

Using Mindfulness to Better Handle Stress

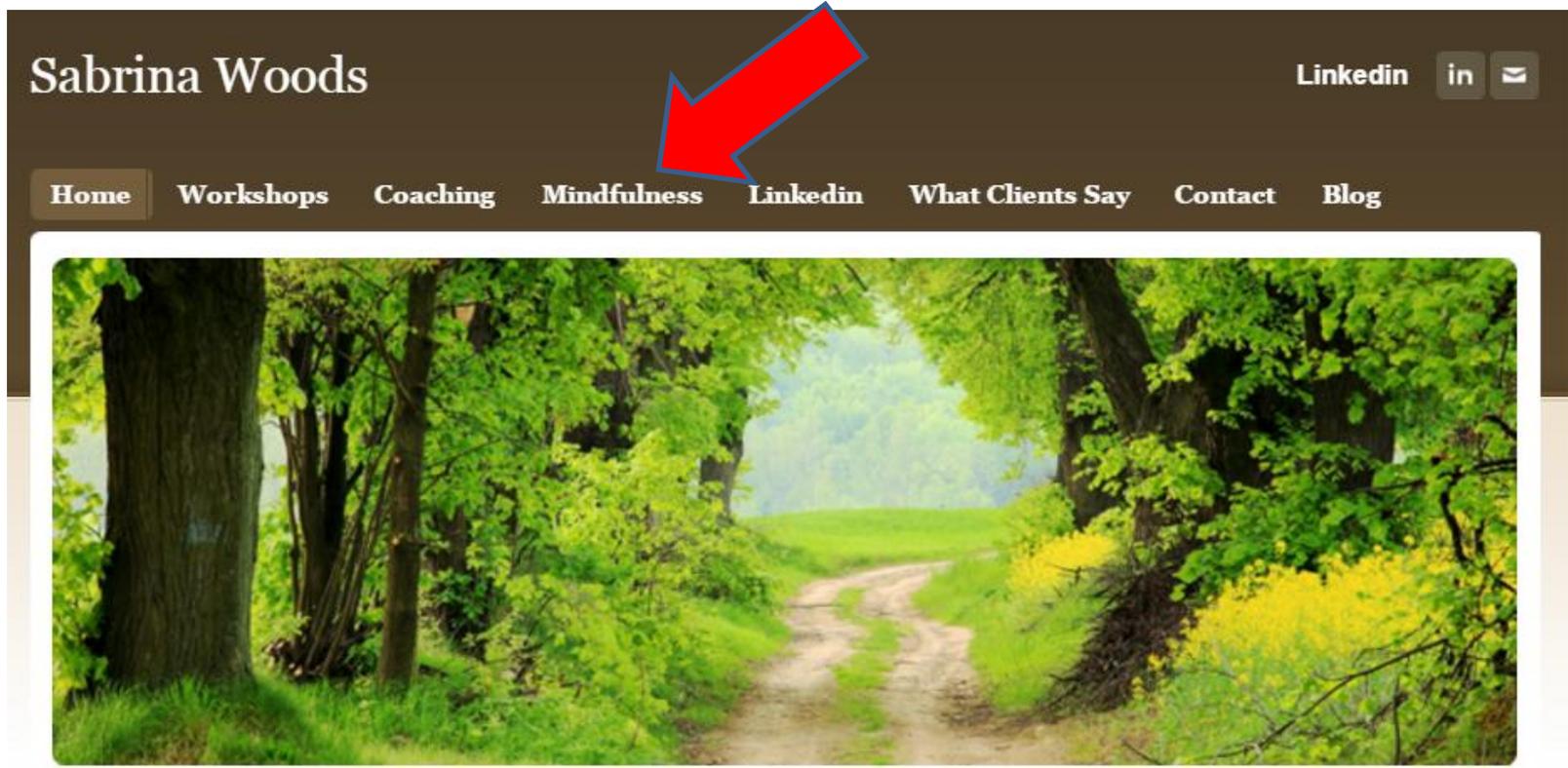
A workshop for You & Your Clients

Sabrina Woods

**Holistic Career / Life Coach
& Consultant**

www.sabrina-woods.com

Mindfulness Resources: www.sabrina-woods.com



Holistic Career / Life Coaching and Consulting

Finding Meaning. Making Change.

Helping you to align your career and your life with your own passions.

www.sabrina-woods.com



Mindfulness

Websites

Mindful.org

[Rick Hanson, PhD](#)

Mindfulhub.com

[MindBodyGreen](#)

Blog Posts

[Mindfulness for People Who Are Too Busy to Meditate, HBR](#)

[Mindfulness for Mental Wellbeing](#)

[Think about the Benefits of Unplugging, Daniel Goleman](#)

Videos

[The Power of Mindfulness: TED Talk by Home Nguyen](#)

[Life is right now – Jon Kabat-Zinn on Mindfulness](#)

[“Just Breathe”](#)





