

Holistic & Mindfulness Practices

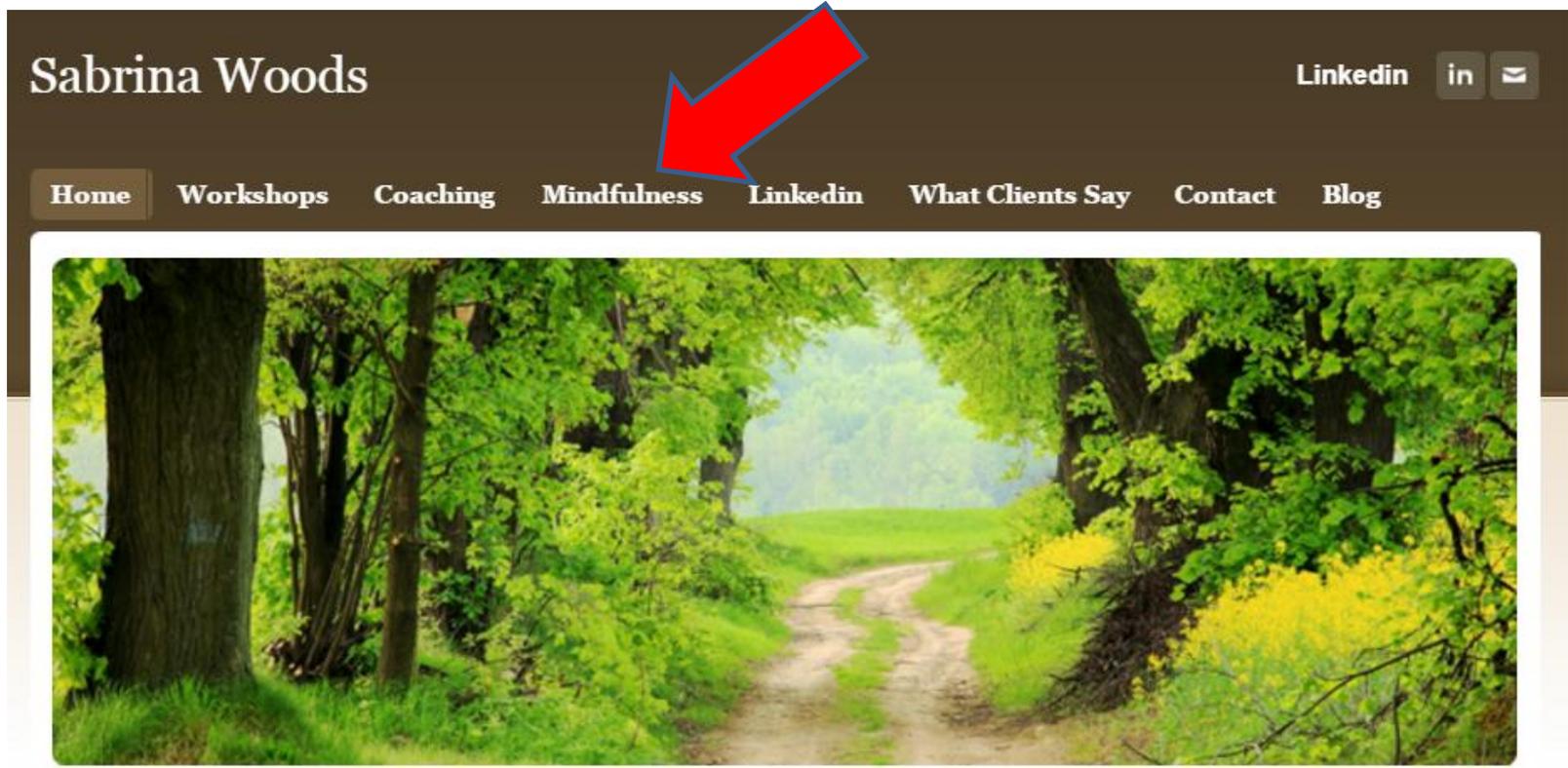
Sabrina Woods

Holistic Career / Life Coach

www.sabrina-woods.com

**Integrating Creative
Approaches into Career
Advising**

Mindfulness Resources: www.sabrina-woods.com



Holistic Career / Life Coaching and Consulting

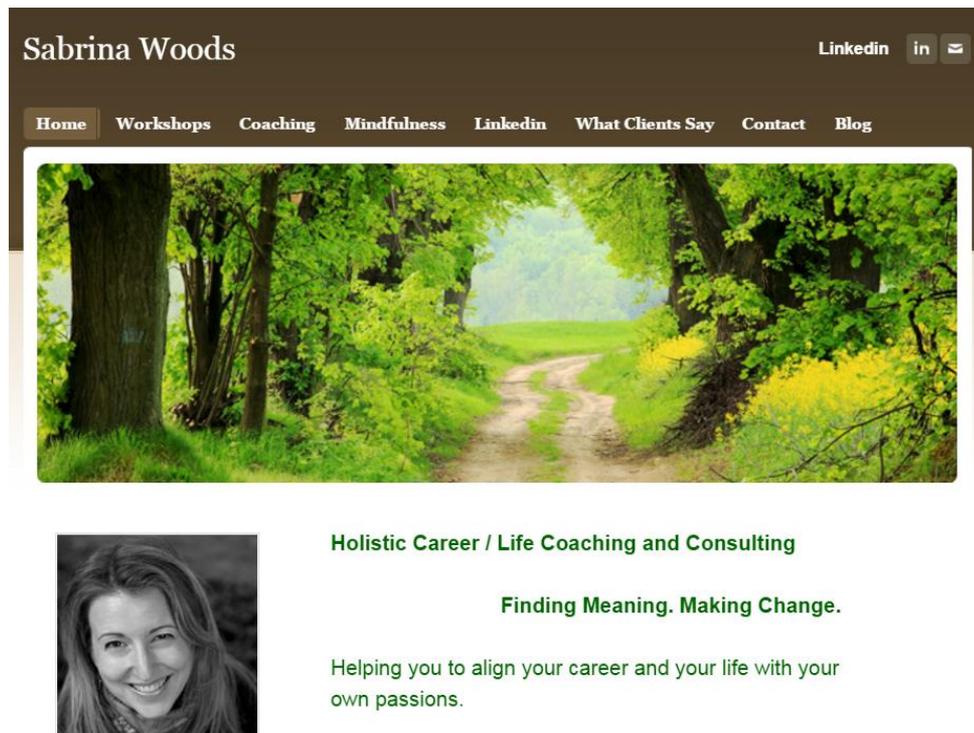
Finding Meaning. Making Change.

