

[illegible]

STAYING CONNECTED— THE THRIVE TRIBES



FEELING MIND-FULL? JUST A FEW QUESTIONS...



WHAT MINDFULNESS IS



Mindfulness means paying attention...

- On purpose
- In the present moment
- Without judgment or criticism

http://greatergood.berkeley.edu/topic/mindfulness/definition#what_is

Joelle Hood

MINDFULNESS IS... BEING WHERE YOUR FEET ARE



Joelle Hood

SMELL THE ROSES AND BLOW OUT THE CANDLES



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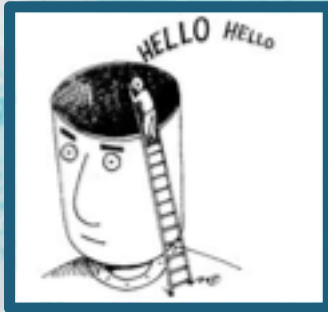
WHAT MINDFULNESS IS NOT— A RELIGIOUS PRACTICE



Mindfulness is to
religion
As kindness is to
religion.

Joelle Hood

WHAT MINDFULNESS IS NOT— EMPTYING THE MIND



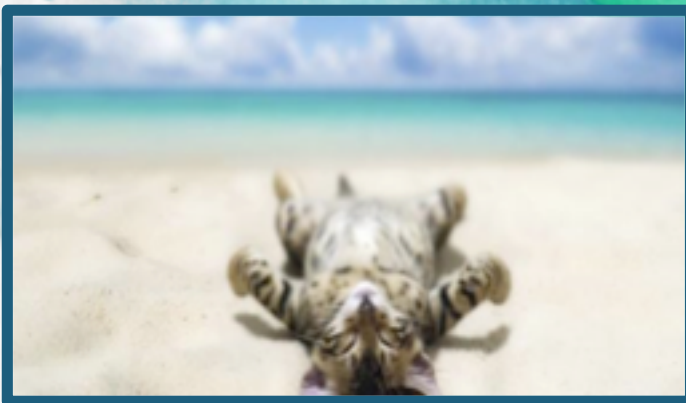
**That's
impossible!**



The average brain
is believed to
generate around
50,000 thoughts
per day

Joelle Hood

WHAT MINDFULNESS IS NOT— JUST RELAXATION



**That's a
SPECTACULAR
side effect!**

Joelle Hood

BENEFITS OF PRACTICING MINDFULNESS

- Variety of physical, psychological, and social benefits.
- Boosts our immune system's ability to fight off illness.
- Increases positive emotions while reducing negative emotions and stress.



http://greatergood.berkeley.edu/topic/mindfulness/definition#why_practice

Joelle Hood

BENEFITS OF MINDFULNESS AT WORK & SCHOOL



- Positively impacts both mental and emotional health.
- Specifically shown to increase stress tolerance.
- Expand your attention span.
- Expand your working memory.
- Boost your workplace morale and classroom climate.

<http://mentalfloss.com/article/76310/6-benefits-incorporating-mindfulness-work>

Joelle Hood

MINDFUL MOMENTS 4-7-8



Breathe

Inhale slowly. Hold. Exhale.

4 7 8



Joelle Hood

TAKING TIME TO **B.R.E.A.T.H.E.**

B Build Belonging

R Reflect

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

H Harness Your Thoughts

E Empathy Everyday

MINDFULNESS
- IS A SUPERPOWER -

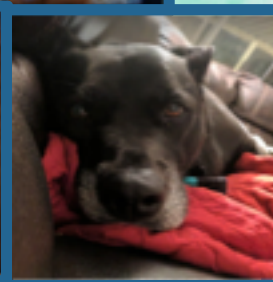
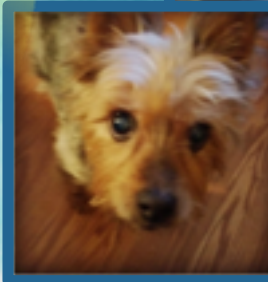
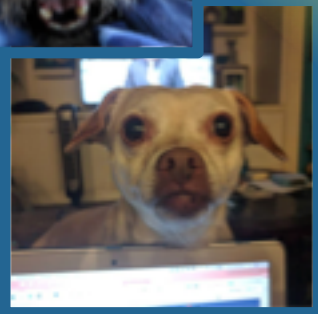
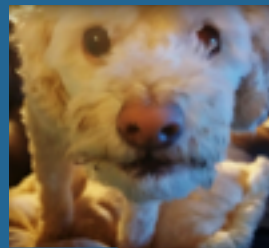
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B.R.E.A.T.H.E.-- BELONGING **WE'RE LOSING OUR CONNECTION**