Today's Session

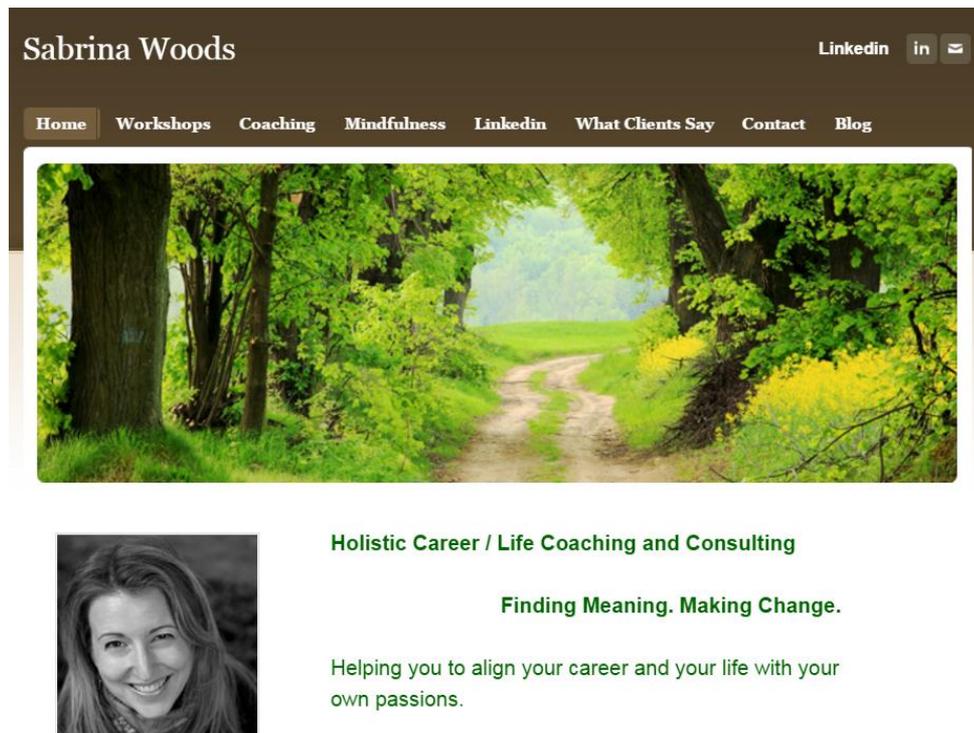
- My Story & Motivation
- Overview of Mindfulness & Positive Psychology
- A Peak at Your Own Stress
- How Stress Affects Us
- Tips to Reduce It



Today's Session

You can download the PowerPoint at:

www.sabrina-woods.com/powerpoints



The image shows a screenshot of the website for Sabrina Woods. The header is dark brown with the name 'Sabrina Woods' on the left and 'LinkedIn in' with a notification icon on the right. Below the header is a navigation menu with the following items: Home, Workshops, Coaching, Mindfulness, LinkedIn, What Clients Say, Contact, and Blog. The main content area features a large, vibrant photograph of a dirt path winding through a lush green forest with tall trees and bright sunlight filtering through the leaves. Below the photograph is a small, square, black and white portrait of Sabrina Woods, a woman with long hair, smiling. To the right of the portrait, the text reads: 'Holistic Career / Life Coaching and Consulting', 'Finding Meaning. Making Change.', and 'Helping you to align your career and your life with your own passions.'

Sabrina Woods

LinkedIn in

Home Workshops Coaching Mindfulness LinkedIn What Clients Say Contact Blog

Holistic Career / Life Coaching and Consulting

Finding Meaning. Making Change.

Helping you to align your career and your life with your own passions.

Quick Introductions

1. Name?
2. Where do you work?
3. Are you interested in, or do you do any holistic or mindfulness-related practices?







Mindfulness interest began at Salve

Masters in
Holistic Counseling





Northeastern University



Started using mindfulness & other holistic approaches during career counseling sessions

Holistic & Mindfulness Practices

**Presented at Regional
Conferences**

**Integrating Creative
Approaches into Career
Advising**



2016... a really tough year

- Multiple health issues
- 2 trips to the ER
- 1 month medical leave
- 2 car accidents
- While going through a reorg & job loss

As you can imagine –

This was an unusually
high level of stress

And for an extended
period



Mindfulness practices & positive psychology principles were a huge part of how I coped.





This inspired me to teach mindfulness to a broader audience.

What is Mindfulness?

What comes to mind when you hear this word?

Mindfulness is maintaining a moment-to-moment awareness of one's experience without judgment.



Definition from the APA: <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

Do you do any mindfulness-related practices?



