



LEAN INTO THE LESSONS OF LIFE

DEVELOPING THE MINDFUL MINDSET

PRESENTED BY: GENESIS HALL, LCSW | CERTIFIED WELLNESS COACH



Central Illinois Chapter

THANK YOU FOR THE OPPORTUNITY!



Vision

TO ENLIGHTEN & IMPACT LIVES DAILY



Mission

TO ENLIGHTEN, IMPACT, & ENCOURAGE LIVES DAILY IN COUNSELING,
COACHING, & SPEAKING IN A SAFE & FUN ENVIRONMENT.



LEAN INTO THE LESSONS OF LIFE

Developing The Mindful Mindset



Objective

- IMPACT OF LIFE LESSONS
- PRINCIPLES OF MINDFULNESS
- IMPACT OF MINDFULNESS

Introduction

AS PROFESSIONALS WHO SHAPE THE FUTURE OF THE INDUSTRY, IT IS IMPORTANT TO UNDERSTAND HOW HISTORY IMPACTS THE PRESENT. THIS IS DONE OFTEN BY EXPLORING TRENDS AND ASSESSING WHAT WE CAN LEARN FROM HISTORY. IT ALSO IS IMPORTANT TO TAKE TIME TO INDIVIDUALLY ASSESS OUR HISTORY AND HOW IT IMPACTS OUR ABILITY TO BE OUR AUTHENTIC SELVES IN OUR LEADERSHIP ROLES.