Joelle Hood

B.R.E.A.T.H.E.-- BELONGING **FLASHLIGHT OF ATTENTION**



Joelle Hood

TAKING TIME TO B.**R.**E.A.T.H.E. **REFLECT**

B Build Belonging

R **Reflect**

E Engage in Self-Compassion

A Attention, Awareness, Awe

T Thankfulness- Attitude of Gratitude

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MINDFULNESS
- IS A SUPERPOWER -

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B.**R.**E.A.T.H.E. **REFLECT**

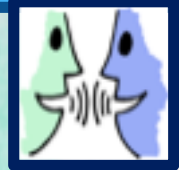


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B.R.E.A.T.H.E.-- REFLECT REFLECT, TURN, AND TALK



- How present are you when you're with your loved ones? With your friends? With your colleagues? With your students?
- How could your relationships change if you were able to be more present?



Joelle Hood

TAKING TIME TO B.R.E.A.T.H.E.

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B.R.E.A.T.H.E. ENGAGE IN SELF-COMPASSION



Showing kindness and compassion to ourselves, just like we would show to someone else we care about.

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B.R.E.A.T.H.E.– ENGAGE IN SC FIVE MYTHS OF SELF-COMPASSION

1. Self-compassion is a form of self-pity.
2. Self-compassion means weakness.
3. Self-compassion will make me complacent.
4. Self-compassion is narcissistic.
5. Self-compassion is selfish.



http://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion

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B.R.E.A.T.H.E.

IMPORTANCE OF **ENGAGING IN SELF-COMPASSION**



- If you feel like you're barely treading water, every instinct makes it impossible to extend your hand to another drowning person.
- Self-compassion gives you the life vest to help yourself so that you can help others.

Joelle Hood

B.R.E.A.T.H.E.—**ENGAGE IN SC** OUR SELF-TALK MATTERS

Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

Joelle Hood

B.R.E.A.T.H.E.

ENGAGE IN SELF-COMPASSION BREAKS



1. This is a moment of suffering.
(Ouch! This hurts! This is stressful!)
2. Suffering is a part of life.
(Recognizing shared humanity--ther people have felt this way. Everybody struggles.)
3. May I be kind to myself.
(May I forgive myself. May I be strong. May I be patient.)

<http://self-compassion.org/exercise-2-self-compassion-break/>

Joelle Hood

B.R.E.A.T.H.E.—

ATTENTION, AWARENESS, & AWE

B Build Belonging

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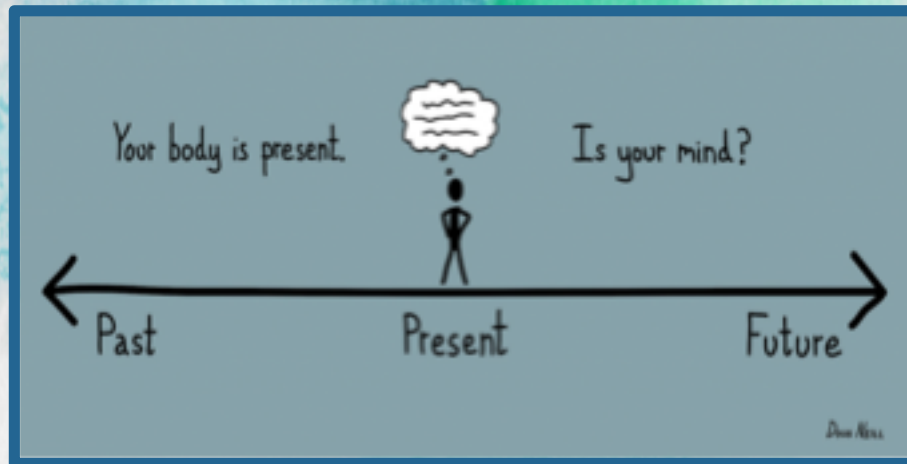
H Harness Your Thoughts

E Empathy Everyday

MINDFULNESS
— IS A SUPERPOWER —

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B.R.E.A.T.H.E. **ATTENTION, AWARENESS, & AWE**