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

Today's Session

You can download the PowerPoint at:

www.sabrina-woods.com/powerpoints



The screenshot shows the homepage of Sabrina Woods' website. The header is dark brown with the name 'Sabrina Woods' on the left and 'LinkedIn in' with a dropdown arrow 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' in green, followed by 'Finding Meaning. Making Change.' in bold green, and 'Helping you to align your career and your life with your own passions.' in a smaller green font.

From *Time* magazine to the blogosphere, everywhere you turn, someone is talking about mindfulness





Mindfulness-based tools to reduce stress, for you & your students.



Holistic & Mindfulness Practices

What is Mindfulness?

**Stress – How it Affects Us
– Tips to Handle it**

The Power of Positive Thinking

Face Your Fear, Free Your Energy

Bulls Eye Exercise - Decision Making

Student Wellness Strategies



Quick Introductions

1. Your Name

2. One thing you do for fun, or for your well being







Mindfulness interest began
at Salve Regina University

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

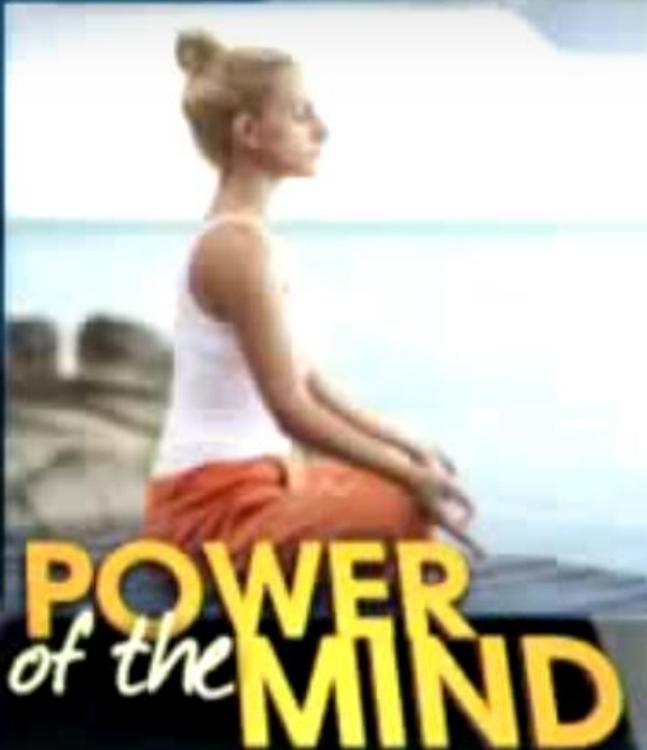
**I don't have time
to do nothing.**

**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

▶ ⏩ 🔊 0:00 / 2:48



10% HAPPIER



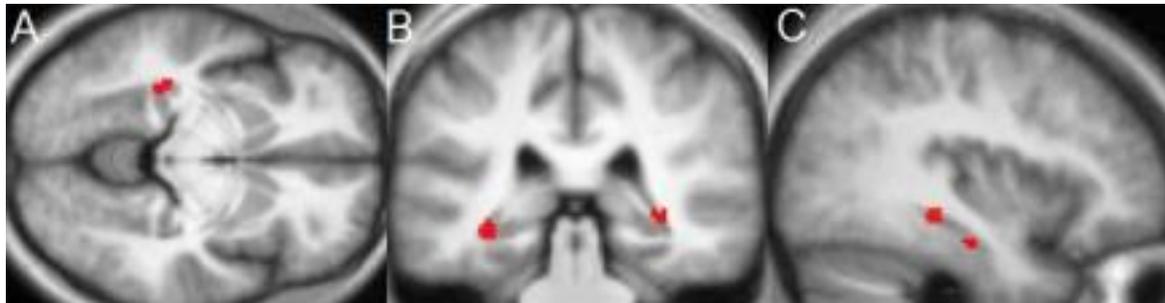
HOW I TAMED
THE VOICE IN MY HEAD,
REDUCED STRESS
WITHOUT LOSING MY EDGE,
AND FOUND SELF-HELP
THAT ACTUALLY WORKS
—A TRUE STORY

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.”



And, beyond feeling better....

Mindfulness can help you in the workplace



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.

How Meditation Benefits CEOs

by Emma Seppala

How Meditation Helps, 3 Themes:

- Builds resilience
- Enhances creativity
- Helps you focus



**With a base understanding of
Mindfulness 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%



**What's your
life like?**



**What are
your
stressors?**





**Things that
put me on
red alert...**

Having way too many things happening at once.

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



**What
are our
students
facing?**



What are their stressors?

It could be

Emotions

Fear
Anxiety
Disappointment
Embarrassment
Worry

Situations

Academic pressure
Financial concerns
Job / After grad plans
Housing / roommates
Family issues



