

Exceptional service in the national interest



Mind Full, or Mindful?

Susan D. Leach



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What?

- *A process of experiencing the present moment*
- One of Buddha's seven factors of enlightenment
- Sanskrit translation means “awareness”
- Psychology (since the 70's)
 - Anxiety/Depression/Stress Reduction/Addiction
 - Variety of other conditions – mental and physical
- Efficacy
 - Many studies published in the last 30 years
 - Improves immune system
 - Faster recovery from negative experiences

Why Worry About it?

If a person is lost in thought or distracted...

- Lost attention to the moment
- Creates openings for error
- Exacerbates forgetfulness
- Causes a failure of expectation
- Adds frustration
- Increases stress, anxiety, negativity
- Impacts the immune system
- Impacts emotional well being
- Decreases flexibility and resilience

Why Apply It?

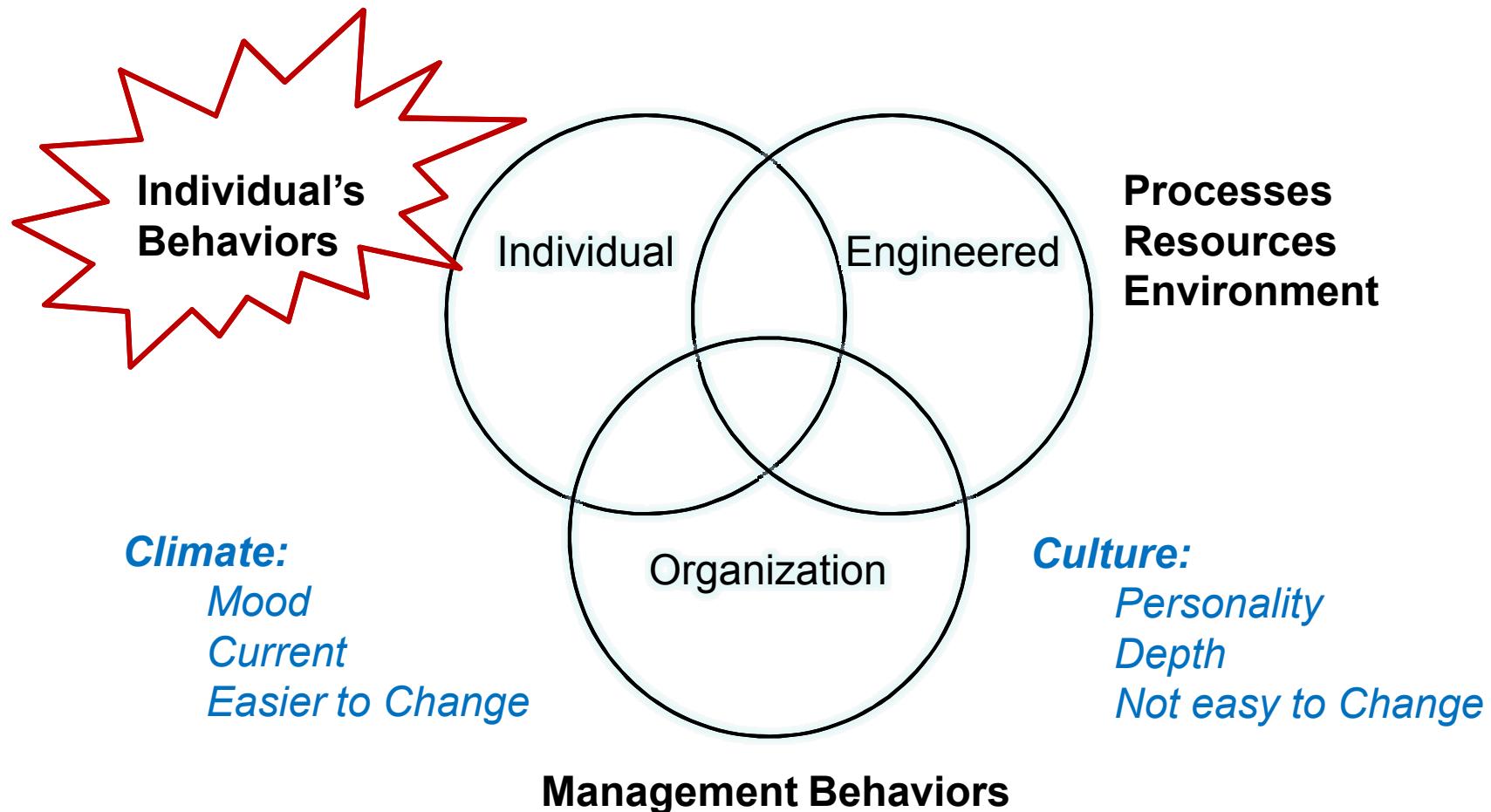
If a person is consciously aware of current moment, their thoughts, feelings, and surroundings and couples that awareness with clear comprehension...