Walking

Yoga

Rock Climbing

Gardening

Tai Chi

Mindfulness is More Than Meditation

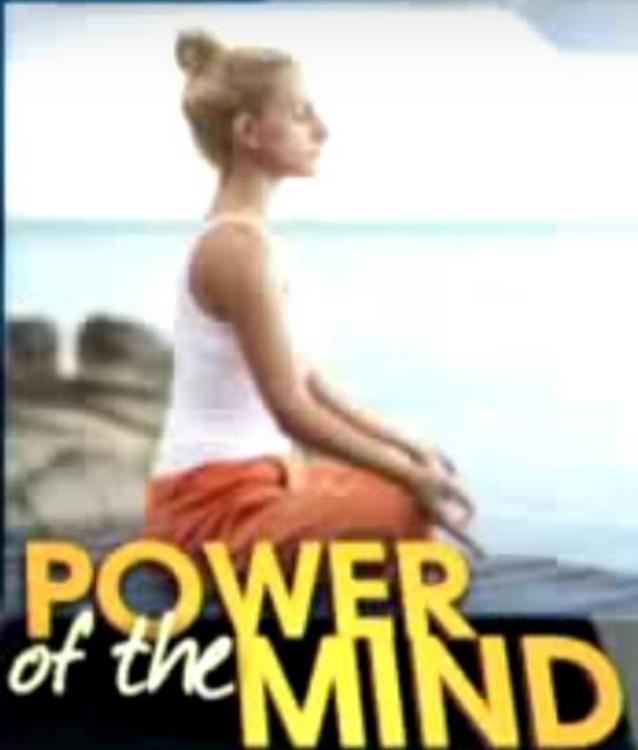
**I don't have time
to do nothing.**

**What's
the
point?**

Why Practice Mindfulness?

**I can't sit still
for an hour!**

**Seems like a
waste of time.**



Diane Sawyer & Dan Harris

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10% HAPPIER



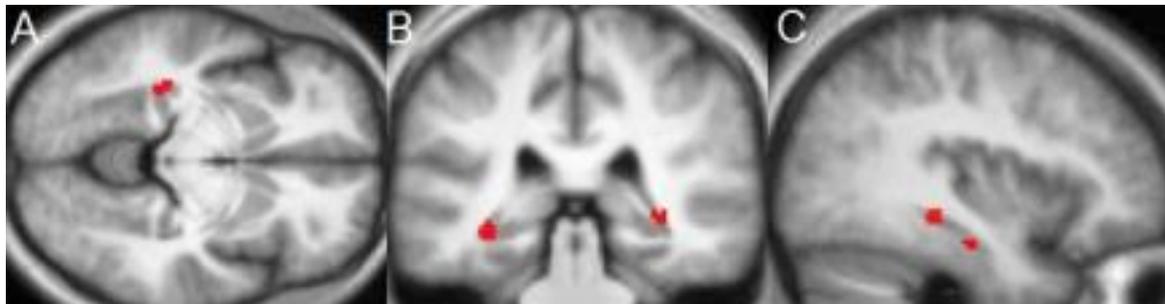
HOW I TAMED
THE VOICE IN MY HEAD,
REDUCED STRESS
WITHOUT LOSING MY EDGE,
AND FOUND SELF-HELP
THAT ACTUALLY WORKS
—A TRUE STORY

DAN HARRIS

Why Practice Mindfulness?

Studies have shown that mindfulness helps to:

- Strengthen immune function
- Increase positive emotions while decreasing negative emotions and stress
- Strengthen brain regions linked to learning, memory, attention, emotion regulation and empathy



Brain scans of the hippocampus, showing the regions the researchers determined were affected by meditation.
Image adapted from B. Hölzel, et al., Psychiatry Research: Neuroimaging Vol. 191 (1), January 30, 2011, pp. 36-43.

Why Practice Mindfulness?

My meditation practice has helped IMMEASURABLY—
beyond what I can even explain.



How Meditation Benefits CEOs

by Emma Seppala

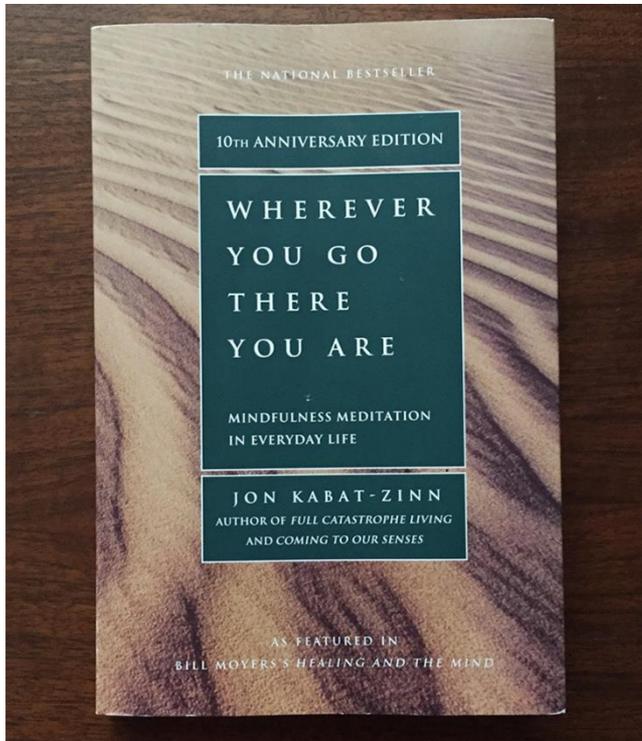
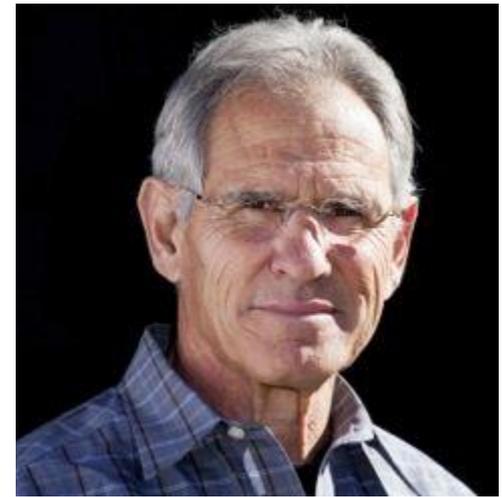