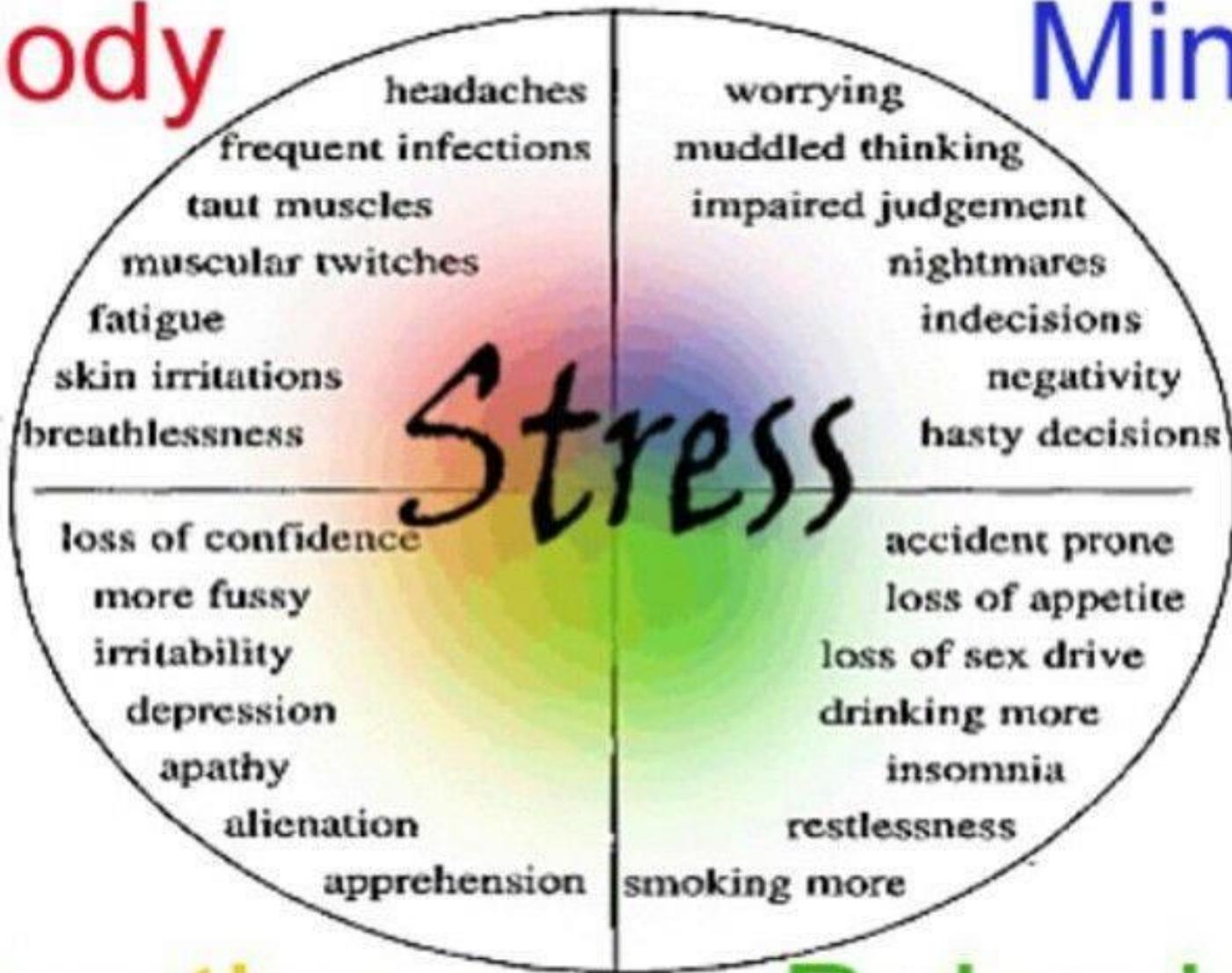
**How does
stress affect
us?**

How does stress affect our...

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

Body

Mind



Emotions

Behavior

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



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



Try 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



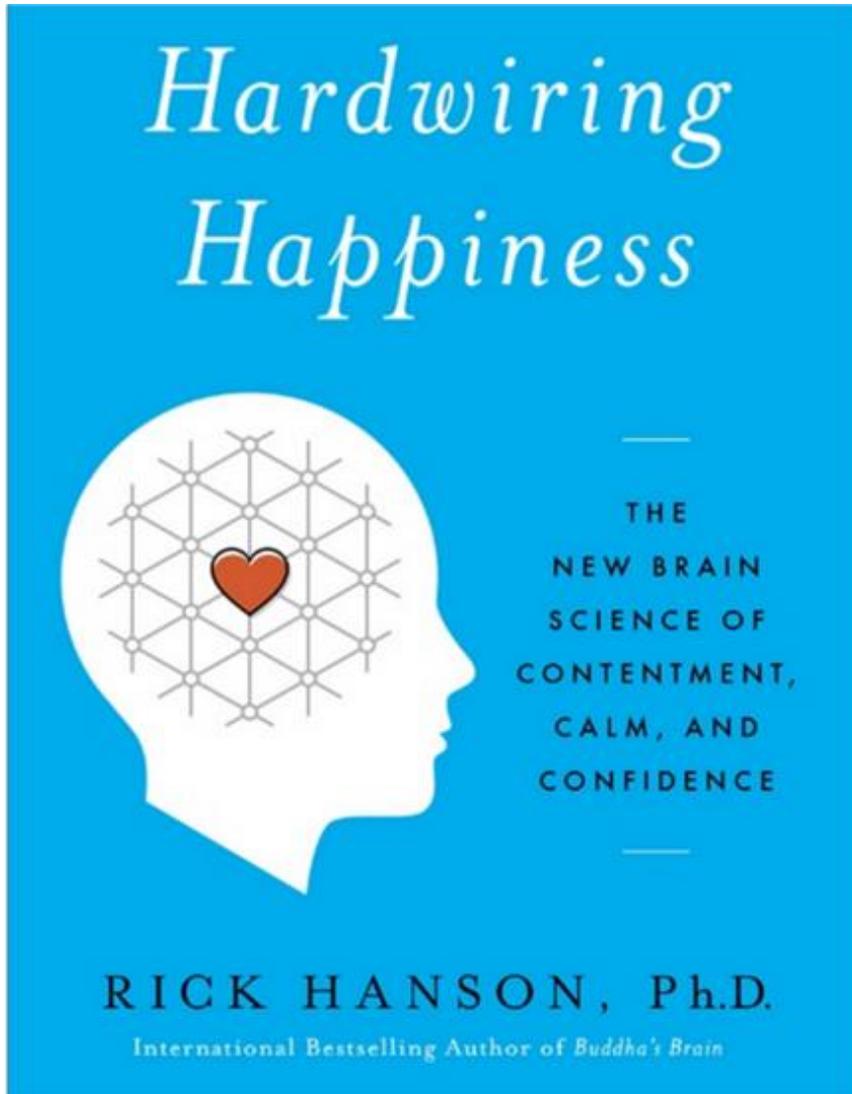


Add Mindfulness to Your Chores

**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

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- 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?

Being Truly Heard – Reflective Listening

Ask a question.

Could be “what is most stressful for you right now?”

Then reflect back what you’ve heard.

Not about problem solving, just empathy.