- Re-ori ents to the current issue
- Controls concentration
- Self-regulates attention

Why is that a good thing?

- Facilitates curiosity
- Expands the ability to think in alternatives
- Opens minds and attitudes
- Increases focus

James Reason's Safety Culture Model

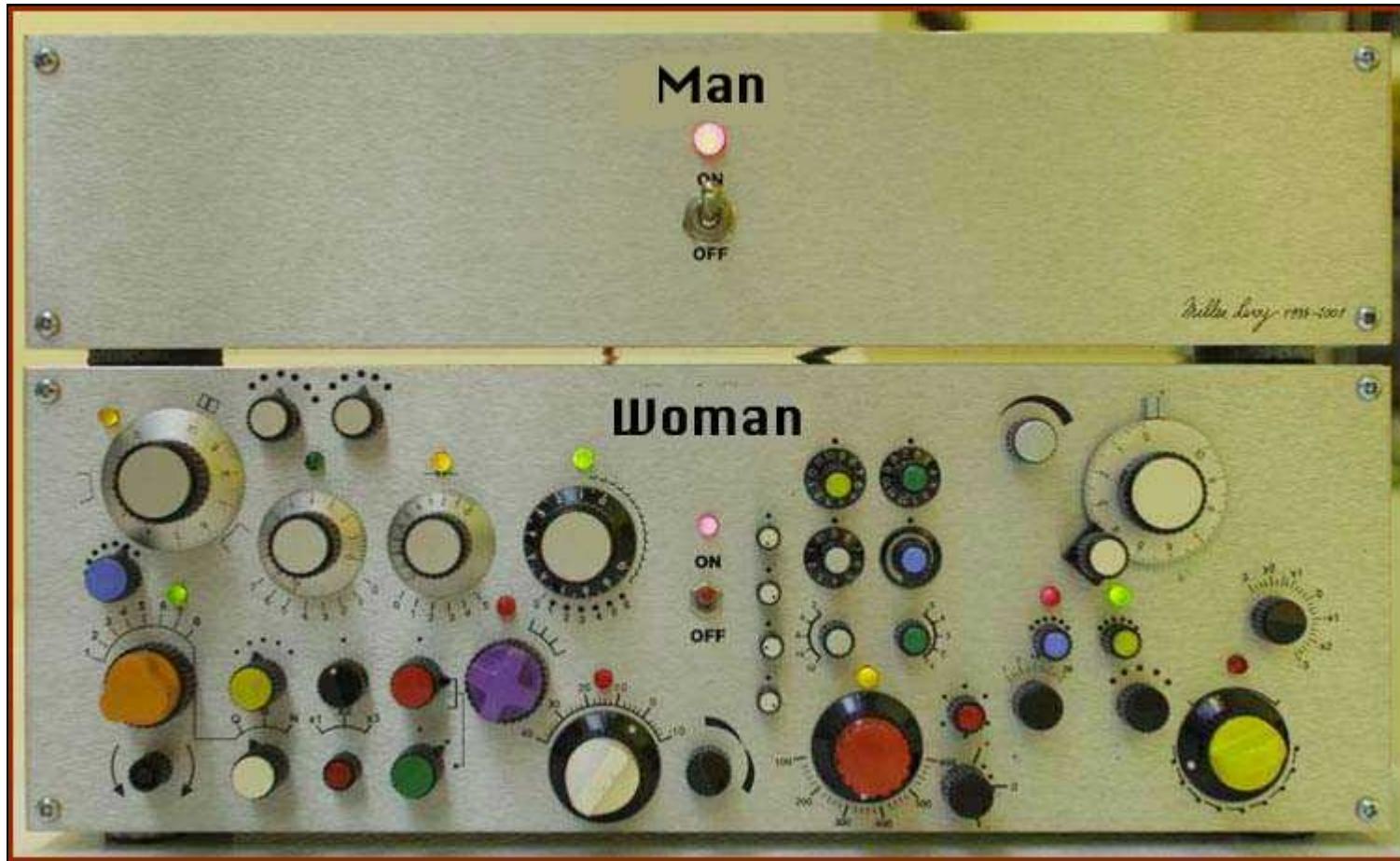


Multitasking

- Can our brain go in two different directions at once?