Mindfulness is quickly following yoga in becoming a billion-dollar industry. It's no surprise, then, that the popularity of meditation - one way to practice mindfulness - is also growing among CEOs and senior executives. Why are business leaders embracing meditation rather than, say, massage or ping-pong? Because there's something to meditation that appears to benefit CEOs more than recreation or relaxation do alone.

Mindfulness Pioneer

Jon Kabat-Zinn

Mindfulness Based
Stress Reduction



Why Practice Mindfulness?



Life is right now - Jon Kabat-Zinn on Mindfulness

Video: <https://www.youtube.com/watch?v=EU7vKitN4Ro>

Positive Psychology Pioneer



Martin Seligman

Father of contemporary
Positive Psychology

The scientific study of
the strengths that
enable individuals and
communities to thrive.

Positive Psychology

“Founded on the belief that people want:

- meaningful and fulfilling lives
- to cultivate what is best within themselves”

– From the Positive Psychology Center



**With a base understanding of
Mindfulness & Positive Psychology,
let's now look at your life**



The American Institute of Stress

American Psychological Association

“Stress has a negative impact on my life”

48%

“I’m often under stress at work”

30%

The American Institute of Stress

Top Causes of Stress in the U.S.		www.stress.org/daily-life
Cause	Factors	
1 Job Pressure	Co-Worker Tension, Bosses, Work Overload	
2 Money	Loss of Job, Reduced Retirement, Medical Expenses	
3 Health	Health Crisis, Terminal or Chronic Illness	
4 Relationships	Divorce, Death of Spouse, Arguments with Friends, Loneliness	
5 Poor Nutrition	Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars	
6 Media Overload	Television, Radio, Internet, E-Mail, Social Networking	
7 Sleep Deprivation	Inability to release adrenaline and other stress hormones	



**What's your
work life like?**



**Poll: Do you
eat lunch at
your desk?**

“62% of professionals say they typically eat lunch at their desks,” from “Failure to Lunch,” *The New York Times Magazine*



The New York Times Magazine



If you eat at your desk.....

Do you feel there's too much to do?

Not enough time?



**What's challenging for you
right now?**



**What are
your
stressors?**





Things that put me on red alert...

Having way too many things happening at once.

Health issues – I probably worry too much.

When friends or family are going through tough times.

Bad night's sleep / insomnia.



What are your stressors?

Can you jot down some of the things that cause you stress?



It could be

Too much happening at once
Financial concerns
Difficult relationships
Pressure
Society & self expectations
Challenging deadlines
Fear about the future
Health issues