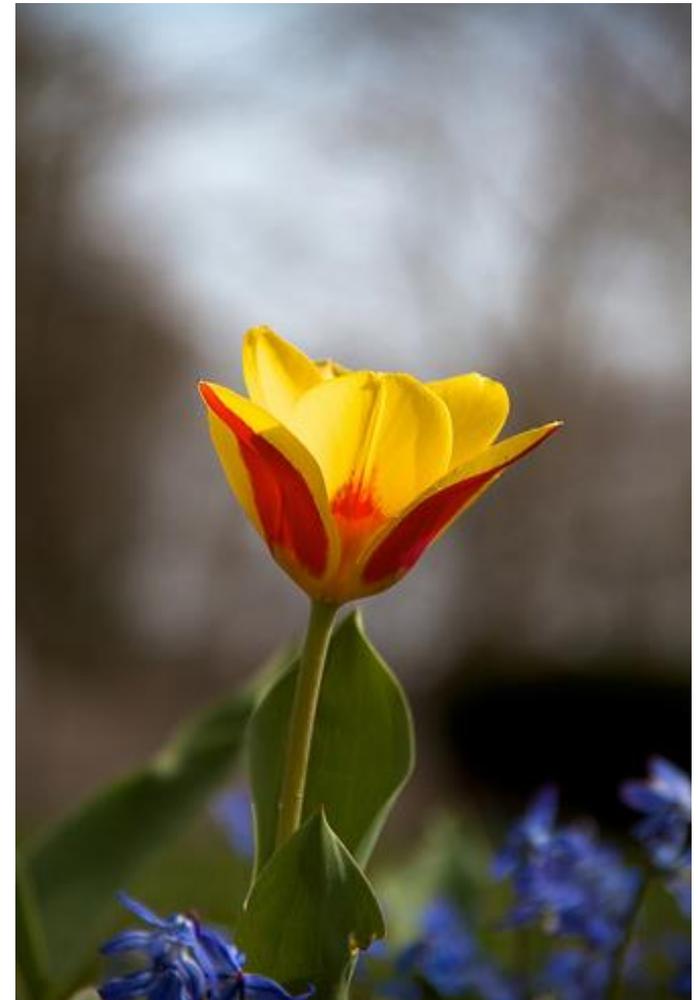
The Power of Positive Thinking

Tip #1:

Lift Your Attitude with Gratitude

Tip #2:

Get a Boost from Your Past



Tip #1: Lift Your Attitude with Gratitude

“Gratitude, gladness, and related feelings like appreciation may seem so homey and Hallmark cardish that they’re easy to dismiss.....”

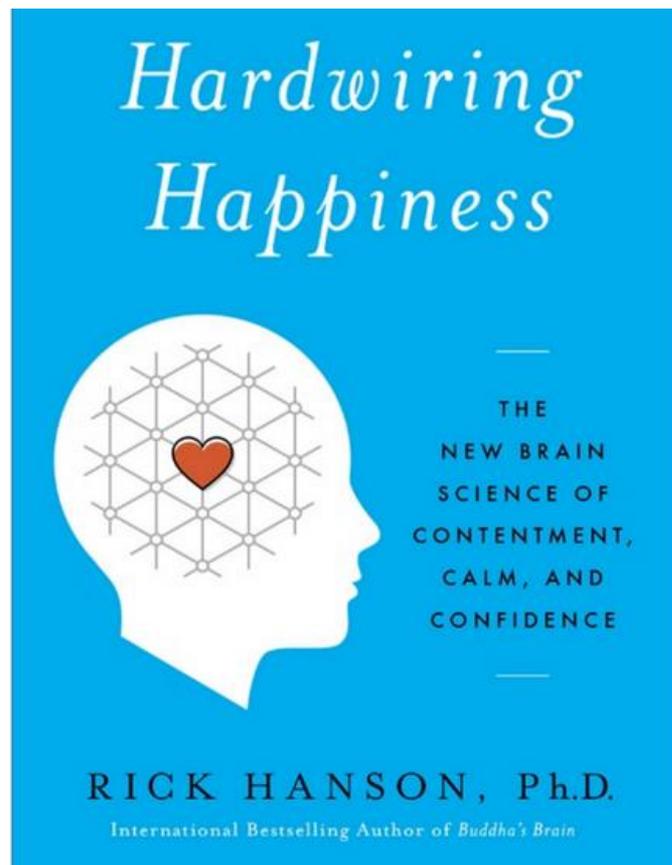


Image: wikipedia

Tip #1: Lift Your Attitude with Gratitude

“...but studies show that cultivating [gratitude] has lasting benefits, including:

- lifting your mood
- increasing satisfaction with life
- and building resilience.”



- Rick Hanson, Ph.D. author of *Hardwiring Happiness*

Tip #1: Lift Your Attitude with Gratitude

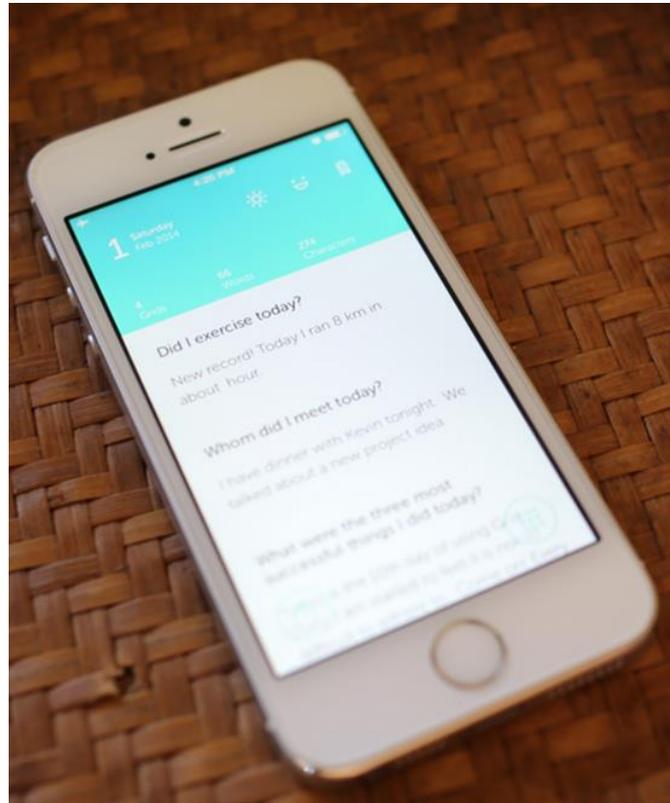


**Consider Starting a
Gratitude Journal**

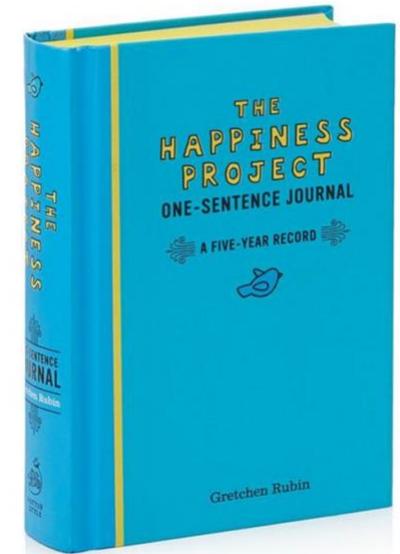
Gratitude Made Simple



5 Minute
Journal



Grid Diary
App



One Sentence
Journal,
Gretchen Rubin

Tip #2: Get a Boost From Your Past



DON'T BE
PUSHED
BY YOUR
PROBLEMS.
BE LED
BY YOUR
DREAMS.