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B.R.E.A.T.H.E.-- ATTENTION **MYTHS OF MULTI-TASKING**



**Too many apps
running...
draining the
battery**

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B.R.E.A.T.H.E.-- **AWARENESS** CATCH AUTOPILOT ASAP

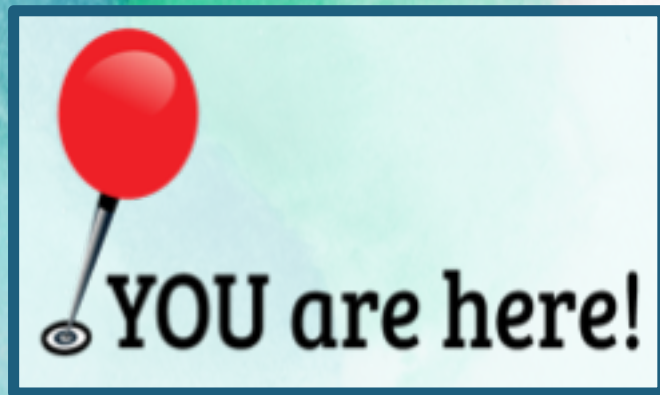


Can be useful
sometimes- but
when overused can
make us miss out on
things that can
bring us joy and
boost our wellbeing.



Joelle Hood

B.R.E.A.T.H.E. -- **ATTENTION** TO THE HERE & NOW



Joelle Hood

B.R.E.A.T.H.E.

THE IMPACT OF OUR **ATTENTION, & AWARENESS**

Strengthening your attention helps you also strengthen your awareness...

- of your intentions,
- your influence,
- your attitudes,
- your impact on others...
- AND, your social awareness– the ability to tune into others.



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B.R.E.A.T.H.E.

ATTENTION, AWARENESS, & AWE



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B.R.E.A.T.H.E.— ATTENTION & AWARENESS & AWE MINDFULNESS OF SOUND



Joelle Hood

TAKING TIME TO B.R.E.A.T.H.E.

- B** Build Belonging
- R** Reflect
- E** Engage in Self-Compassion
- A** Attention, Awareness, Awe
- T** Thankfulness- Attitude of Gratitude
- H** Harness Your Thoughts
- E** Empathy Everyday

MINDFULNESS
· IS A SUPERPOWER ·

Joelle Hood

B.R.E.A.T.H.E.

THANKFULNESS- AN ATTITUDE OF GRATITUDE



- Increases happiness and life satisfaction; feelings of optimism, joy, pleasure, and enthusiasm.
- Gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, makes us less bothered by aches and pains, and helps us sleep better.
- Boosts resilience and strengthens relationships.
- Reduces anxiety and depression.

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B.R.E.A.T.H.E.

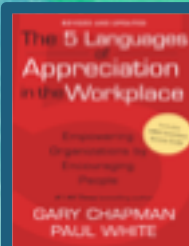
THANKFULNESS- AN ATTITUDE OF GRATITUDE

“Recognition is proven as among the best method of improving work motivation and employee engagement.”

1 minute = 100 minutes

1 minute spent on recognising behaviour = 100 minutes of initiative in return.

Yet 2 out of 3 people receive no workplace recognition in a given year.



"A person who feels appreciated will always do more than what is expected."

Joelle Hood

B.R.E.A.T.H.E.

THANKFULNESS- AN ATTITUDE OF GRATITUDE

DEVELOPING VELCRO FOR THE GOOD




www.rickhanson.net 

B.R.E.A.T.H.E.

THANKFULNESS- AN ATTITUDE OF GRATITUDE

TAKING IN THE GOOD

1. Look for good facts, and turn them into good experiences.
2. Really enjoy the experience- savor it.
3. Intend and sense that the good experience is sinking into you.

TRAIN
yourself
to find the
blessing
in
everything

Basking in Accomplishment

Remembering Good Times

Savoring

Marveling at Life's Wonders

Imagining Future Joys

Sustaining in The Moment



http://www.rickhanson.net/take-in-the-good/ 

B.R.E.A.T.H.E.

THANKFULNESS- AN ATTITUDE OF GRATITUDE
TURN & TALK- 3 GOOD THINGS



What are 3 things
 that happened
 today that you
 are grateful for
 right in this
 moment?



Joelle Hood

TAKING TIME TO B.R.E.A.T.H.E.