Time to have some fun!!

Women are Hardwired



Remember...



**life is a
journey.
not a
destination.**

You Get to Choose



Take Charge!

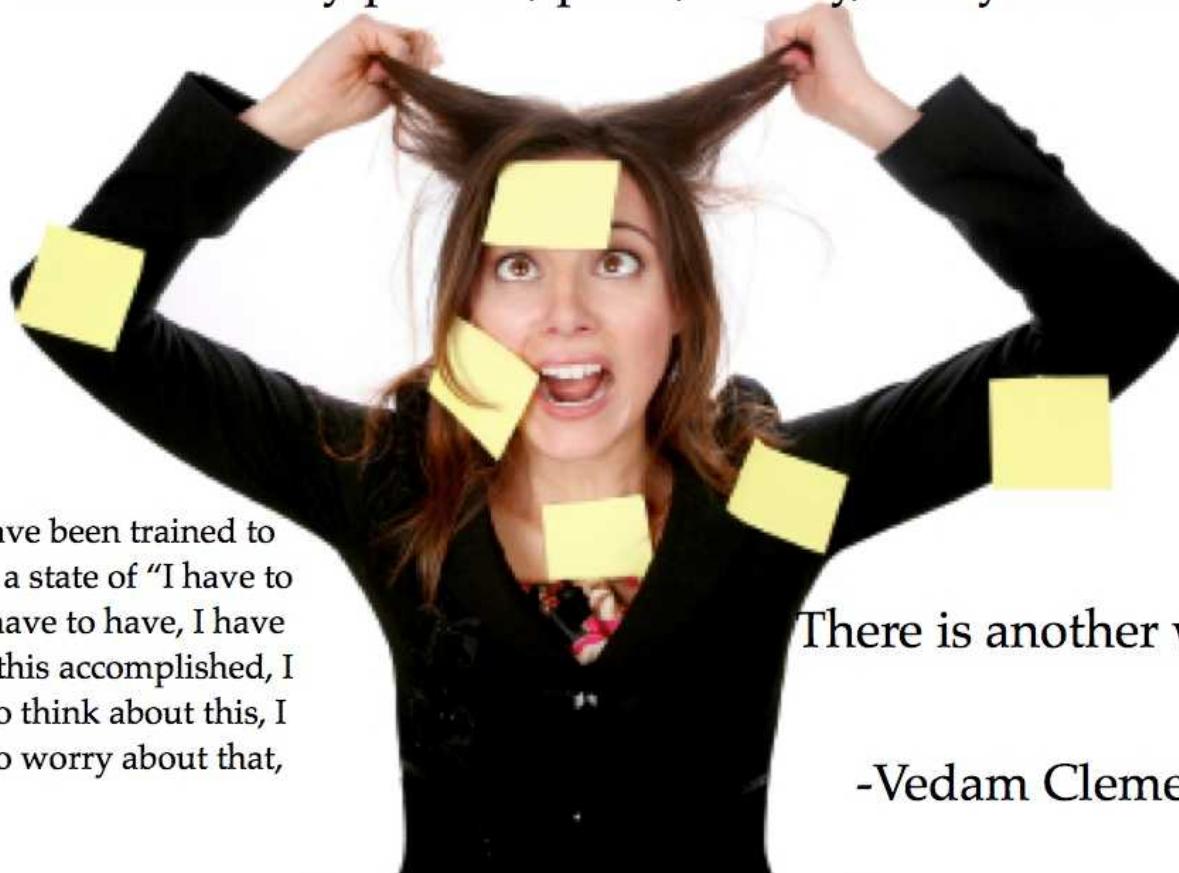


One should become master of
one's mind rather than let
one's mind master him.

Nichiren Daishonin

Change Your Habits

You have been conditioned; you have been taught to live with a full mind by parents, peers, society, and yourself.