-PROVERB

Scott's Story

Tip #2: Get a Boost From Your Past

Sandy (Scott's previous boss)

- ❑ **Diligent hard worker**- Scott would come into work at 7:30 am so he could put in a full shift and return for a 3pm class on campus.

Tip #2: Get a Boost From Your Past

Temika (Scott's colleague)

- ❑ **Relationship/Developer**- I met Scott during his first year in college. He is great at developing and maintaining relationships.

Tip #2: Get a Boost From Your Past

Prof Davies (Scott's professor)

- ❑ **Visionary & problem-solver**- Many times I told Scott that one day he will be a CEO. I saw a lot of drive in him, he sees the big picture.

Tip #2: Get a Boost From Your Past

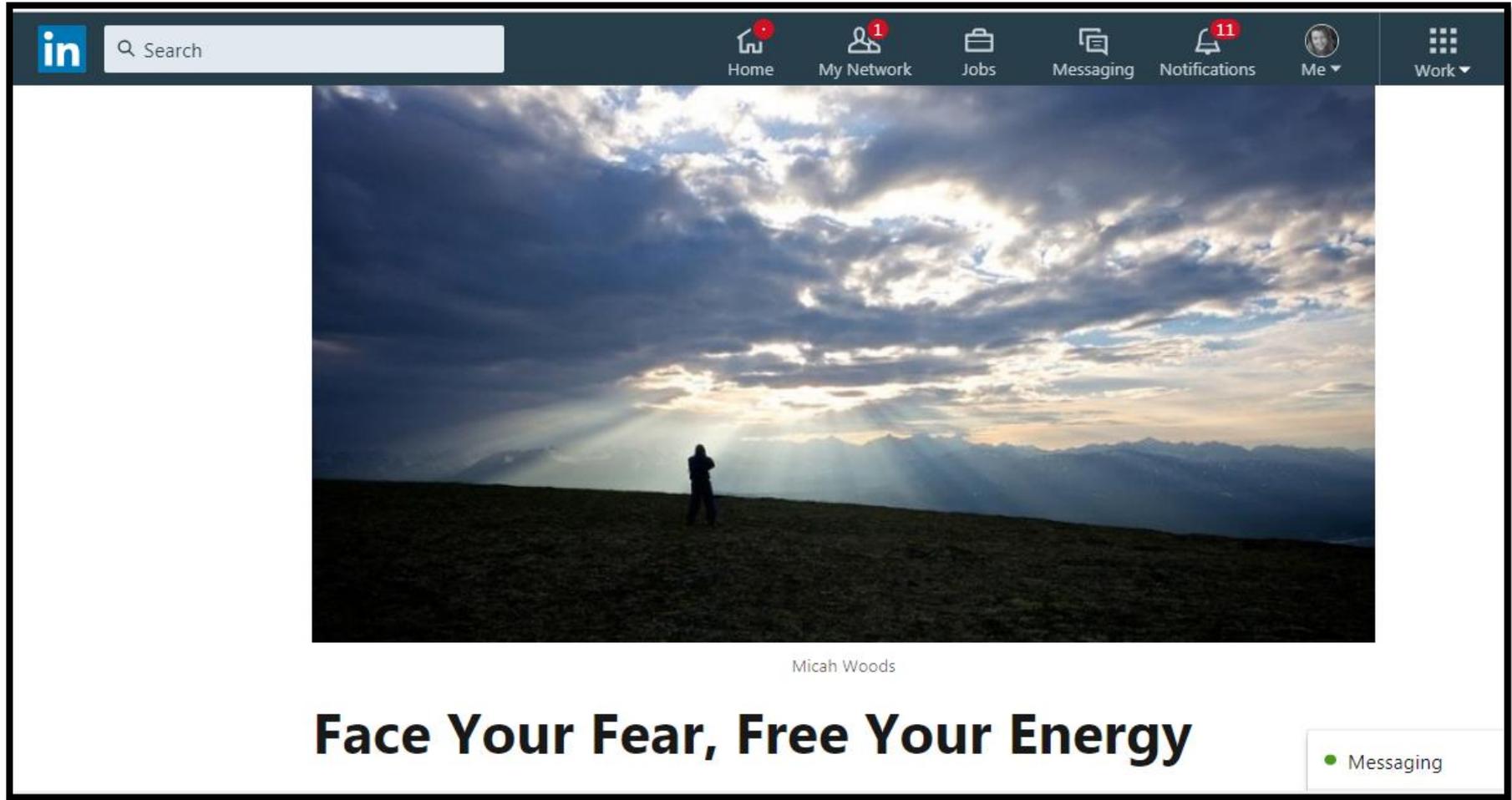


Let's give it a test run!

What would one of your “champions” (current / former coworkers, boss or friend) say about you?

- Jot down a phrase or sentence from the mindset of this other person.
- Pretend they are talking to a future employer, giving you a reference.

Face Your Fear, Free Your Energy



The image is a screenshot of a LinkedIn post. At the top, there is a dark navigation bar with the LinkedIn logo on the left and several icons on the right: Home, My Network (with a red notification badge '1'), Jobs, Messaging, Notifications (with a red notification badge '11'), Me (with a profile picture), and Work. Below the navigation bar is a search bar with the text 'Search'. The main content of the post is a large photograph of a person standing on a grassy hill, looking out over a vast landscape under a dramatic, cloudy sky with sunlight breaking through. Below the photo, the name 'Micah Woods' is displayed. The title of the post, 'Face Your Fear, Free Your Energy', is written in a large, bold, black font. In the bottom right corner of the post area, there is a 'Messaging' button with a green dot icon.

Blog post on LinkedIn

<https://www.linkedin.com/pulse/face-your-fear-free-energy-sabrina-woods/>

Face Your Fear, Free Your Energy

- * Michelle is a senior.
- * Graduating in 3 months.
- * She's so anxious about job search that she has postponed getting started.



Face Your Fear, Free Your Energy

Question 1

“I want you to imagine and describe for me your worst case scenario. Tell me what you most fear.”

“My worst case scenario and fear is that I do all this work, send in all these applications, push through all this networking and still end up without a job at graduation, as well as have no leads, and no hope.”