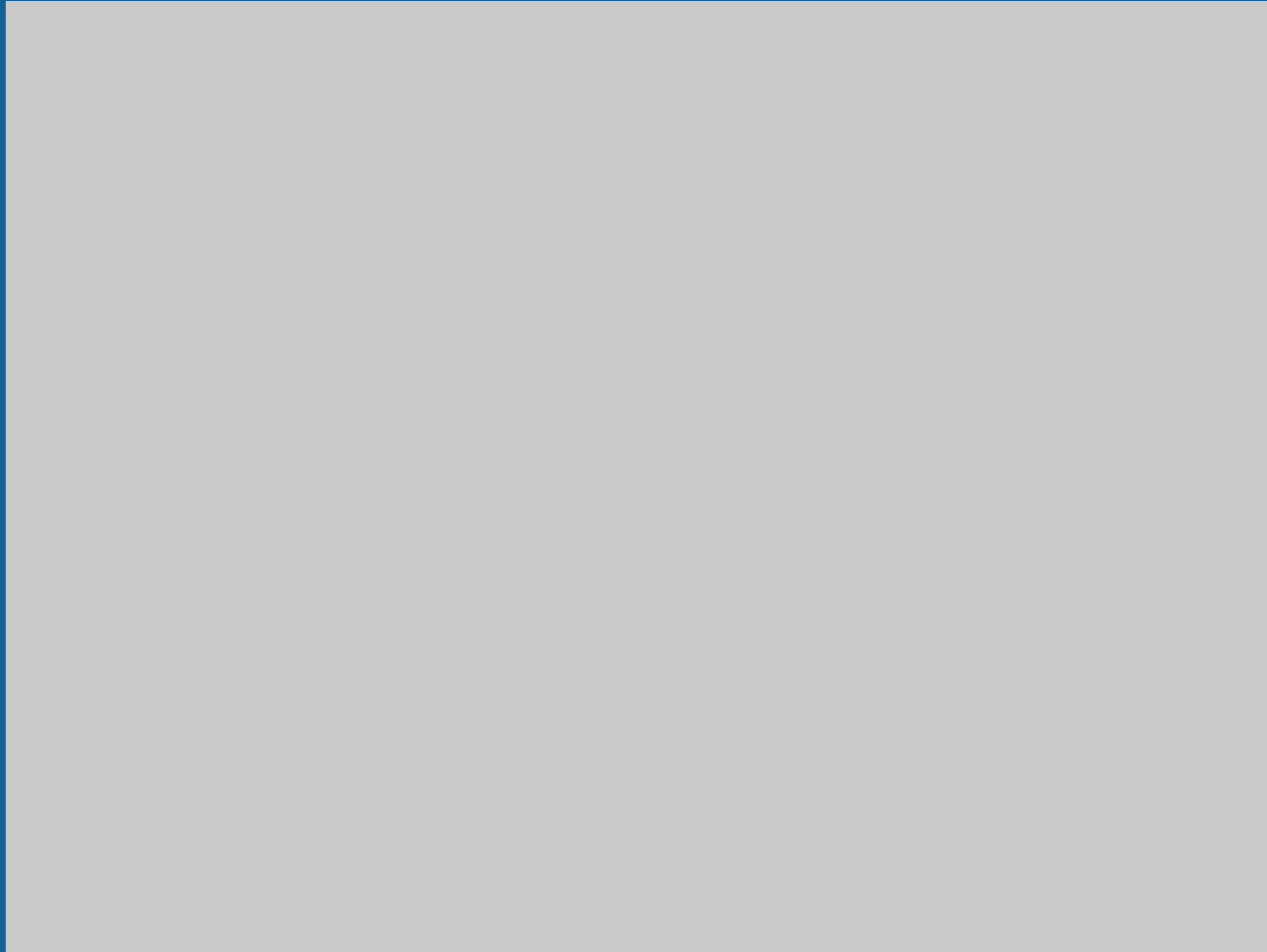


Introduction

AS THOUGHT LEADERS, ONE MUST ASSURE THAT THE MIND IS CLEAR TO TRULY LEAD AT ONES HIGHEST POTENTIAL. THIS MEANS ASSESSING STRENGTHS AND AREAS OF GROWTHS. IT REQUIRES US TO HAVE THE RIGHT MINDSET FOR SUCCESSFUL OUTCOMES. ONE WAY OF DEVELOPING THE RIGHT MINDSET IS THROUGH PRACTICING THE PRINCIPLES OF MINDFULNESS.



LEARN FROM LESSONS IN LIFE



IMPACT OF LIFE LESSONS

WOUNDED, WIRED, & WINNING!

- TRAUMA IS AN EMOTIONAL RESPONSE TO A TERRIBLE EVENT LIKE AN ACCIDENT, RAPE OR NATURAL DISASTER.
- IT IS THE RESULT OF STRONG, FREQUENT, AND PROLONGED TOXIC STRESS LIKE CHILDHOOD TRAUMA.
- FORMER MS. ILLINOIS 2019 MMBA PAGEANT
- FORMER MS. BLACK AMERICA 2019-2021 USA GLOBAL PAGEANT



IMPACT OF LIFE LESSONS

WOUNDED, WIRED, & WINNING!



We are all capable of infinitely more than we believe. We are stronger and more resourceful than we know, and we can endure much more than we think we can.
- David Blaine

MINDFULNESS

**INTENTIONALLY PAYING FULL ATTENTION TO
WHAT'S HAPPENING WITHIN YOU
(THOUGHTS/MIND, EMOTIONS, BODY) AND AROUND
YOU IN THAT PRESENT MOMENT WITHOUT
JUDGEMENT OR CRITICISM OR EVALUATION, JUST
NOTICE AND BECOME AWARE USING COMPASSION
AND KINDNESS.**

