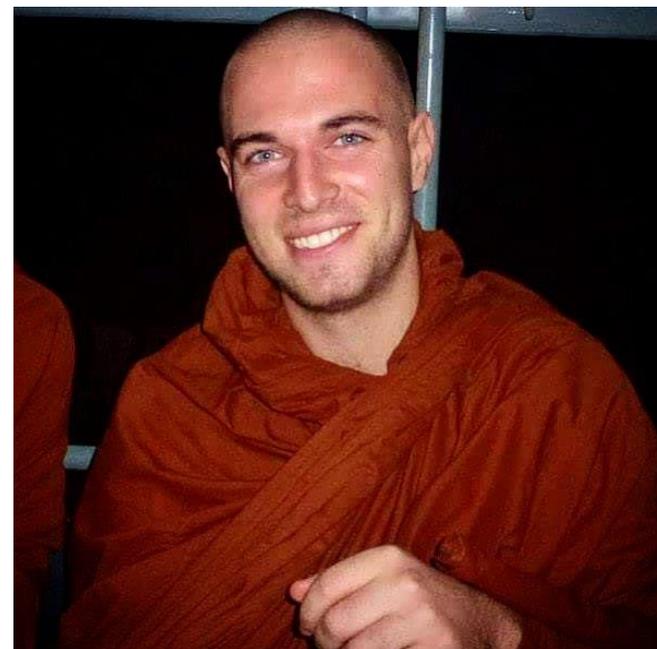
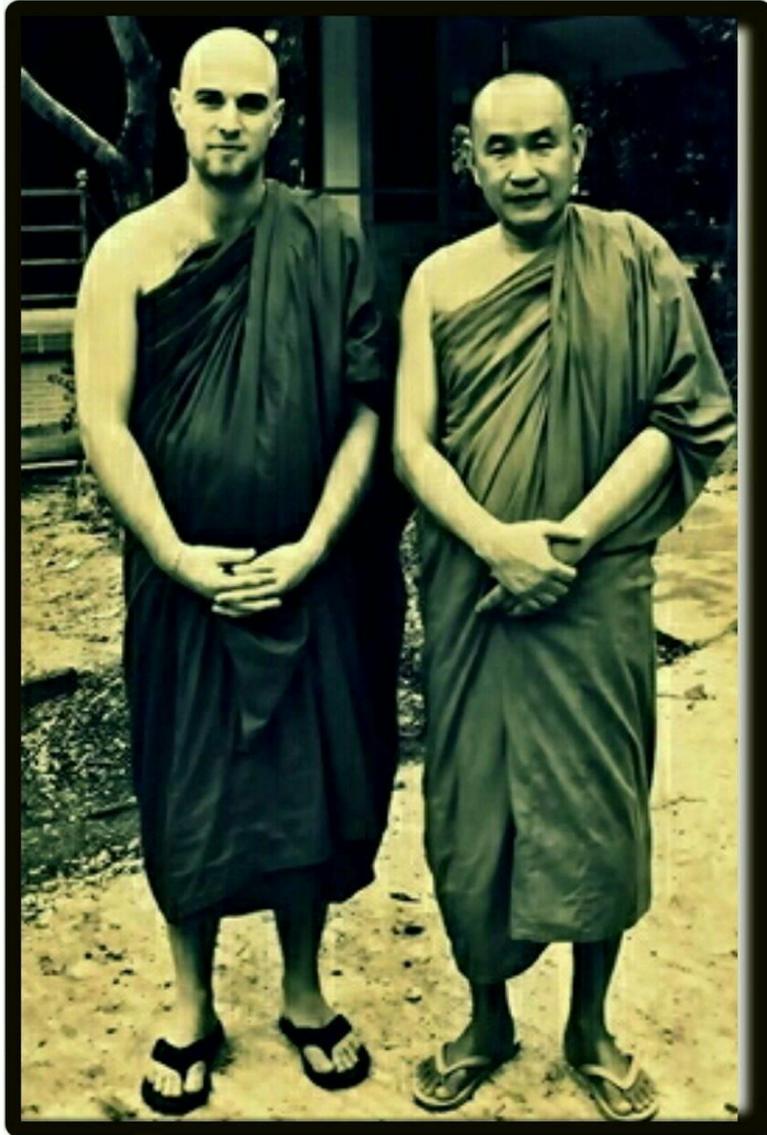