Face Your Fear, Free Your Energy

* Carla – mid-career professional, laid off, wants to change careers, in her 50's.

Worst fear: lose the house

* Justin – in his 30's, dead end job, but hard to change. Worst fear: I don't want to let my wife down if I fail



Bulls Eye or Target Exercise



An insightful tool for career or job decision making.

Bulls Eye or Target Exercise



You have 2 offers.

You're not sure which to choose.

You have 1 offer, do you say yes?

This exercise can often give more clarity on what is **most** important to you.

Bulls Eye or Target Exercise

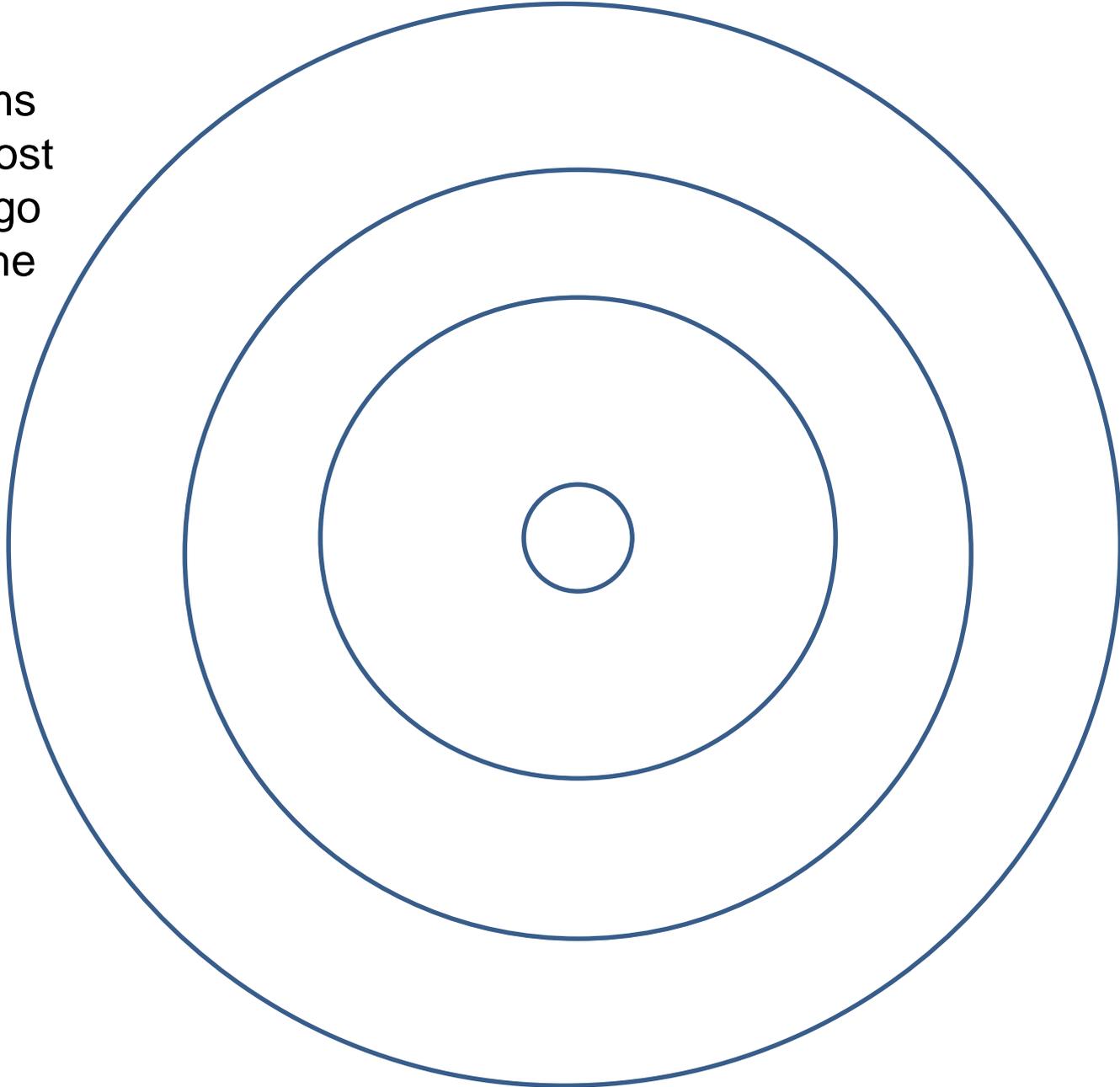
Lily got a job offer.
But she was torn.

Here's what
happened.....



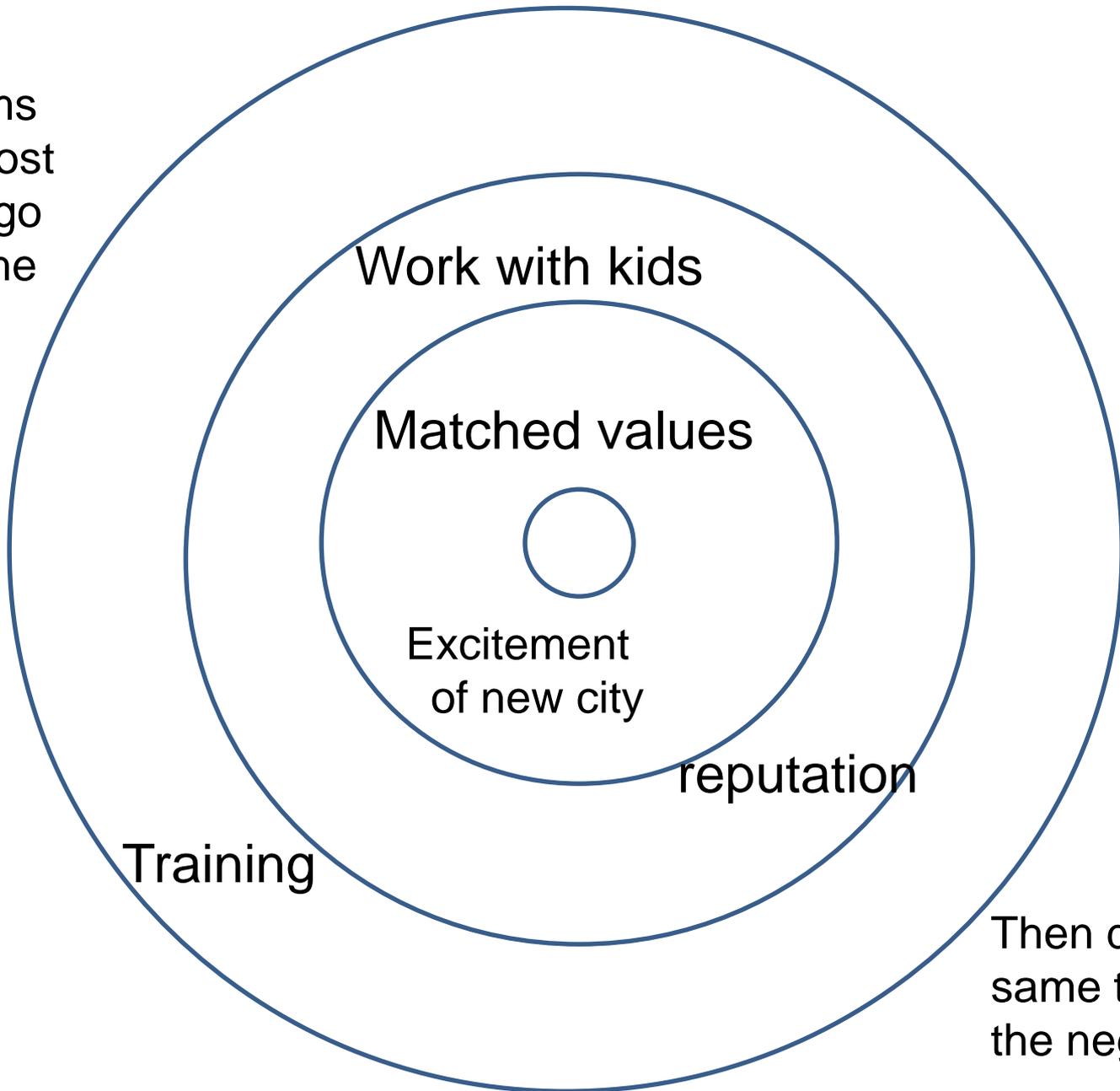
Positives - Teach for America job in Chicago