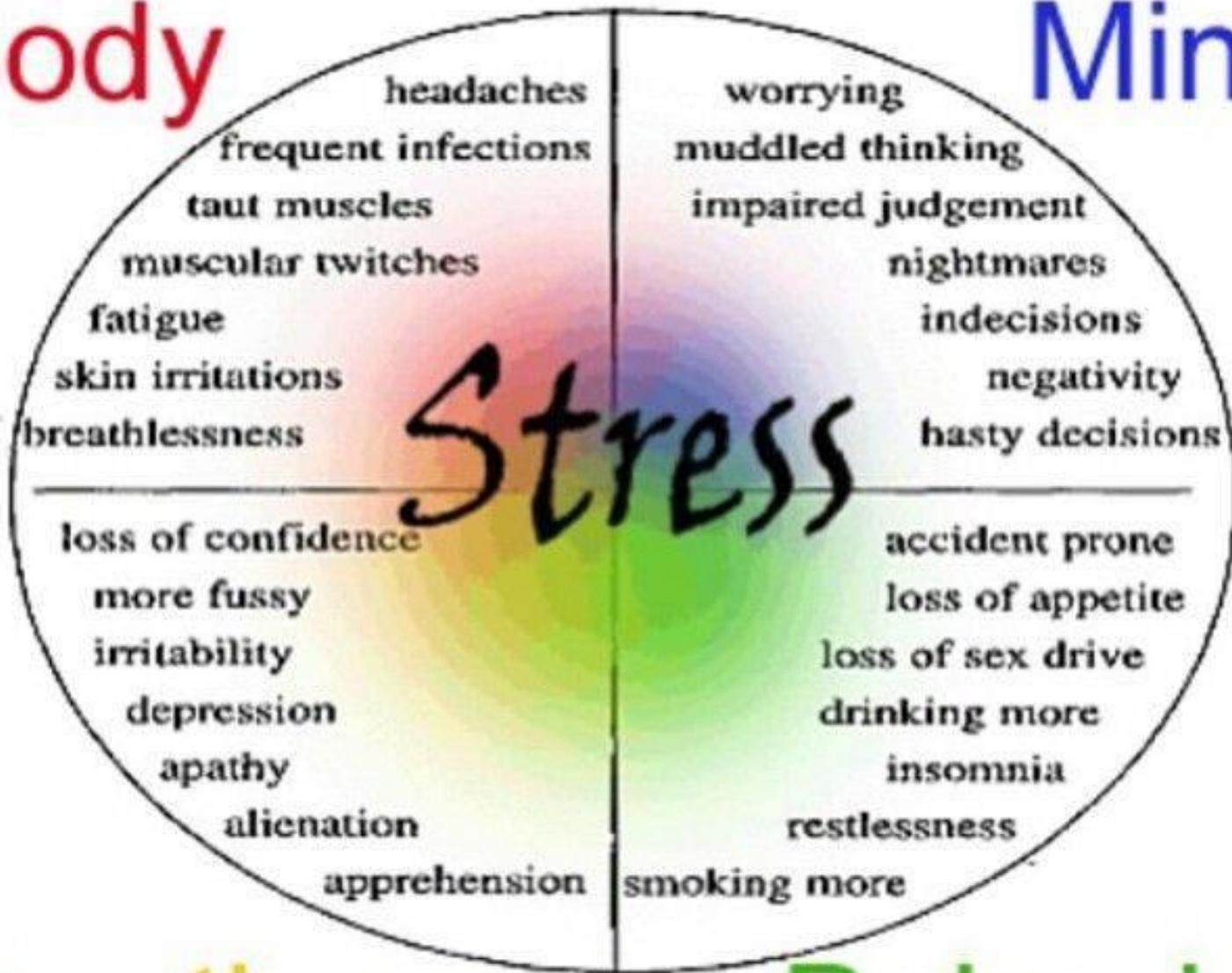
**How does
stress affect
us?**

How does stress affect our...