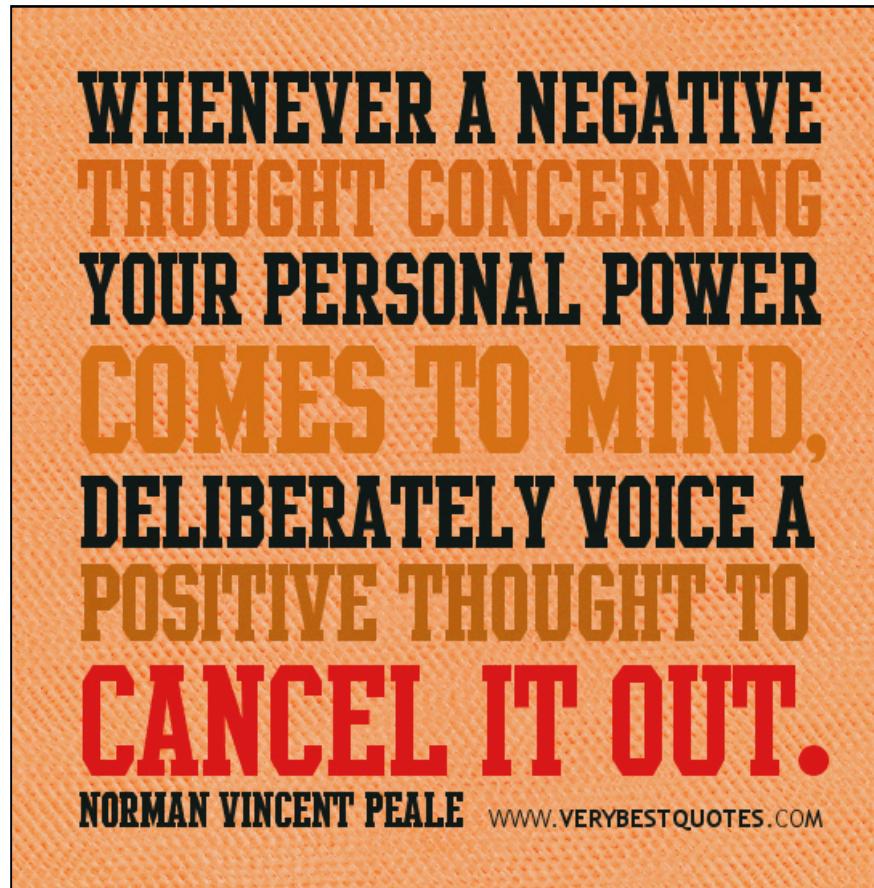
You have been trained to live in a state of "I have to get, I have to have, I have to get this accomplished, I have to think about this, I have to worry about that, etc."

There is another way!

