



Harmony Crew

ALLOW THE POSSIBLE




Sustaining Yourself Through Mindfulness

Presented to CBODN

Cultivating Sustainable Communities Conference

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Today's world = Information overload



- 25 billion things connected and talking to each other in 2015
- 50 million things connected and talking to each other by 2020
- Input and data coming at us all the time from multiple sources
- Today information announces itself with a noise – a beep, chime or ring
- We take in 11 million pieces of information at any given moment
- We only consciously process 40 pieces of information at a time

A thick, glossy purple ribbon flows from the left side of the frame, curving upwards and then downwards as it moves towards the right. It has a 3D effect with highlights and shadows.

BREATHE

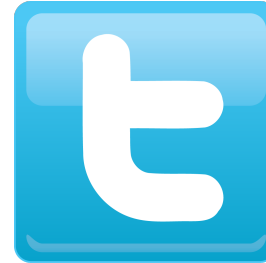
Unhappy, frazzled workers:

- Miss 68% more work than thriving ones
- Are three times more likely to file workers comp claims
- Are twice as likely to change employers
- Are less than half as likely to exhibit adaptability to change

Workers who practice mindfulness:

- 32% decrease in medical symptoms
- 29% decrease in perceived stress symptoms
- 26.5% increase in acting with self-awareness
- 26% increase in observational skills
- 25% increase in non-reactivity
- 22% increase in non-judgment

Mindfulness in Business Today



Unilever



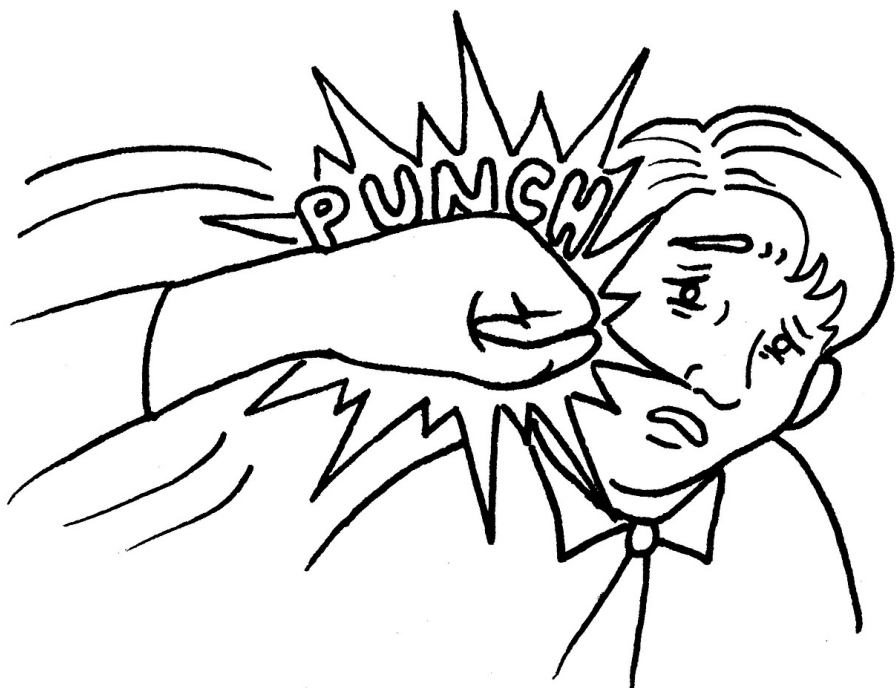
HARVARD
BUSINESS SCHOOL



Mindfulness means paying attention in a particular way; on purpose, in the particular moment, and nonjudgmentally.

Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction program at the University of Massachusetts Medical Center

Brain is a Social Organ



The brain responds to social pain the same as physical pain.

An insult can have the same affect as a blow to the head!

Neuroscience



- Brainwaves are electrical energy and emanate beyond your skull
- Prefrontal cortex is conscious thought center, handling all analytical thinking and decision-making; only 2% of brain but takes majority of oxygen and glucose; can only do one thing at a time
- Brain assesses threat or reward potential 5x per second
- A hijack to a threat state can reduce reasoning abilities as much as 50%

SCARF – David Rock



- **Status** – assessing how interactions enhance or diminish our status
- **Certainty** – feeling unsure creates mild threat; feeling sure creates safety
- **Autonomy** – feeling of control reduces stress; micromanaged triggers threat
- **Relatedness** – inclusion in group increases trust; being left out triggers threat
- **Fairness** – perception of unfairness generates hostility; fairness creates sense of well-being

Top Threat Triggers



- Condescension and lack of respect
- Being treated unfairly
- Feeling unappreciated
- Feeling that you're not listened to or heard
- Being held accountable to unrealistic deadlines