Mindfulness: Shifting From Surviving to Thriving



Presented by:
Cory Muscara, MAPP

Southeast Asia

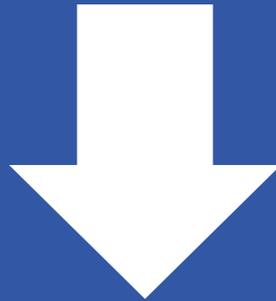


Objectives

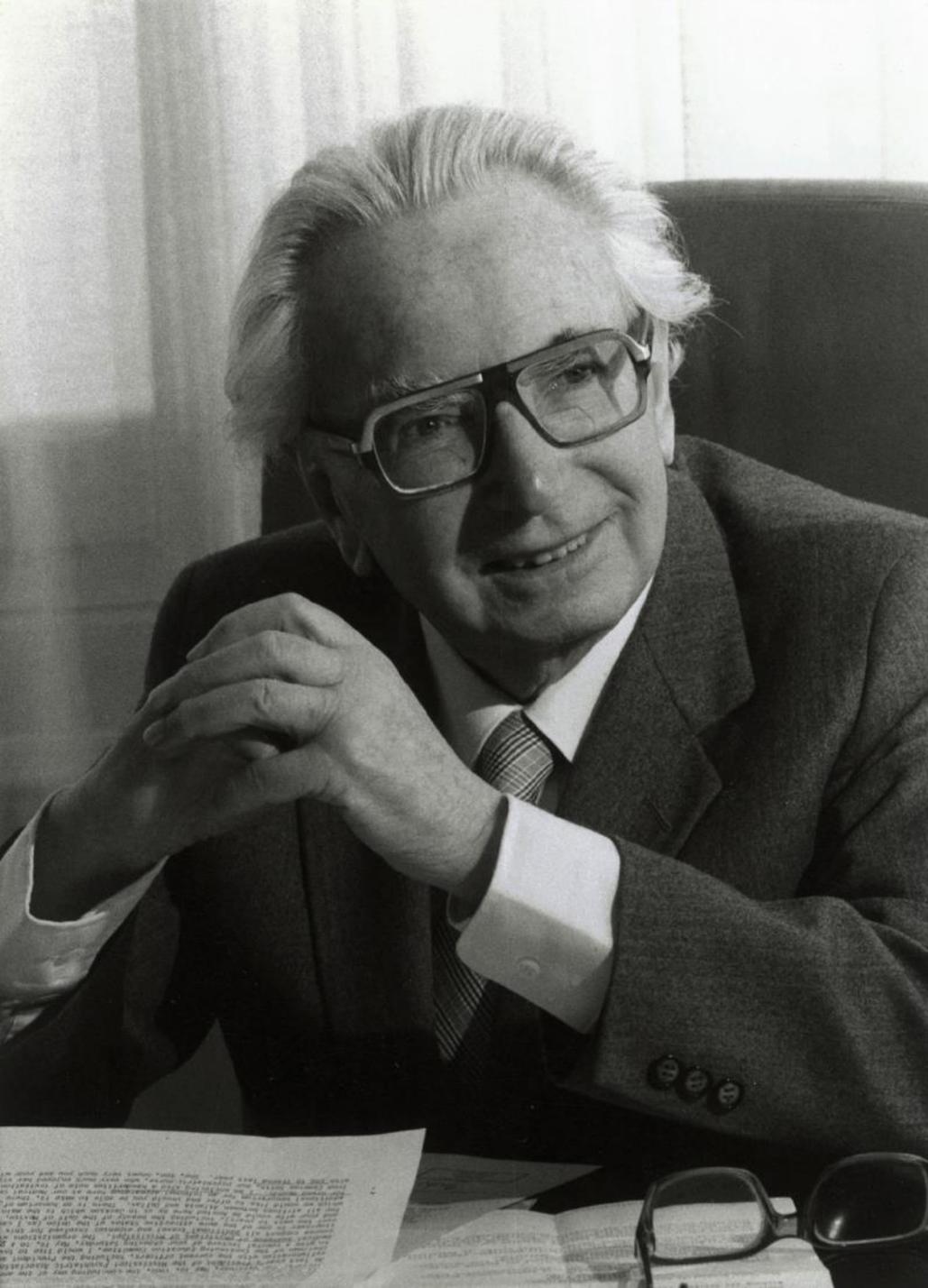
- What is mindfulness and why it might be worth cultivating
- Overview of current research
- Experiential exploration of mindfulness
- Practical strategies to implement mindfulness into your life