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A Attention, Awareness, Awe

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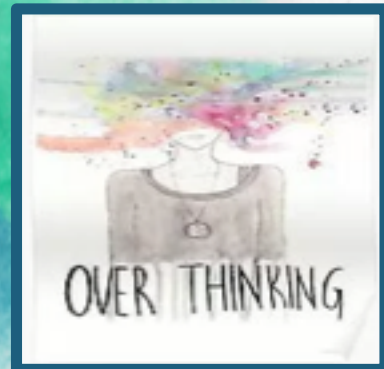
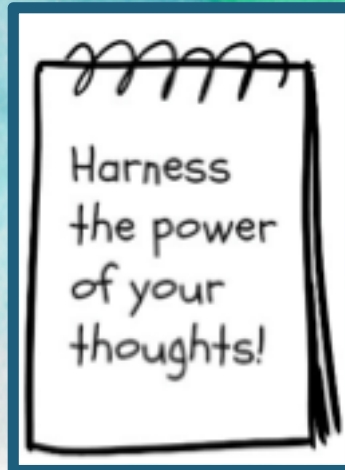
H Harness Your Thoughts

E Empathy Everyday

MINDFULNESS
 IS A SUPERPOWER

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B.R.E.A.T.H.E. HARNESS YOUR THOUGHTS



Joelle Hood

B.R.E.A.T.H.E. HARNESS YOUR THOUGHTS

STOMPING OUR ANTs- AUTOMATIC NEGATIVE THOUGHTS



Debra Burdick, L. C. S. W. R. (2013). Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets. PESI Publishing & Media.

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B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS
 YOU'RE THE DIRECTOR OF YOUR OWN THOUGHTS


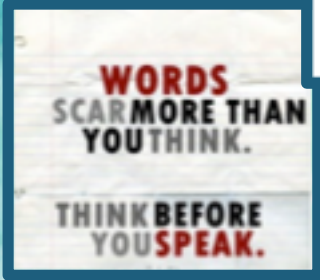



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B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS
 THINK BEFORE YOU SPEAK

"Think before you speak,
 It's not a faucet leak.
 Let your words matter,
 Not be mindless chatter."

--Rinku Shah

Joelle Hood

TAKING TIME TO B.R.E.A.T.H.E.

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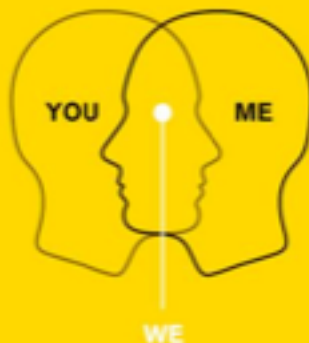
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B.R.E.A.T.H.E.

EMPATHY EVERYDAY

EMPATHY IS A CHOICE



Empathy is A Choice

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B.R.E.A.T.H.E.

EMPATHY EVERYDAY

WHAT IS EMPATHY?

Affective Empathy:
refers to the sensations
and feeling we have in
response to others'
expressions



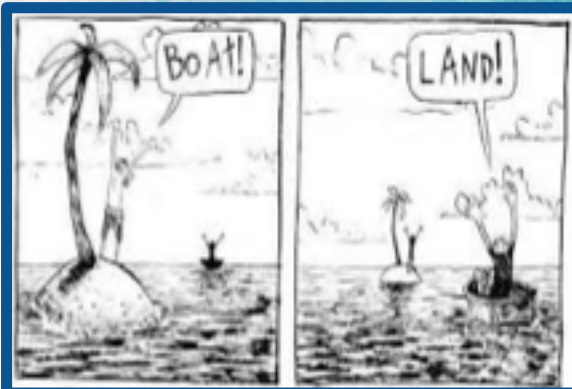
<http://greatergood.berkeley.edu/topic/empathy/definition>

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B.R.E.A.T.H.E.

EMPATHY EVERYDAY

WHAT IS EMPATHY?




Cognitive Empathy:
refers to our ability to
label and understand
other people's
emotions, take their
perspective, "stand in
their shoes"

<http://greatergood.berkeley.edu/topic/empathy/definition>

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B.R.E.A.T.H.E.
EMPATHY EVERYDAY
GET CURIOUS. NOT FURIOUS



**TURNING
ME
TO
WE**

Joelle Hood

B.R.E.A.T.H.E.
EMPATHY EVERYDAY
SENDING THOUGHTS OF LOVING KINDNESS

Research shows that
“Loving Kindness”
 exercises foster
 acceptance, empathy,
 and compassion for self
 and others.