Mindfulness Practices

With Yourself Frequently

- Mindful Observation
- Tactical Breathing

With Yourself Regularly

- Meditation
- Self-reflection
- Reframing

With Others

- Mindful Listening

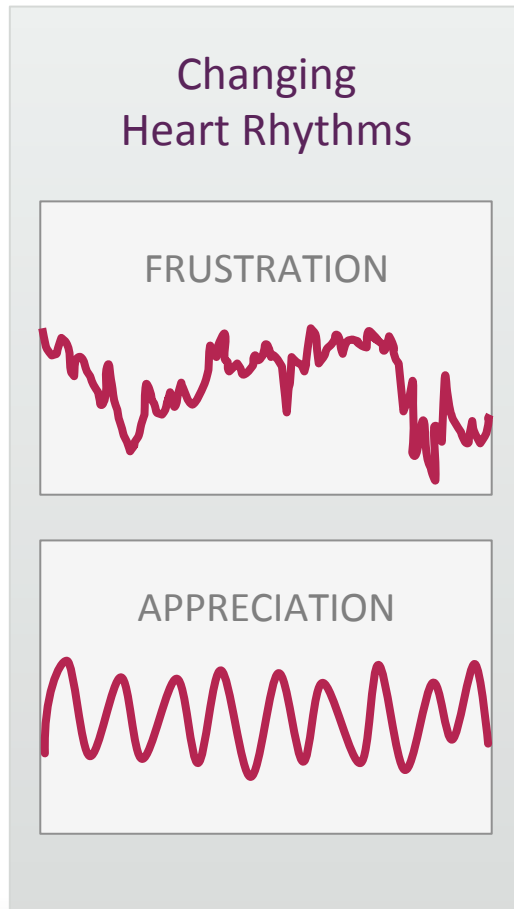
Mindful Observation



Conscious check in –

- Are you present with what you are doing or are you on autopilot?
- Are you experience strong emotional reactions to something?
- What is happening around you?
- How are others behaving?

Tactical Breathing



- Coherent heart brings heightened mental clarity, improved decision making, increased creativity
- 20+ years of research demonstrate critical link between emotions, heart function and cognitive performance
- **Quick Coherence Method**
 - Deep slow breaths
 - Imagine breathing from heart
 - Recall feeling of deep appreciation or love
 - Continue slow, deep breaths while holding that feeling for several minutes

Meditation



- Experience mental coordination, resourcefulness, relaxation, alertness without mentally processing anything; inward focus, calmness, and sense of ease
- Boost focus, attention, memory; lower stress levels; improve sleep quality
- Research shows meditation rewires how body responds to stress
- **Simple Meditation**
 - Sit quietly for 10 – 15 minutes
 - Focus on breathing slowly and deeply
 - Observe and release thoughts as they happen

Self-Reflection



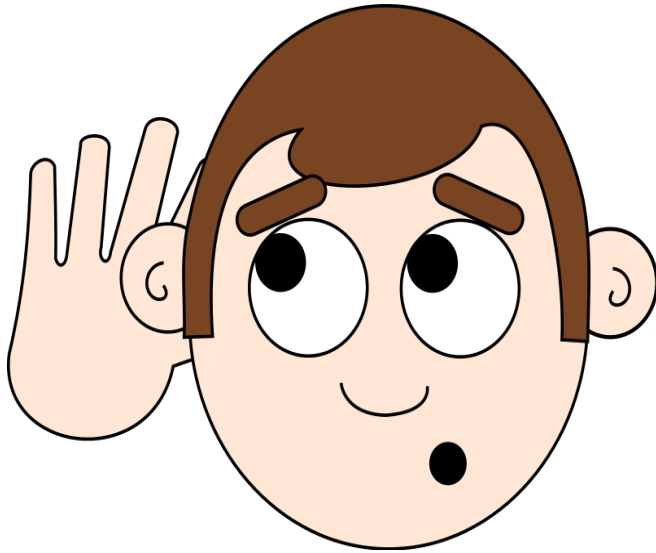
- Serious thought about one's character, actions, and motives
- Often done through a series of questions that encourage reflective thinking
- Mentally step outside of yourself and become the observer
- Several methods included in resources
- Can also be simple – taking time each evening to reflect on the day

Reframing



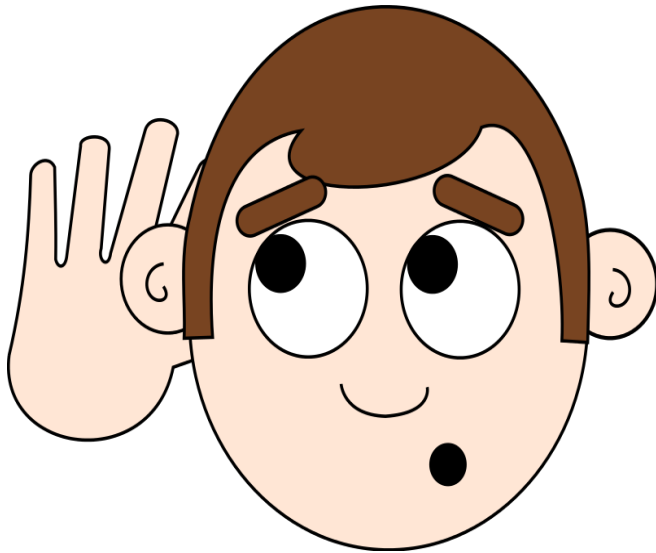
- A way of viewing and experiencing events, ideas, concepts, and emotions to find more positive alternatives
- Considering alternatives relieves stress and opens up creative thinking
- Allows you to “try on” alternatives to see what fits best
- Creating a new story creates a new focus
- Focusing on the new story creates new neural pathways, resulting in new beliefs
- Can be used to gain better understanding of others or a situation
- Can be used to identify and shift personal beliefs

Mindful Listening



- Only 7% of communication is verbal, 93% is non verbal
- Put away phone, or any distractions
- Establish eye contact
- Focus on the other person's words and actions
- Don't interrupt or cut them short
- Resist the urge to think about your response
- Ask evocative questions to understand
- Listen more than you respond

Mindful Listening Exercise



- Find a partner
- One person tells a story about something impactful that happened in your life
- Other person listens mindfully with purpose of connecting
- Listener does not give advice or make judgments
- Listener can ask questions and clarify

Recap – We Learned

- Definition and benefits of mindfulness
- How and why mindfulness can help sustain you
- How brain works
- SCARF
- Mindfulness Practices
 - Self-and situational observation
 - Tactical breathing
 - Meditation
 - Self Reflection
 - Reframing
 - Mindful listening



Available by Email:

- Harmony Crew mindfulness white paper
- CBODN mindfulness presentation
- Additional mindfulness resources



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