- **Body?**
- **Mind?**
- **Emotions?**

Body

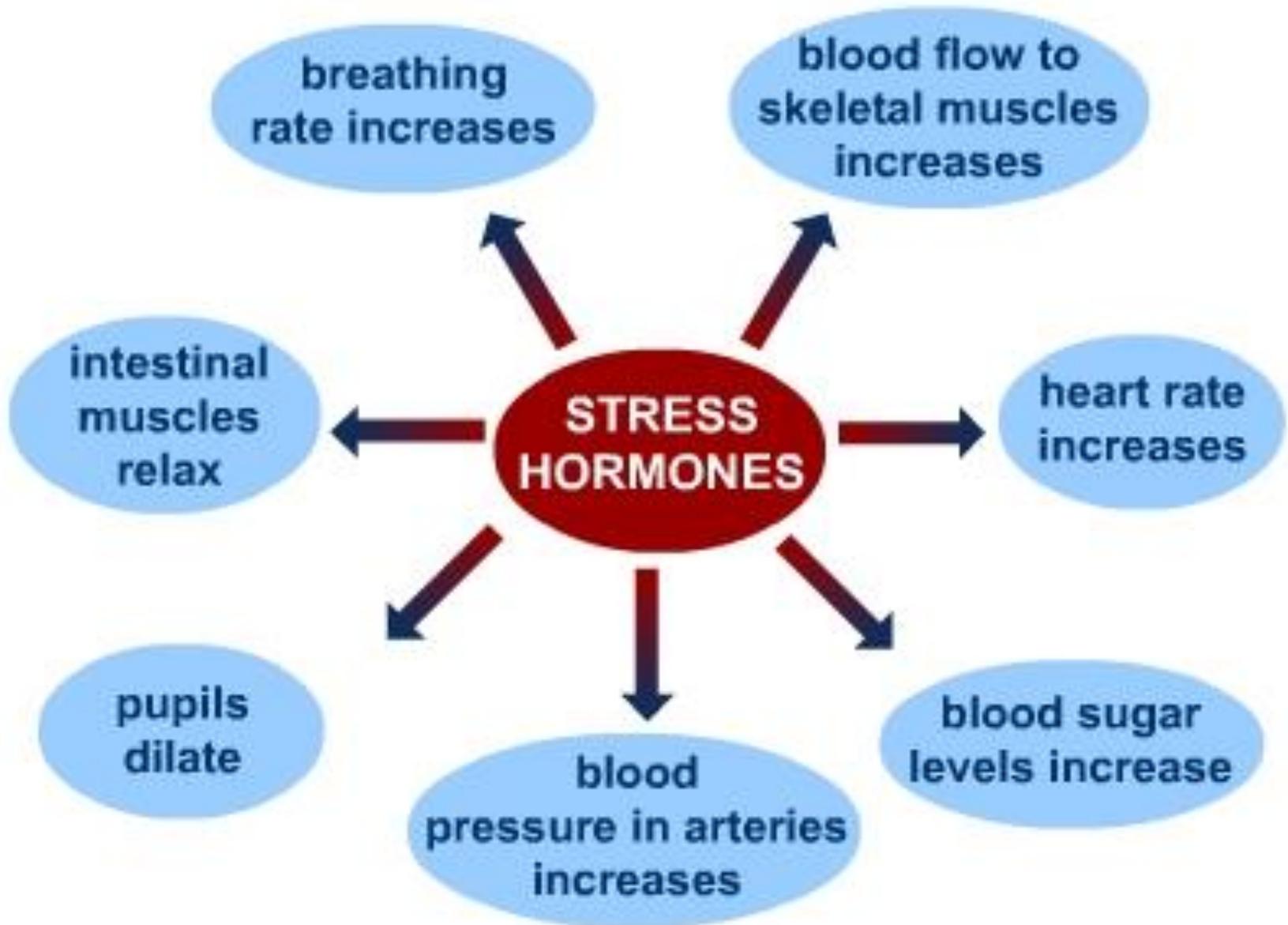
Mind



Emotions

Behavior

The Stress Response



The American Institute of Stress

People who cited physical symptoms experienced the following	
Fatigue	51 %
Headache	44 %
Upset stomach	34 %
Muscle tension	30 %
Change in appetite	23 %
Teeth grinding	17 %
Change in sex drive	15 %
Feeling dizzy	13 %

www.stress.org/daily-life

What do you do to reduce your stress?



Reflect, then jot down some of your own tips.

What do you do to reduce your stress?

In small groups, can you share some of your tips?

As a group, can you pick 3-5?



Acknowledgment is the 1st step

Stress is part of our every day

Validate and normalize for
yourself how common it is



Next, you can choose to take action

10 Tips to Reduce Your Stress...



Take a Few Deep Breaths



Apps & Websites

Calm.com

InsightTimer.com



Mindful Breathing Meditation (5 Minutes)



MINDFUL BREATHING

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Scroll for details
▼



Listed on Sabrina's website - "Try a 5 Min Meditation"

Reach out. Connect with a friend.



Being vulnerable with others not only lowers your stress, it also strengthens your bond.

Get Outside!



Nature is calming

Go For a Walk

Get Outside!

Green space as a buffer between stressful life events & health

Angnes E. van den Berg

Overview: Study investigated if the presence of green space can attenuate negative health impacts of stressful life events.

Involved a study of 4,529 Dutch respondents.

Health measures included:

- (1) the number of health complaints in the last 14 days;
- (2) measure of perceived general health

Results - show that the relationships of stressful life events with number of health complaints and perceived general health were *significantly moderated* by amount of green space in a 3-km radius www.sciencedirect.com



Walk slowly. Pay attention to the sensations in your feet during each step.

A photograph showing the lower legs and feet of a person walking on a light-colored paved path. The person is wearing blue denim jeans and brown leather shoes. The background is a lush green lawn with trees, suggesting a park or outdoor setting. The lighting is bright, casting shadows on the path.

Let's try it!

Walking Meditation

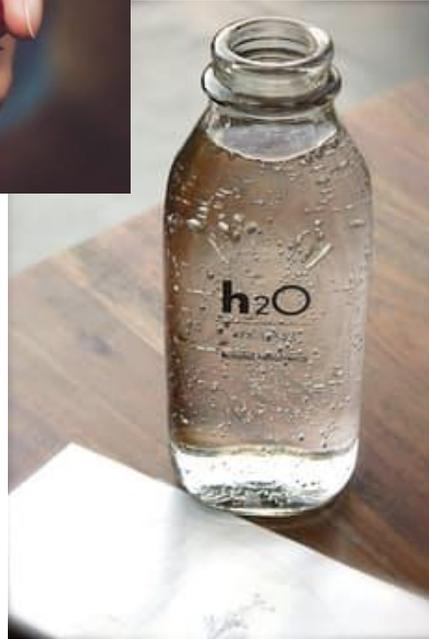
Walk slowly. Pay attention to the sensations in your feet during each step.

Crank up the Cardio



Exercise releases endorphins, which trigger positive feelings in your body.

Take Mini Breaks Throughout the Day





Smile

A study by University of Kansas psychologists showed that smiling can actually reduce stress and help us feel better.



From: Smithsonianmag.com



Activate Your Senses



Listen to soft music

Activate Your Senses

Some scents, such as lavender, have calming effects





Add Mindfulness to Your Chores

■ SCIENCE & HEALTH > HEALTH & MEDICINE

The grateful life may be a longer one

Intriguing results in MGH effort to
explore potential health effects of positive
thinking