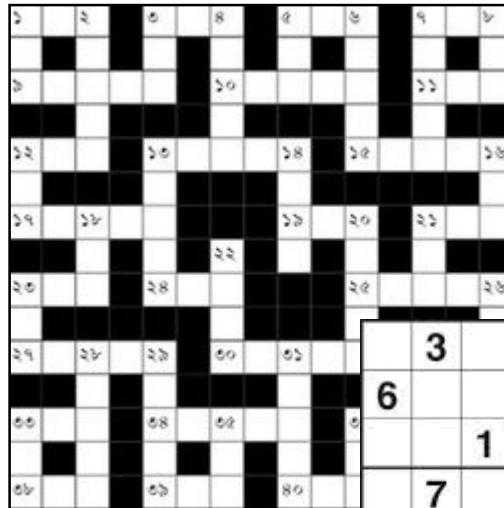
-Vedam Clementi

Recognition of Habitual Patterns

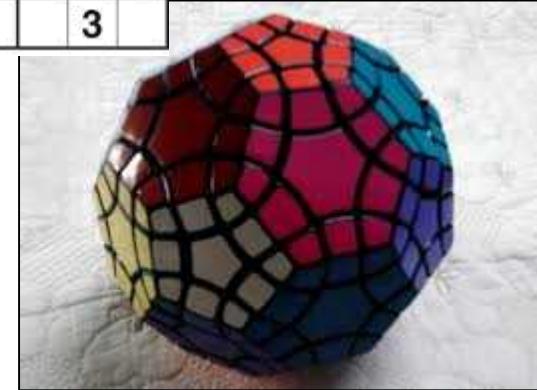
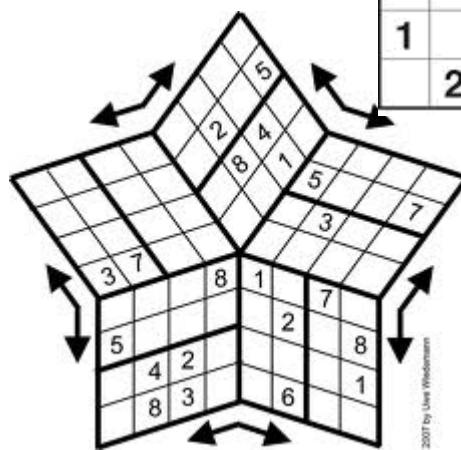
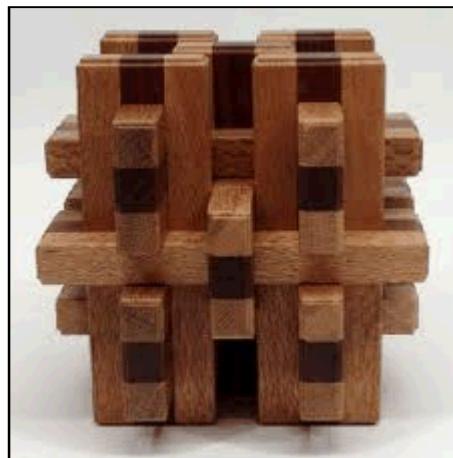
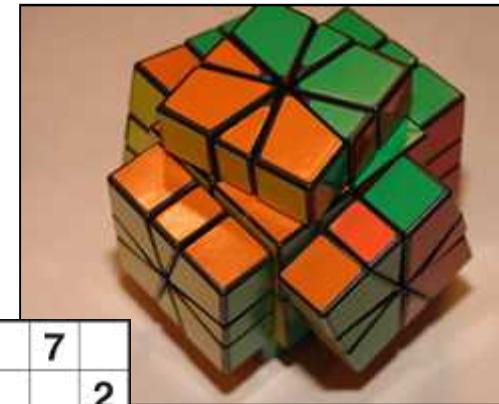
- Recognize habitual thought patterns
- Train yourself to respond in new ways with new thoughts



Practice Focus Techniques



3			1	7
6	8		5	2
	1	4	5	
7		2	4	6
2		9		
4	3			1
1	5	3	4	5
2	1		3	5



De-Clutter Visually



Develop a Hobby



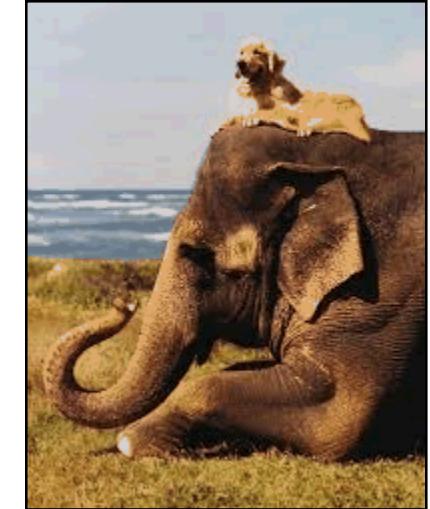
swimming films
writing photos
movies
gardening

crafting quilting painting
instrument genealogy
tennis photography
playing cooking
mache
cars paper ikebana