Those items
that are most
important go
closer to the
center



Positives - Teach for America job in Chicago

Those items that are most important go closer to the center



Then do the same thing for the negatives

Client Wellness Strategies

Why Well Being Matters



Client Wellness Strategies

Why Well Being Matters

Students are more likely to be successful with academics and career planning when they are:

- Calm
- Have a positive attitude
- Demonstrate confidence



By being proactive with one's well being, we are more likely to display / possess these characteristics.

Client Wellness Strategies

Normalize stress & anxiety

- Ask 1) Who are your supports?
- 2) What helps you to maintain your well being?

Client Wellness Strategies

Create “homework” assignments together. Examples include:

- 3 cardio workouts / week
- Cook healthy meals + walk daily
- Reach out to friends, attend events to meet new people
- Attend group hiking weekend
- Daily short meditations, yoga





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

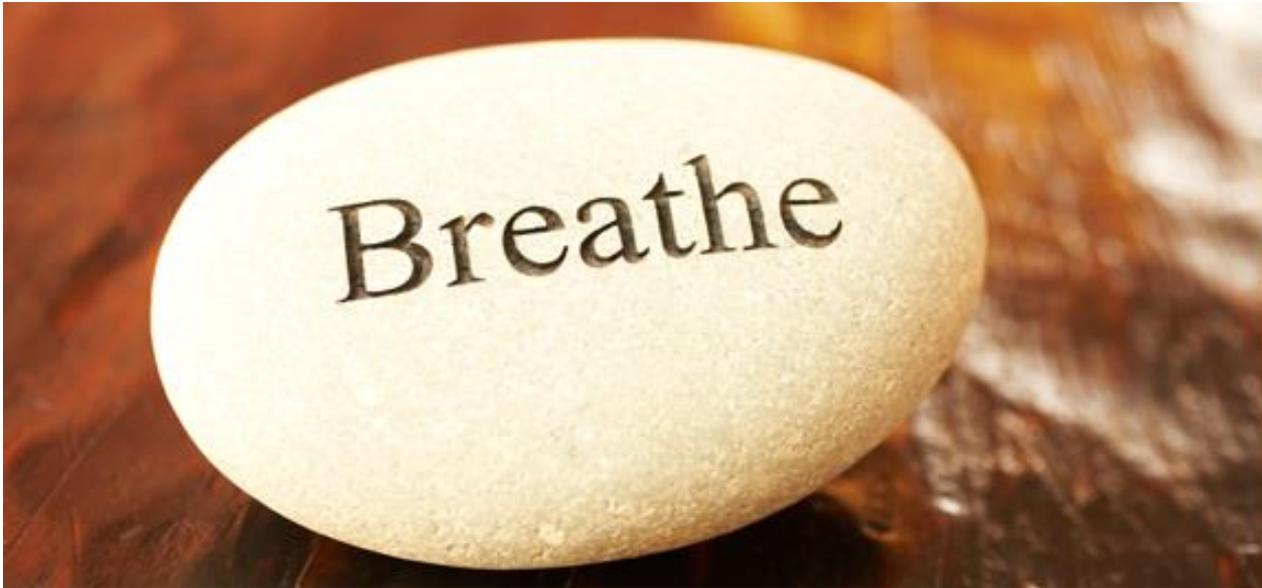
**How can we best approach
our students about stress?**

Recap: Mindful & Holistic Practices



- Lessen daily stress through:
 - Focusing on the positive
 - Reminding yourself of past successes
- Tackle tough career decisions using the *target exercise*

Recap: Mindful & Holistic Practices



When you only have 60 seconds –
consider taking 3 deep breaths!