March 7, 2017 | ✓

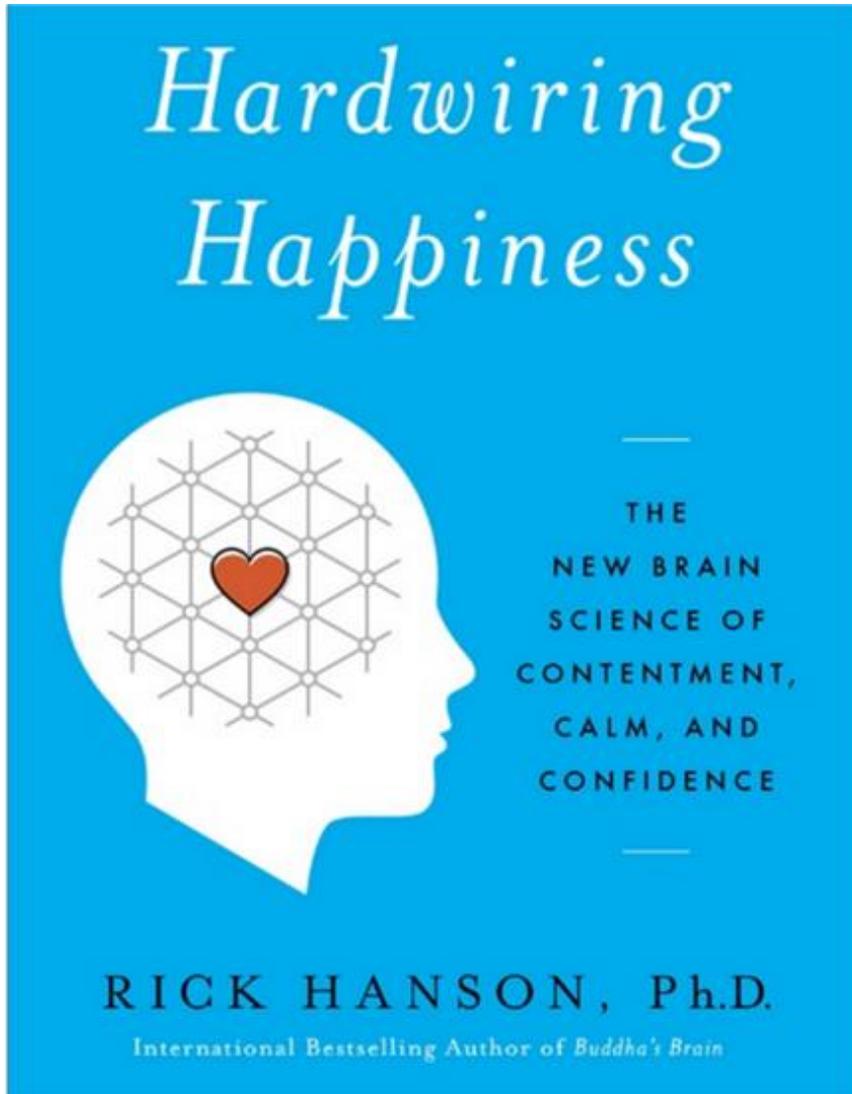


Gratitude

**We'll wrap up "Tips" with the
Concept of "Take in the Good"**



Take in the Good



Hardwiring Happiness

-Rick Hanson, Ph.D.
Neuropsychologist

- Negativity bias for survival
- 20 seconds to hardwire happiness

Video: Rick Hanson's TEDx

Take in the Good



Hardwiring Happiness

-Rick Hanson, Ph.D.
Neuropsychologist

- Negativity bias for survival
- 20 seconds to hardwire happiness

Video: <https://youtu.be/jpuDyGgleh0?t=274>

“MMs” Meaningful Moments Take in the Good to Hardwire Happiness



Which tips might work for you?





What can you do to make tomorrow 5% better?

A scenic photograph of a beach at sunset. The sky is filled with soft, golden clouds, and the sun is low on the horizon, casting a warm glow over the scene. The ocean waves are gently lapping at the shore, and their reflection is visible in the wet sand. In the foreground, a person is walking a dog on the beach. The overall mood is peaceful and serene.