Compulsion



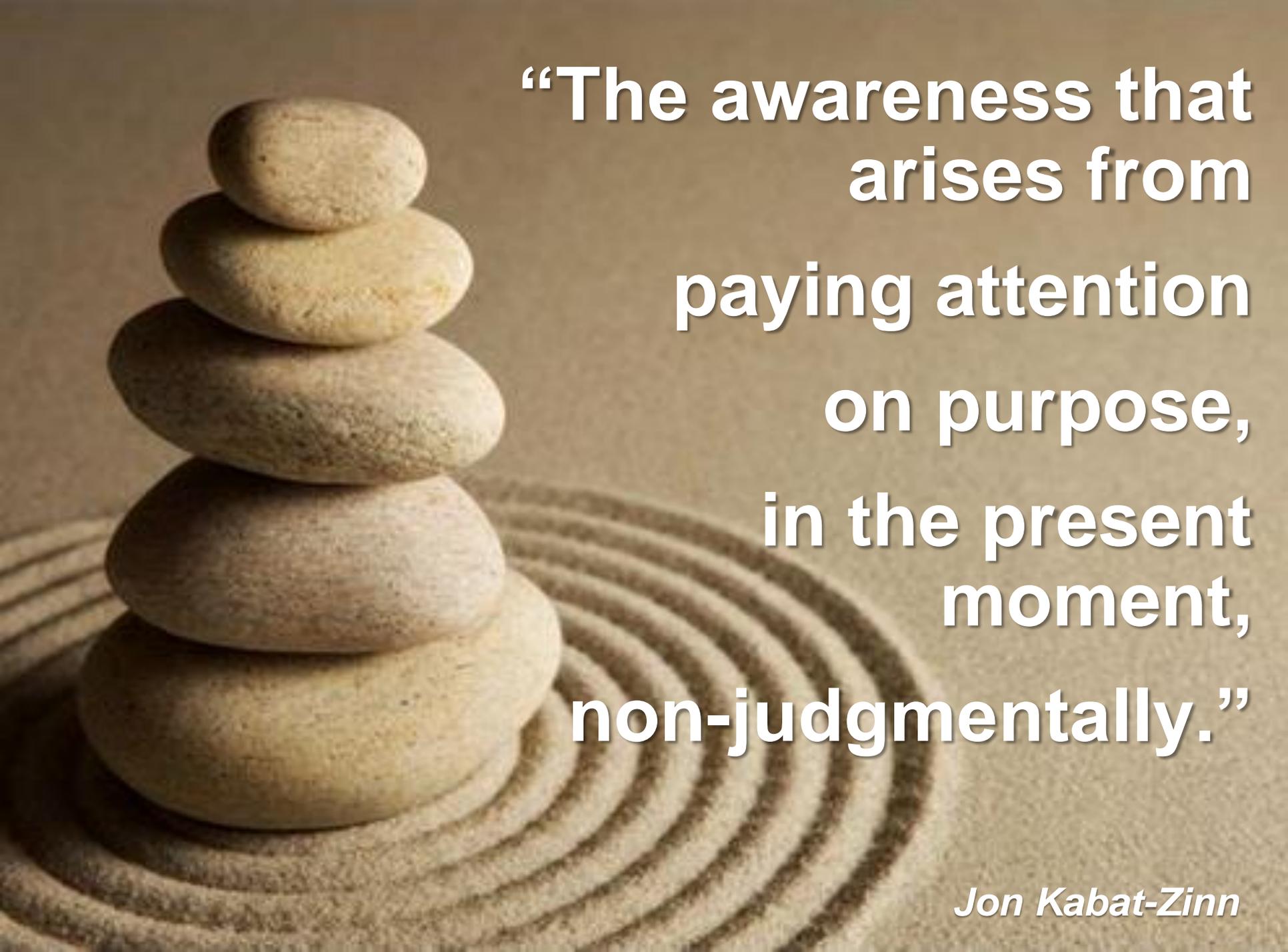
Choice



“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankl

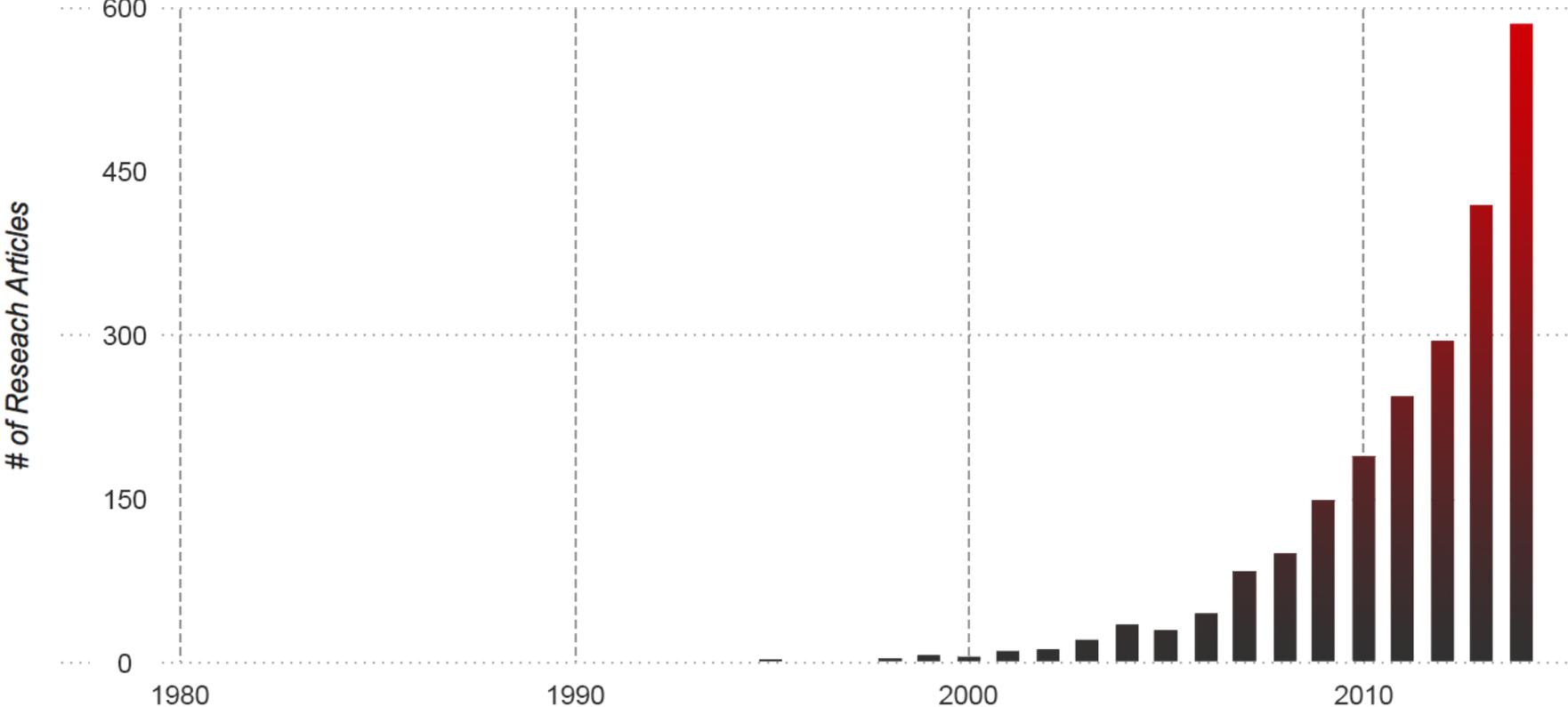
mindfulness

