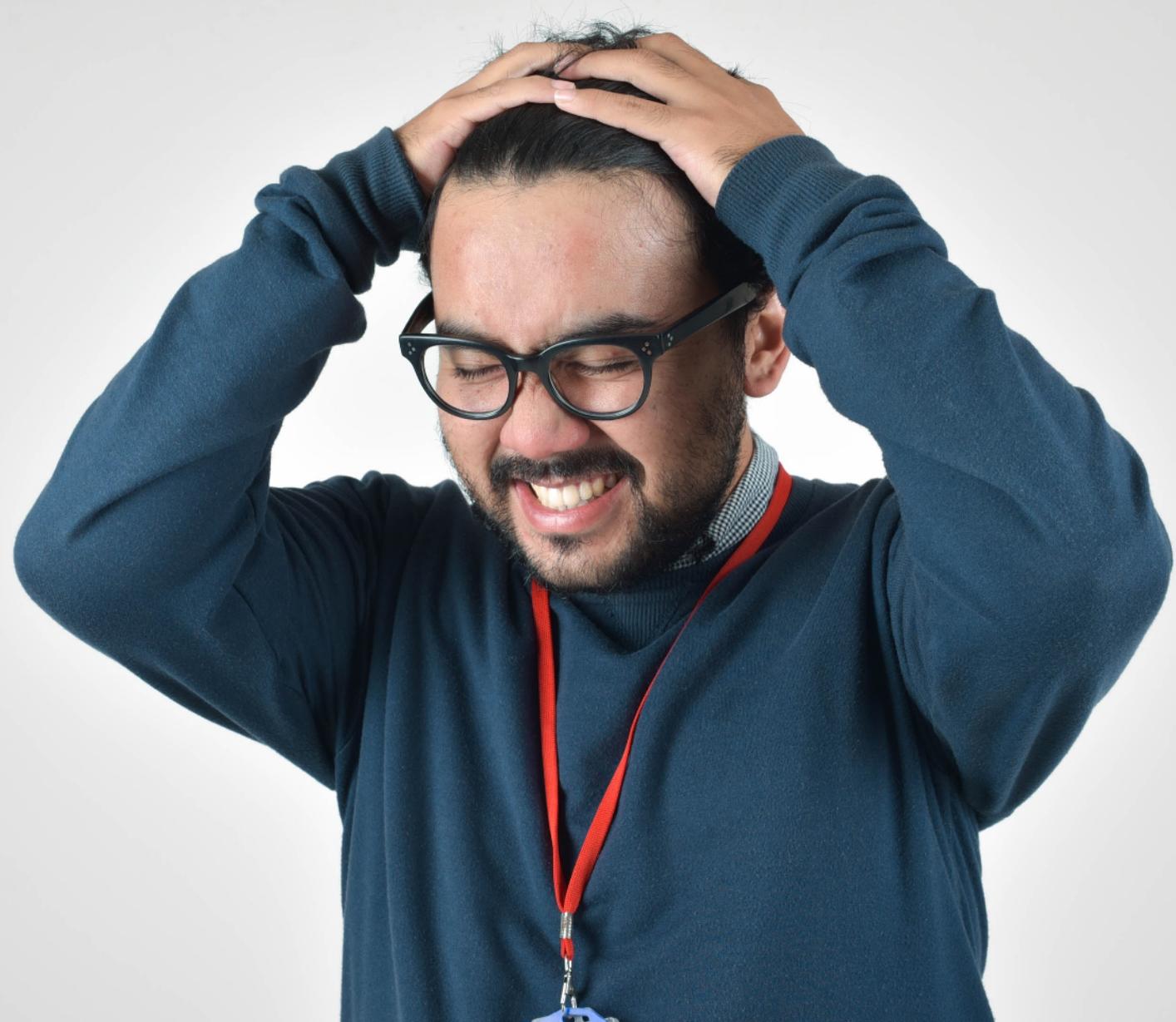
*Be more caring and supportive in personal relationships (Neff & Beretvas, 2013)

*Behave more compassionately toward others (Neff & Pommier, 2012))

Won't I lose my edge?

Those with greater self-compassion are more likely to:

- *Stick to their diet (Adams & Leary, 2007)
- *Reduce Smoking (Kelly, Zuroff, Foa, & Gilbert, 2009)
- *Seek medical health care when needed (Terry & Leary, 2011)
- *Exercise (Magnus, Kowalski, & McHugh, 2010)
- *Procrastinate less (Sirois, 2013)



The 3 P's that Stunt Resilience



Personalization: The belief we are entirely at fault or fundamentally flawed



Pervasiveness: This always happens. This will negatively affect my life.