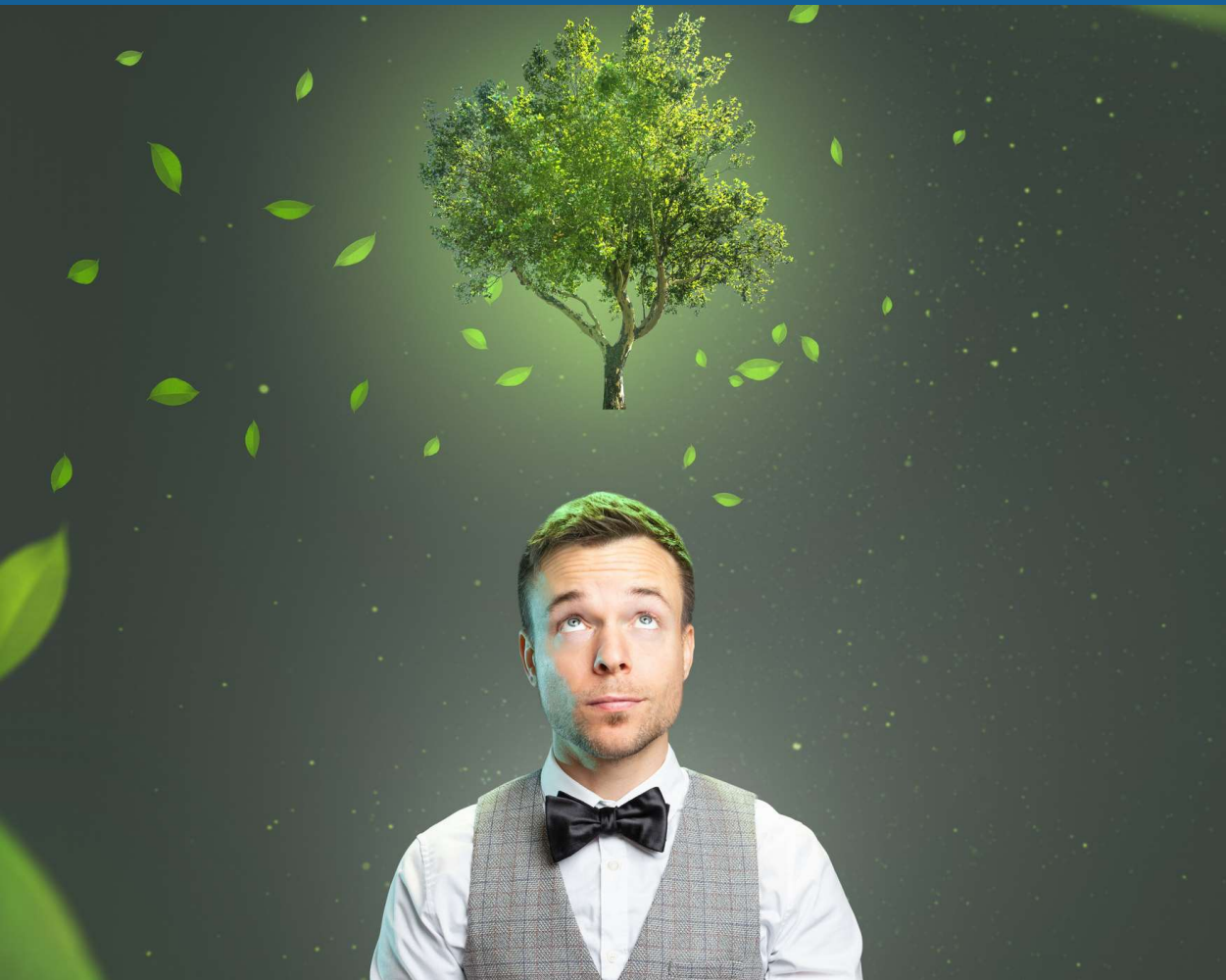


PRACTICE MINDFULNESS DAILY:
BE FOCUSED

FOCUS

A magnifying glass with a black handle and a silver rim is positioned over the word 'FOCUS'. The lens is focused on the letter 'O', which appears slightly larger and more detailed than the other letters. The background is a solid yellow color.

PRACTICE MINDFULNESS DAILY: BE AWARE



**“THE BEST WAY TO CAPTURE
MOMENTS IS TO PAY
ATTENTION. THIS IS HOW WE
CULTIVATE MINDFULNESS.
MINDFULNESS MEANS BEING
AWAKE. IT MEANS KNOWING
WHAT YOU’RE DOING.”**

– JON KABAT ZINN

PRACTICE MINDFULNESS DAILY: BE KIND

**NO ACT OF
KINDNESS, NO
MATTER HOW
SMALL, IS EVER
WASTED.
-AESOP**

PRACTICE MINDFULNESS DAILY: BE FOCUSED, AWARE, & KIND

- BE CURIOUS
(WHAT IS
THIS?)
- BE KIND
- BE GRATEFUL



PRACTICE MINDFULNESS DAILY: BE FOCUSED, AWARE, & KIND

- ACCEPT
- NON-JUDGEMENT
- NONSTRIVING
(JUST BE)