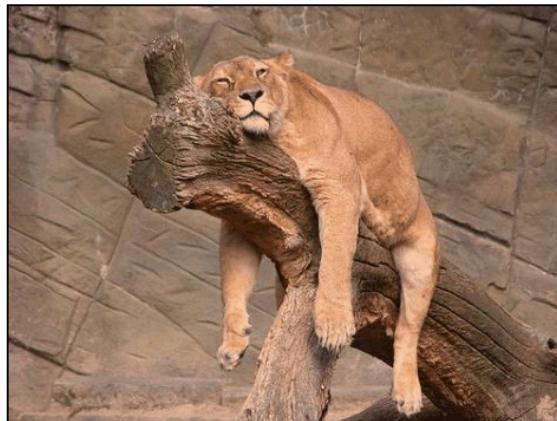
Move



Open Yourself to Possibilities



Learn to Really Relax



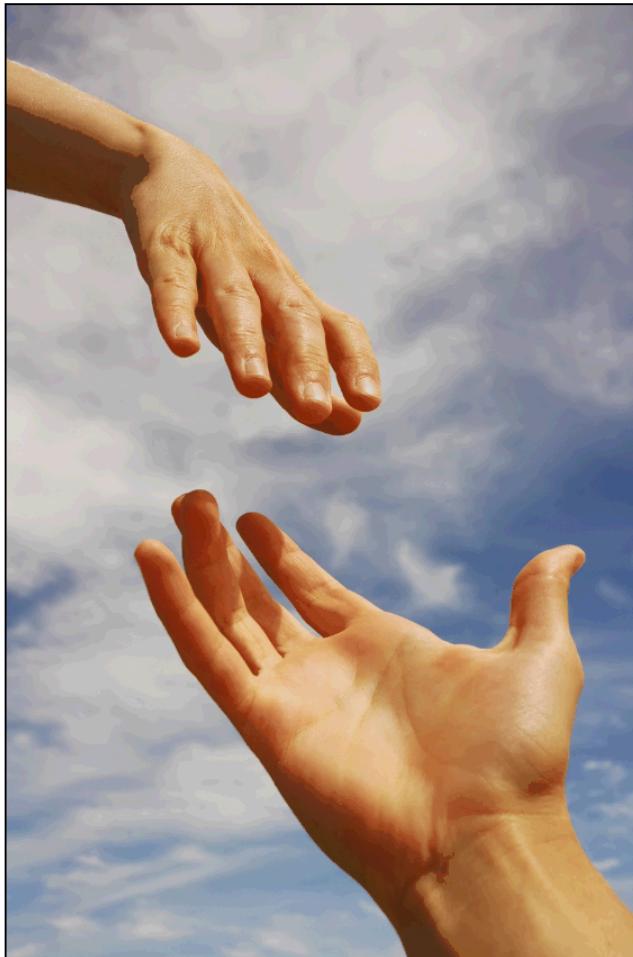
Take Your Vacation



Smell the Roses



Find a Helping Hand

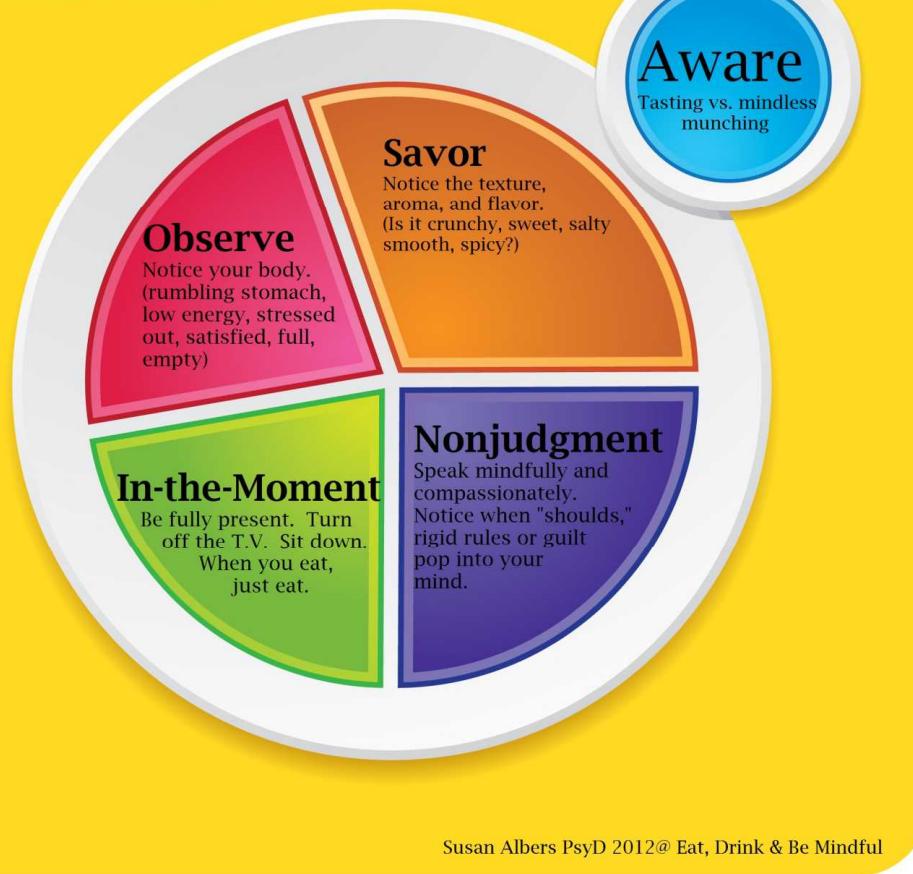


- Friends
- Family
- Faith
- Pets
- Team members
- Management
- EAP
- ...