Debra Burdick, LCSW R. Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets. PESI Publishing & Media, 2014.


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B.R.E.A.T.H.E.


EMPATHY EVERYDAY

SENDING THOUGHTS OF LOVING KINDNESS

"May I be happy,
healthy, and peaceful."



Geddes.com




May you be happy.

May you be well.

May you be safe.

May you be peaceful
and at ease.



TAKING TIME TO B.R.E.A.T.H.E.

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MINDFULNESS

- IS A SUPERPOWER -



**SEE THE CHANGE. FEEL THE CHANGE.
BE THE CHANGE. IT STARTS WITH US.**



**“How do you
change the world?
One room at a time.
Which room?
The one you are in.”**

--Peter Block

Joelle Hood

STAYING CONNECTED— THE THRIVE TRIBES



Joelle Hood

THANK YOU! LET'S KEEP IN TOUCH!

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Twitter: @joellethecoach

Pinterest: @joellethecoach

Instagram: @joellehoodthecoach

Website: www.joellehood.com



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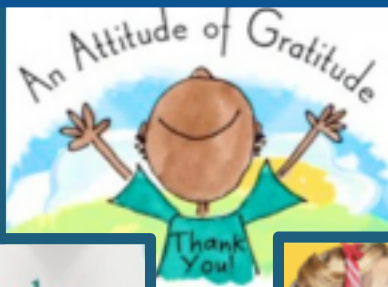
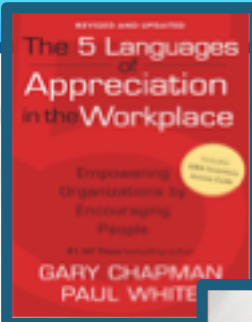
EXPERIENTIAL ACTIVITIES

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B.R.E.A.T.H.E.

THANKFULNESS- AN ATTITUDE OF GRATITUDE

SHOUT OUTS



"A person who feels appreciated will always do more than what is expected."



Joelle Hood


B.R.E.A.T.H.E.-- BELONGING BACK TO BACK ACTIVITY




Joelle Hood


B.R.E.A.T.H.E.
EMPATHY EVERYDAY

STUDIES SAY 4 MINUTES OF UNINTERRUPTED
 EYE CONTACT INCREASES INTIMACY

<https://www.youtube.com/watch?v=Xm-T3HCa618> 

B.R.E.A.T.H.E.
EMPATHY EVERYDAY
 INSTEAD OF LOOKING AT. LOOK IN...



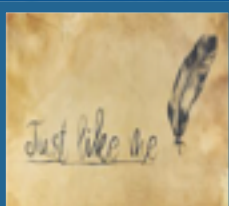
https://www.youtube.com/watch?v=By_BHbskg_E 

B.R.E.A.T.H.E. EMPATHY EVERYDAY JUST LIKE ME ACTIVITY



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B.R.E.A.T.H.E. EMPATHY EVERYDAY JUST LIKE ME ACTIVITY DEBRIEF



- How would you describe the experience?
- What emotions were you feeling?
- What was challenging?
- What did you gain from the experience? How can you transfer the learning?



Joelle Hood

BOOST YOUR WELL-BEING BY TAKING TIME TO B.R.E.A.T.H.E.

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STOP, BREATHE, THINK

<https://www.stopbreathethink.com/educators/>

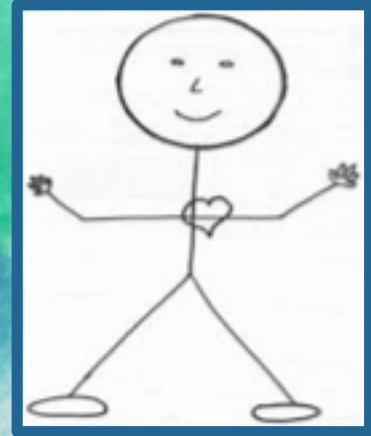


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TAKING TIME TO B.R.E.A.T.H.E. CLOSING CIRCLE- THE LAST WORD



- ✓ One new thing you **THOUGHT** about during the session
- ✓ Something you **FELT** during the session
- ✓ Something you will **DO** as a result of today's session



Joelle Hood