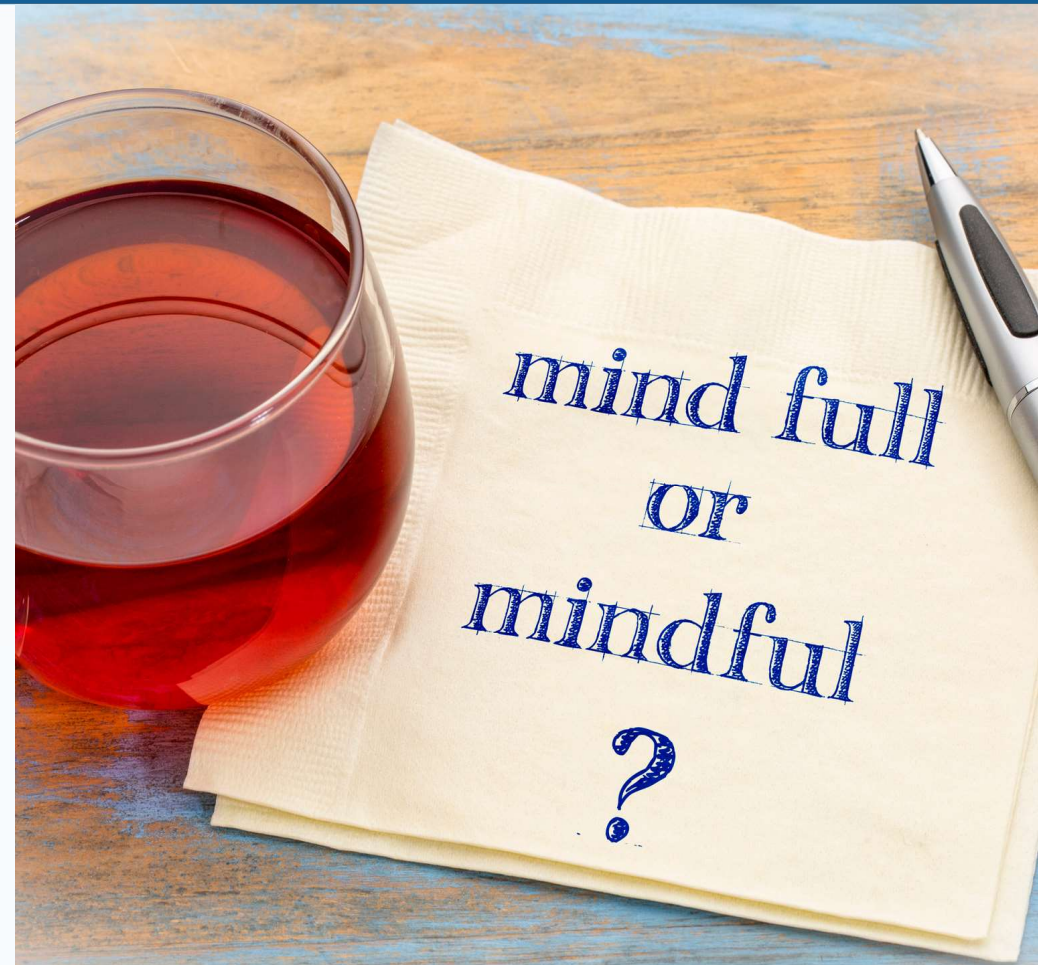
PRACTICE MINDFULNESS DAILY: BE FOCUSED, AWARE, & KIND

- LET GO & LET BE
- BE PATIENT
- USE HUMOR



PRACTICE MINDFULNESS DAILY: BE FOCUSED, AWARE, & KIND

- TRUST
YOURSELF
- BEGINNER'S
MIND (LOOK
FOR THE
NEW)



BENEFITS OF PRACTICING MINDFULNESS DAILY

- STRESS REDUCTION
- REDUCED RUMINATION
- DECREASED NEGATIVE AFFECT (E.G. DEPRESSION, ANXIETY)
- LESS EMOTIONAL REACTIVITY/MORE EFFECTIVE EMOTION REGULATION

- INCREASED FOCUS
- MORE COGNITIVE FLEXIBILITY
- IMPROVED WORKING MEMORY
- INCREASED CLARITY
- INCREASED PRODUCTIVITY

BENEFITS OF PRACTICING MINDFULNESS DAILY

- INCREASED SELF-COMPASSION
- INCREASES CONFIDENCE
- INCREASES FOCUS AT WORK
- INCREASES OVERALL WELLBEING
- POSITIVELY IMPACTS OUR MENTAL HEALTH

**MINDFULNESS POSITIVELY IMPACTS
OUR MENTAL HEALTH**

WAYS TO ACTIVATE HAPPY HORMONES

OXYTOCIN

- EAT EGGS, FISH, AND BEANS
- LISTENING TO MUSIC YOU ENJOY
- RECEIVE A HUG FROM A LOVED ONE
- BONDING OVER A MEAL OR ACTIVITY
- MEDITATE
- GENUINELY SAY I LOVE YOU

SEROTONIN

- BRIGHT LIGHT
- PRACTICING GRATITUDE
- SPEND TIME IN NATURE
- SETTING GOALS TO ACHIEVE
- EXERCISE



WAYS TO ACTIVATE HAPPY HORMONES

DOPAMINE

- EAT PROTEIN
- CONSUME PROBIOTICS
- LISTEN TO MUSIC
- MEDITATE
- EXERCISE

ENDORPHINS

- EAT AVACODO, OLIVES, COCONUT, AND DARK CHOCOLATE
- GET MORE SUN
- MASSAGE OR SPA TREATMENT
- LISTEN TO MUSIC
- LAUGH MORE
- MEDITATE
- EXERCISE



NURTURING COMPASSION WITH MINDFUL LISTENING & SPEAKING

ADOPTED FROM WISNU MEIER OF INWARD JOURNEY COUNSELING

**YOU ARE AN IMPROTANT PART OF THIS (GROUP,
CLASS, WORLD).**

**YOUR PRESENCE HERE MATTERS, YOUR OPINION
MATTERS.**

**YOU DESERVE TO BE HEARD, BELIEVED,
VALIDATED, AND HONORED.**

**YOU DESERVE TO BE ACCEPTED, INCLUDED, &
APPRECIATED.**

**JUST LIKE ME, YOU ARE DEALING WITH
DIFFICULTIES, PAIN, & UNCERTAINTY.**

JUST LIKE ME, YOU HAVE COURAGE & STRENGTH.