You Are How You Eat

Mindful Eating

www.eatingmindfully.com



Stop eating:

- At your desk
- Standing up
- While reading
- Grabbing and going
- In the car
- While watching TV
- On the phone
- ...

LET GO OF WHAT
YOU CAN'T CONTROL.
CHANNEL ALL THAT ENERGY INTO
LIVING FULLY IN THE NOW.

-KAREN SALMANSON



NOTSALMON.COM

Just Breathe



It's Not Rocket Science

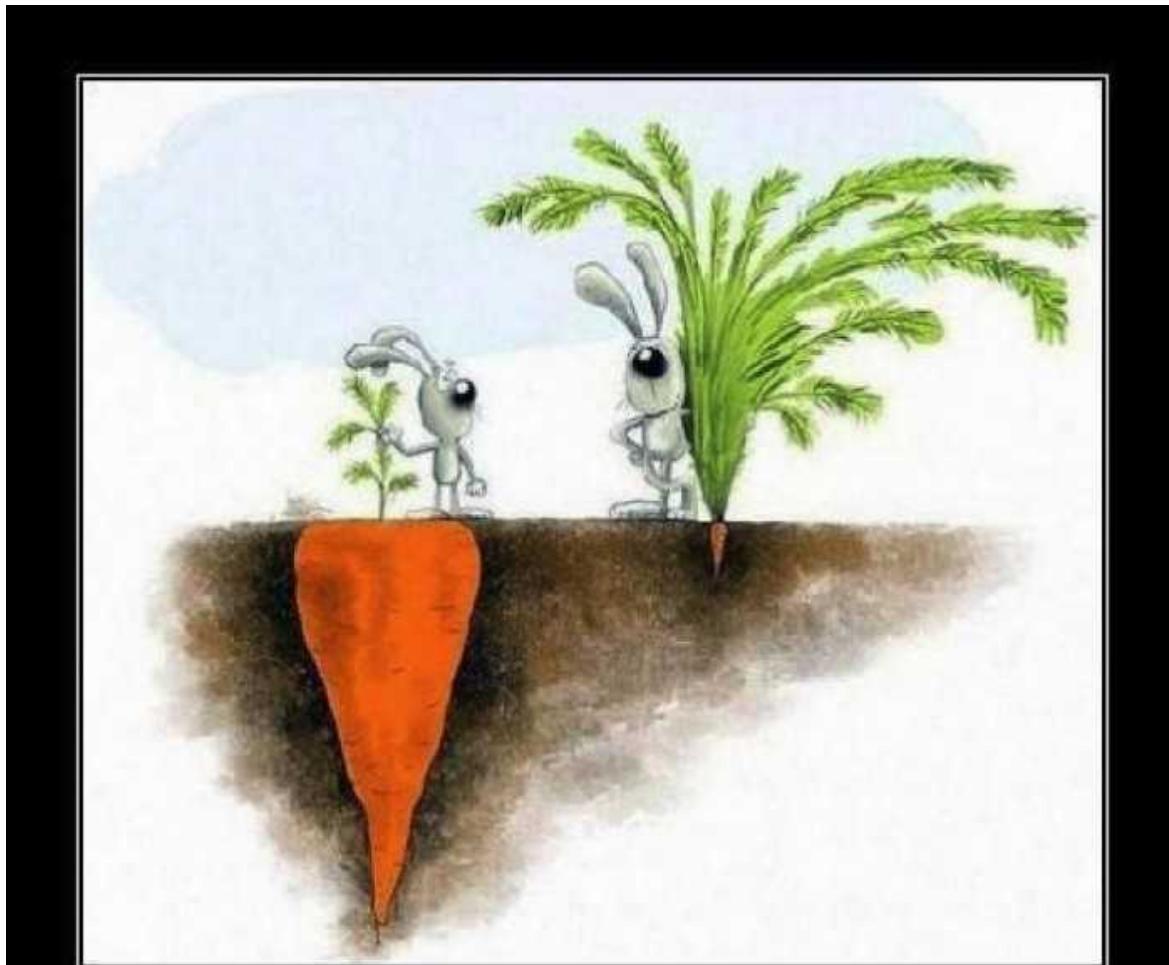
You have BRAINS in your HEAD.
You have FEET in your SHOES.
You can STEER yourself in
any DIRECTION you CHOOSE.