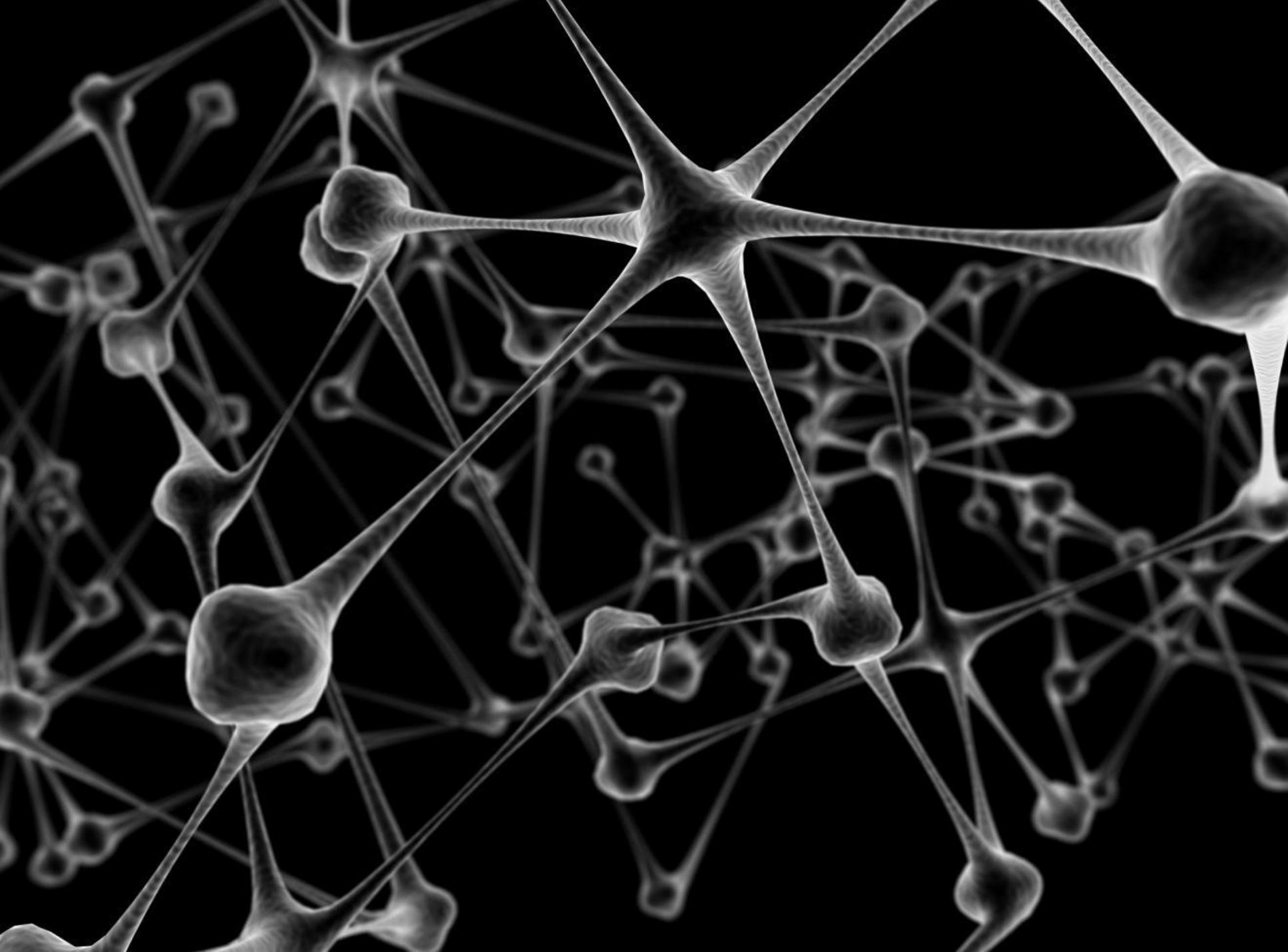
A stack of five smooth, light-colored stones is balanced on a circular pattern of sand ripples. The stones are stacked vertically, with the largest at the bottom and the smallest at the top. The sand ripples are concentric circles, creating a textured, circular base for the stones. The background is a soft, warm-toned sand surface.