**Which tips can you suggest
to your clients?**

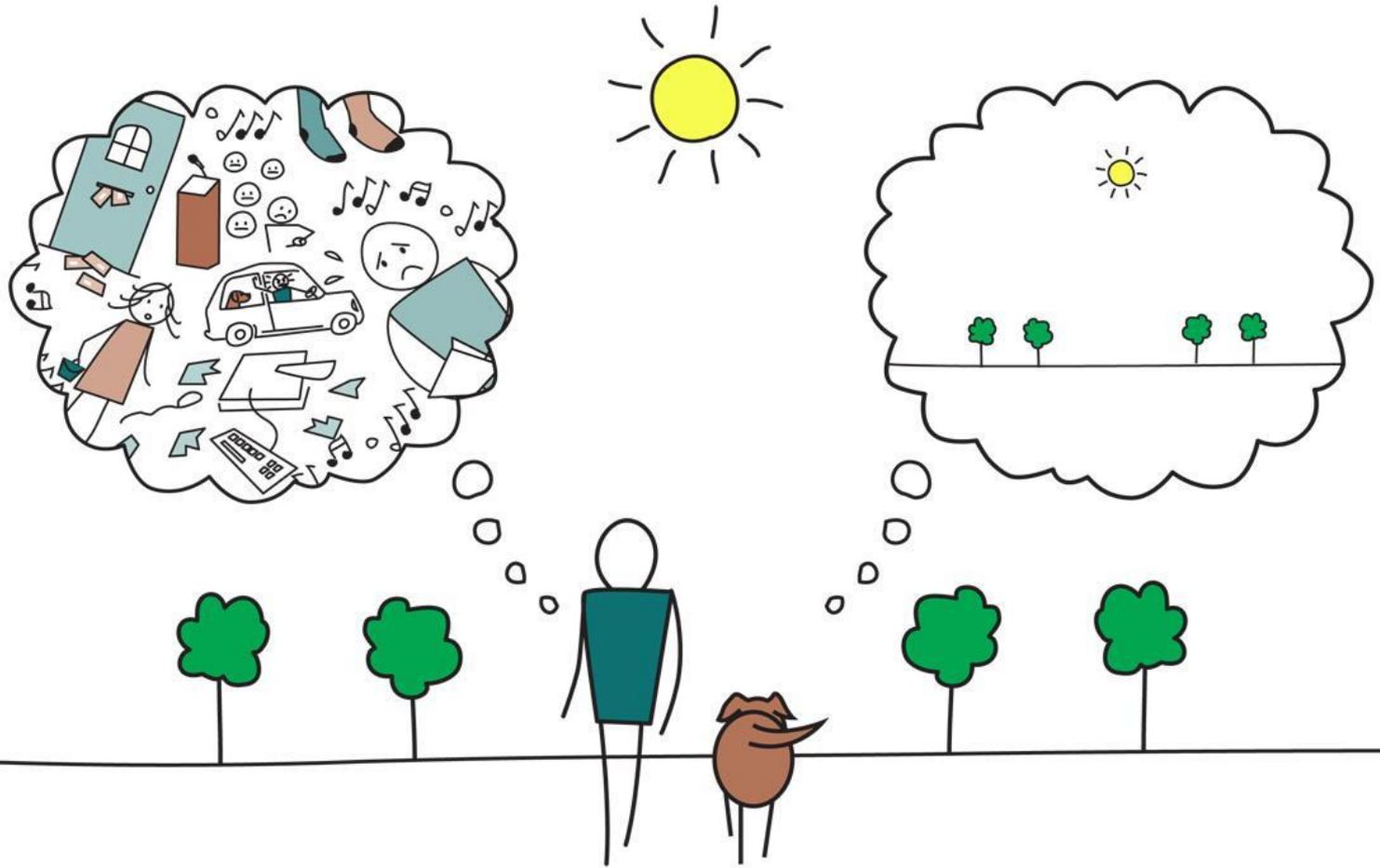
**How can we best approach
our clients about stress?**

Start with awareness. Then take action.

We can be more mindful.

We can feel happier and less stressed.





Mind Full, or Mindful?

www.sabrina-woods.com



Mindfulness

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**Thanks for
joining
us today!**

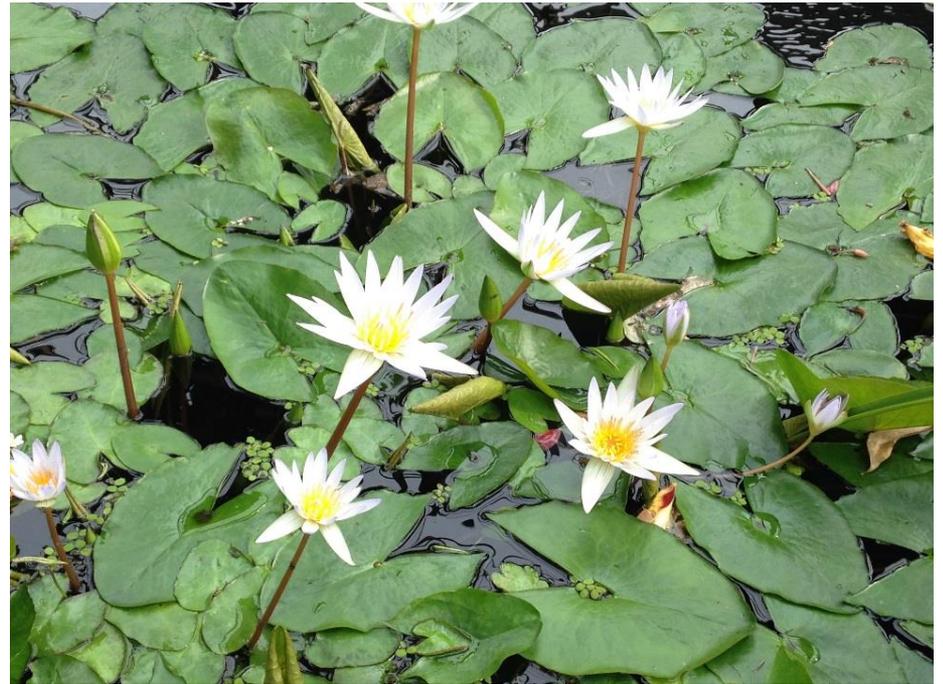
Upcoming Workshop:

Sat., January 26, 2019

Going Beyond New Year's Resolutions

One day retreat in Providence, RI, \$95

<http://www.sabrina-woods.com/going-beyond-new-years-resolutions.html>



Dan Harris: Hack Your Brain's Default Mode with Meditation

ABC News
Anchor

Dan Harris
Author, *10% Happier*

▶ ⏪ 🔊 0:08 / 3:43

Video: Big Think <https://www.youtube.com/watch?v=FAcTlrA2Qhk>