—Dr. Seuss

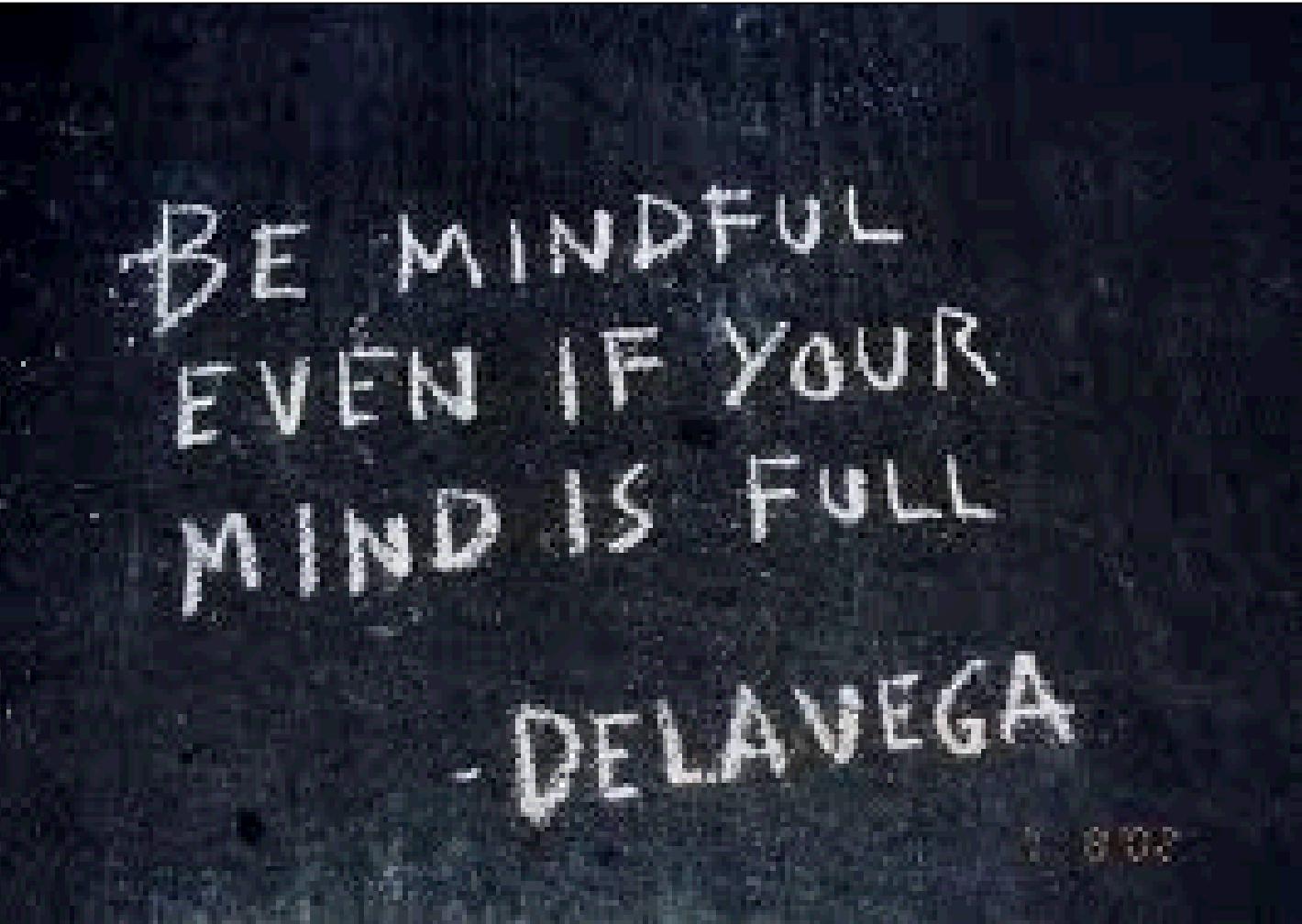
i'm not telling
you it is going to
be easy, i'm
telling you it's
going to be
worth it.

Practice! Practice! Practice!





SUCCESS
it's not always what you see



BE MINDFUL
EVEN IF YOUR
MIND IS FULL
- DELAVEGA

Pay Attention to Your Patterns



Agenda

- What?
- Why?
- Why Not?
- Successful multitasking?
- Possible Solutions