**“The awareness that
arises from
paying attention
on purpose,
in the present
moment,
non-judgmentally.”**

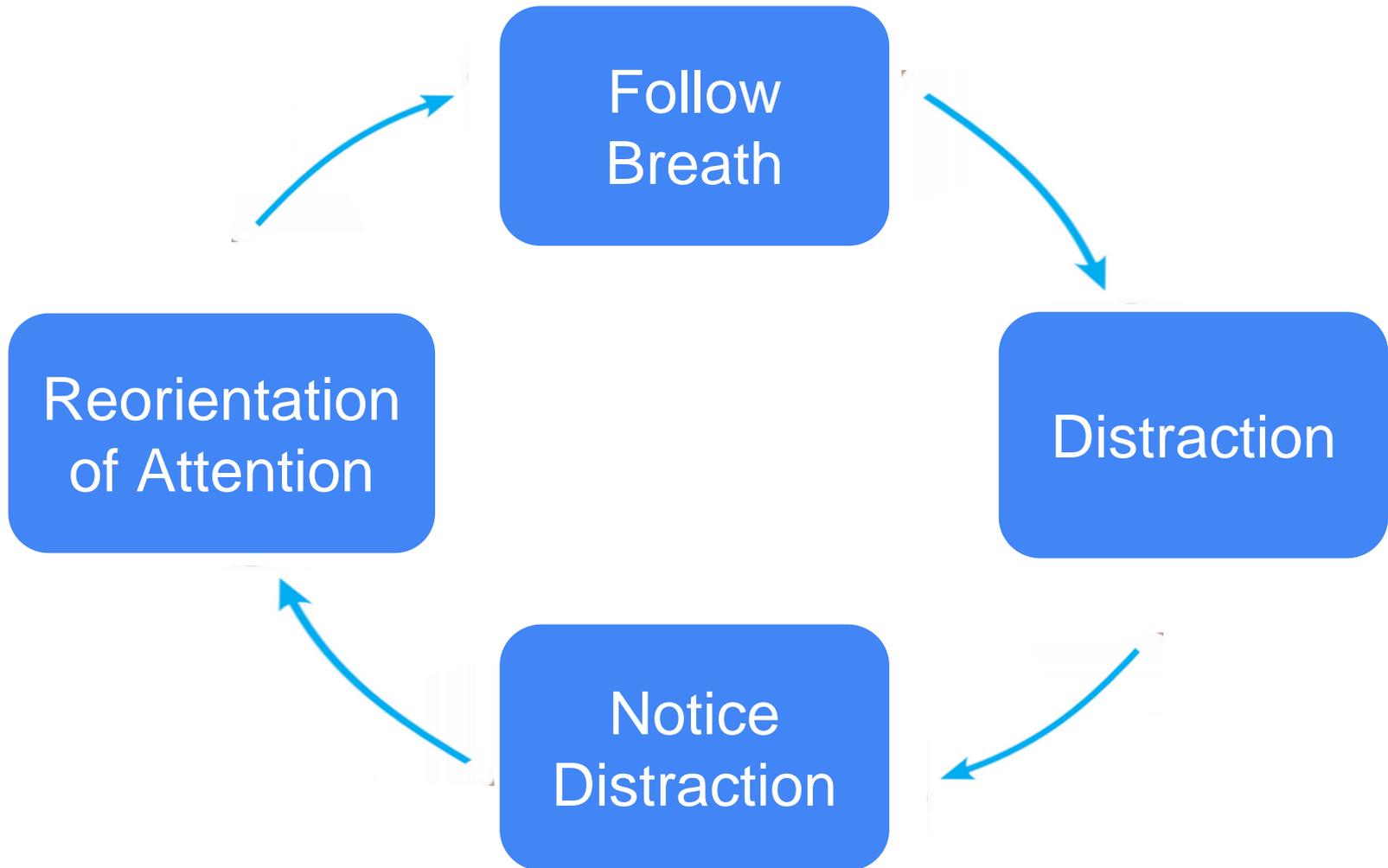
Jon Kabat-Zinn

Mindfulness Research Publications (source: PubMed)





Meditation Process



Stress

“When your perceived demands are greater than your perceived resources to meet those demands.”

(Mcgonical, 2015)



Importance of Self-Care

Primary Pain

Vs

Secondary Pain

Practical Tips

Take 5

“What if” to “What is”

Take One Mindful Minute

When Listening, Just Listen

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