Permanence: The aftershock of this event will last forever



STOP

S: Stop

T. Take a Breath

O. Observe & Options

P. Proceed

Enjoyment

When did you stop dancing?

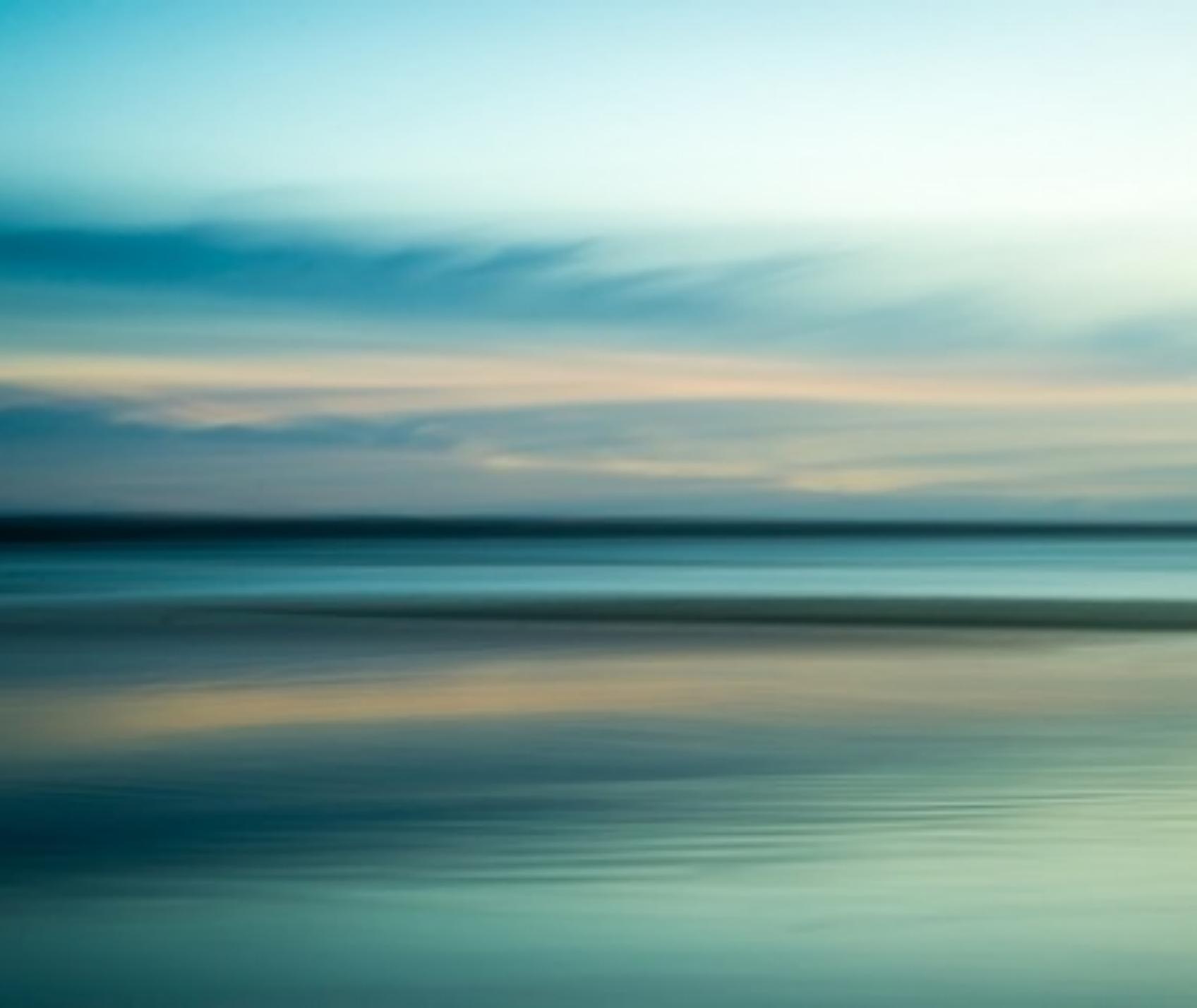




FLOW







What is it you plan to do
with your one wild and
precious life?

-Mary Oliver



PACE
Yourself



You Got This!

Be in Touch...

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