Blog Posts



Linked 

5 Ways to Manage Job Search Stress

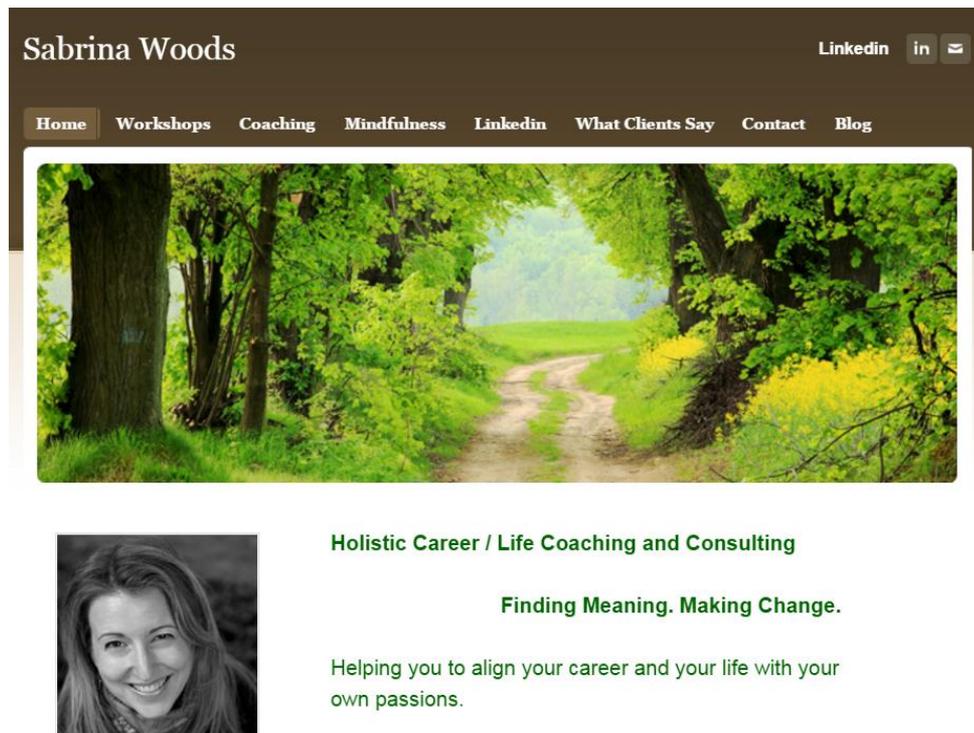
Sabrina Woods

<https://www.linkedin.com/pulse/5-ways-manage-job-search-stress-sabrina-woods/>

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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.



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

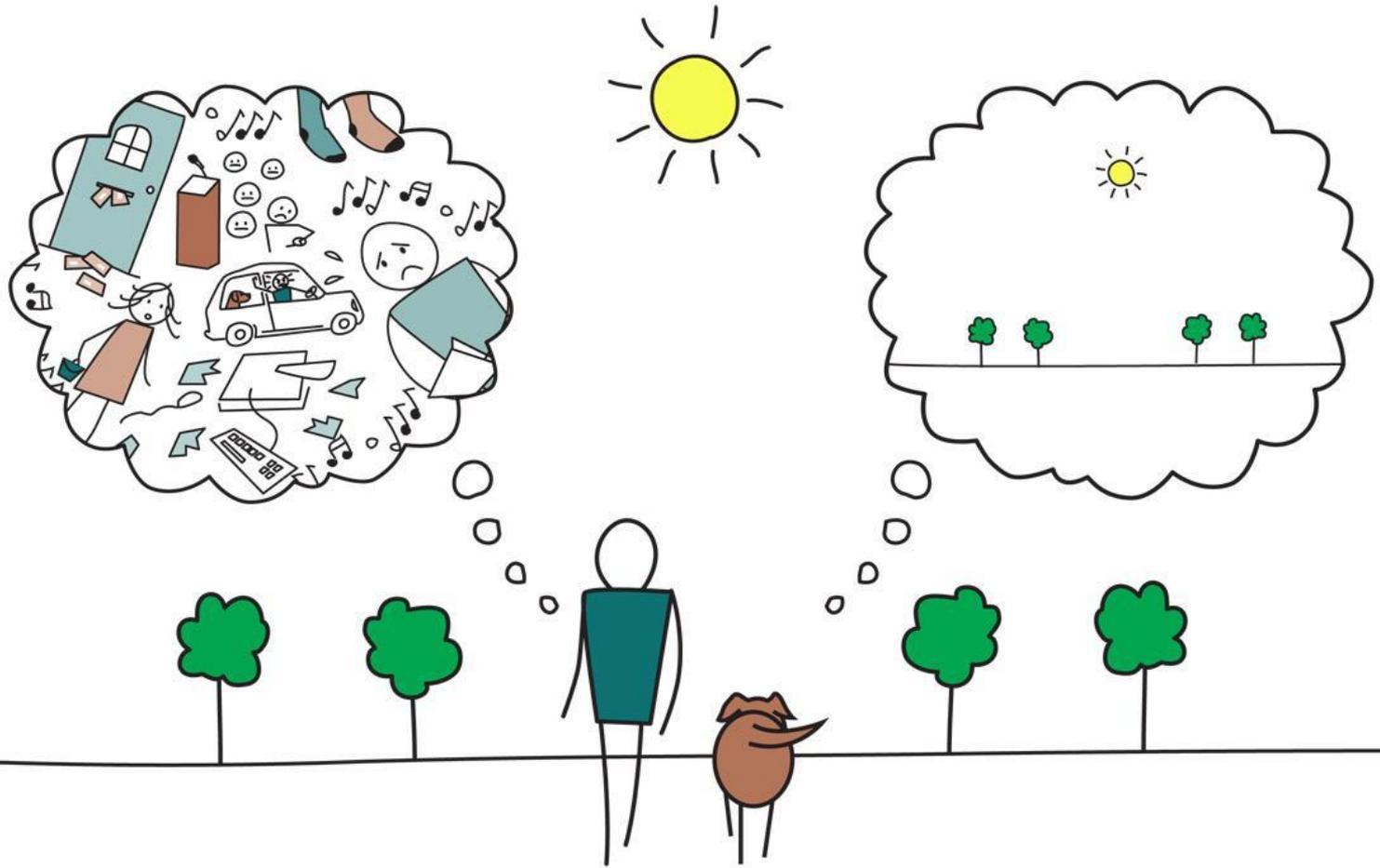
The Power of Mindfulness: TED Talk by Home Nguyen

Life is right now – Jon Kabat-Zinn on Mindfulness

“Just Breathe”

www.sabrina-woods.com





Mind Full, or Mindful?

A photograph of a pond filled with green lily pads and several white water lilies with yellow centers. The water is dark, and the lily pads are densely packed. The text is overlaid on a green banner at the top of the image.

Thanks for joining us today!

Feel free to connect with me on LinkedIn

www.sabrina-woods.com

Resources

5 Things Super Successful People Do Before 8AM

<https://smallbusiness.yahoo.com/advisor/5-things-super-successful-people-8-am-190800886.html#!>

Source for quote:

<http://www.inspirationalquotesimg.com/967609/dont-be-pushed-by-your-problems-be-led-by-your-dreams>

Source gratitude journal:

<http://createdwithlove.typepad.com/lifeasweknowit/2012/01/t.html>

Source for definition of mindfulness and research on reasons to practice mindfulness: <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>