

BizTimes

Women In Business Symposium

Brain-based Well-being Strategies

The mind is wired to be active and naturally defaults when unfocused, towards negativity, worrying, replaying the past, envisioning the future, monitoring the environment, judging, and so on. In this default mode, it has been shown we generally feel more scattered, overwhelmed, or depleted than we do when our attention is intentionally focused. In addition, research shows we spend up to 47% of our time with our attention somewhere other than where we intended it to be, or unfocused.

Mindfulness strategies can reorient this state of mind. With regular practice, anyone can get better at recognizing when their mind is distracted or unfocused and learn to guide it to where it best serves them. Pausing is that moment when you intentionally bring your awareness to your experience. A pause gives you space to notice, or pay attention on purpose, to what is happening within you and around you.



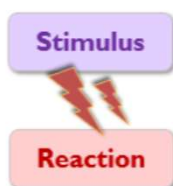
Affectionate Breathing

Affectionate Breathing is a purposeful pause designed to gather your attention around the breath. It cultivates self-compassion as it invites you to bring a tender or loving quality of awareness to yourself, like you would to an infant or a small pet.

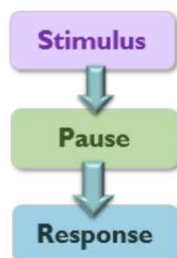
Affectionate breathing is said to feel comforting while alleviating resistance so we can be with ourselves more easily, especially in challenging or difficult moments. This practice is based on the work of Chris Germer, a psychologist specializing in mindfulness and compassion-based psychotherapy.

Mindfulness Helps Stabilize the Mind

Autopilot/Reactive Behavior



Mindful Behavior



Being mindful and using mindfulness-based practices is not intended to make your problems disappear. It is meant to access clarity and liberate you from conditioned patterns.

The ability to pause before reacting or wake up to autopilot patterns can help to avoid problems and work more skillfully with others.

It can help you find a place of stability so you can see things more clearly!

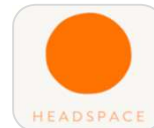
Mindful Awareness Resources

Mindful Awareness Practices and Courses

Growing Minds' website offers several practice videos and online courses at <https://online.growingmindstoday.com/adult-practices>

Apps

- Healthy Minds
- 10% Happier
- Headspace
- Insight Timer
- Calm



Videos

Headspace. "Meditation | Changing Perspective", YouTube, 18 Aug. 2017.

<https://youtu.be/iN6g2mr0p3Q>

Dan Harris. "Hack Your Brain's Default Mode with Meditation", YouTube, 19 Aug. 2014.

<https://youtu.be/FAcTlrA2Qhk>

Books

Mindfulness: An 8 Week Plan for Finding Peace in a Frantic World (Williams, Mark G., et al. *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*. Rodale Books, 2012) From leading thinkers in mindfulness-based cognitive therapy, a set of simple practices is provided with convincing research designed to dissolve anxiety, stress, and mental depletion. This book offers simple and straightforward forms of mindful strategies that can be adopted by anyone—by changing habits, adding short breathing spaces and following their guided meditations.

Finding the Space to Lead (Marturano, Janice. *Finding the Space to Lead: A practical guide to mindful leadership*. Bloomsbury Press, 2015) Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations, explains how Mindful Leadership training integrates the practice of mindful awareness, meditation and self-awareness with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand.

Real Happiness (Salzberg, Sharon. *Real happiness: the power of meditation: a 28-Day program*. Workman Pub., 2011) *Real Happiness* is a complete guide. It explains how meditation works; why a daily meditation practice results in more resiliency, creativity, peace, clarity, and balance; and gives twelve meditation practices.

Mindset: The New Psychology of Success (Dweck, Carol S. *Mindset: the new psychology of success*. Ballantine, 2016) After decades of research, psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of one's mindset. In her book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset are less likely to flourish than those with a growth mindset - those who believe that abilities can be developed.