**JUST LIKE ME, YOU HAVE KINDNESS IN YOUR
HEART.**

**I WILL DO MY BEST TO SEE YOU FOR WHO YOU ARE:
ANOTHER HUMAN BEING DOING YOUR BEST IN ALL
THAT YOU DO.**

**SO I WILL DO MY BEST TO SUPPORT YOU IN YOUR
JOURNEY TOWARD INNER PEACE & CONTENTMENT.**

I AM HONORED TO BE HERE WITH YOU.

I AM DELIGHTED TO KNOW YOU.

THANK YOU FOR BEING YOU!



7 TIPS FOR MAKING TIME FOR MINDFULNESS WHEN LEADING ACTIVE LIVES

1. DEVELOP A SELF-CARE PLAN
2. DEVELOP A SELF-CARE ROUTINE
3. SET AN ALARM ON YOUR PHONE
4. SCHEDULE MINDFUL MOMENTS IN YOUR CALENDAR
5. HAVE A SELF-CARE ACCOUNTABILITY PARTNER
6. KEEP IT SIMPLE/SHORT (1 MINUTE MINDFULNESS)
7. USE AN APP EXAMPLE: CALM, AFFIRMATIONS ASSISTANT, GRATITUDE



CLOSING

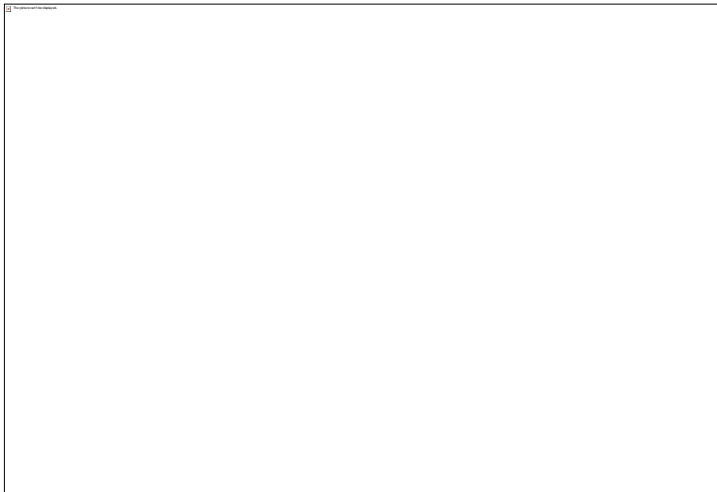
- BE AWARE AND NOTICE FEELINGS WITHOUT JUDGEMENT OR CRITICISM
- CHOOSE KINDNESS AND COMPASSION
- MINDFUL WALK/ENJOY NATURE
- JOURNAL
- PRAY& MEDITATE& TAKE DEEP BREATHS
- TAKE A QUIET MINDFUL BREAK
- CELEBRATE YOUR SMALL SUCCESSES AND PROGRESS NOT PERFECTION

TAKING TIME TO BUILD MINDFULNESS IN A OUR ROUTINE CAN LEAD TO GREAT BENEFITS: BETTER HEALTH, IMPROVED CONFIDENCE, IMPROVED RELATIONSHIPS, AND CLARITY IN MIND. CLARITY LEADS TO CREATIVITY AND PRODUCTIVITY. A MINDFUL MINDSET CAN LEAD TO .

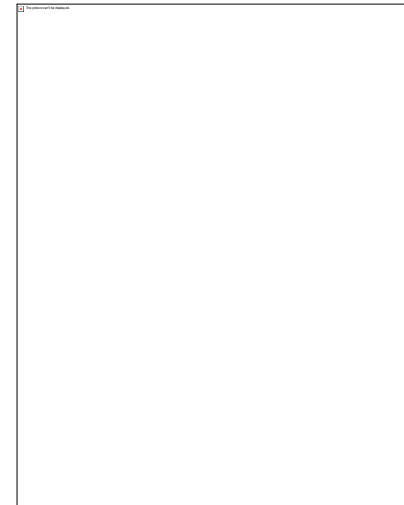




Before



After



LEAN INTO THE LESSONS IN LIFE...TO
HAVE MINDFUL & PEACEFUL LIFE!



mindfulness

THANK YOU FOR YOUR TIME

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