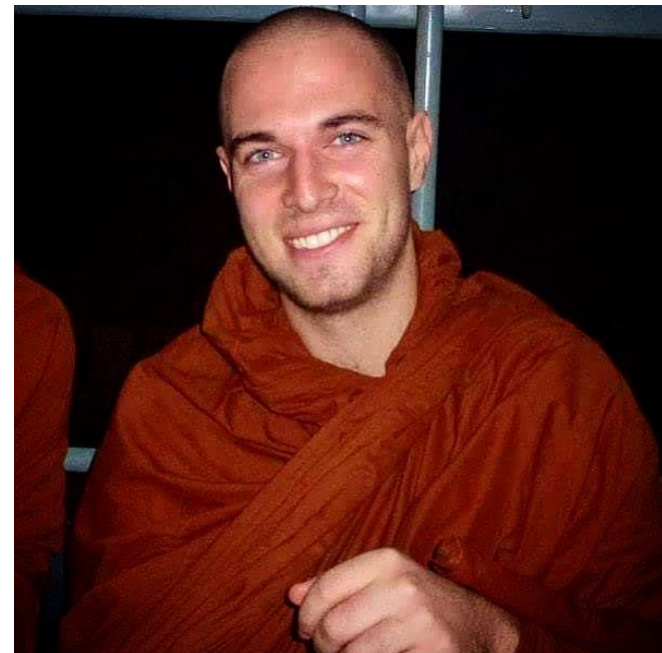


# Mindfulness: Shifting From Surviving to Thriving



Presented by:  
Cory Muscara, MAPP

# Southeast Asia

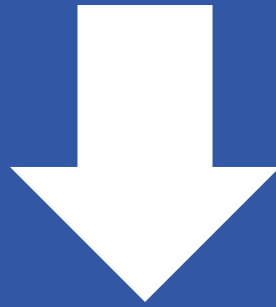


# Objectives

- 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

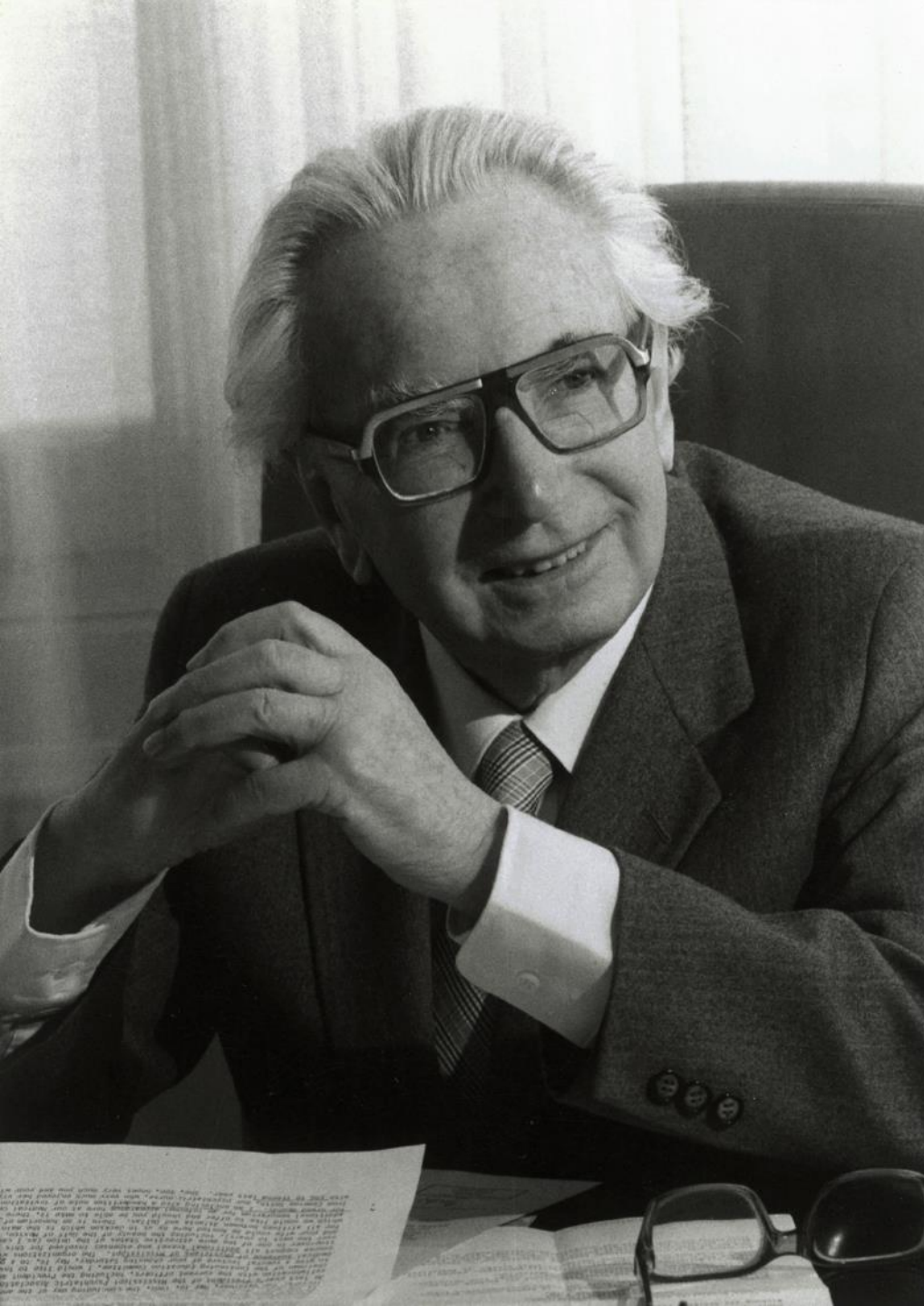


# Compulsion



# Choice

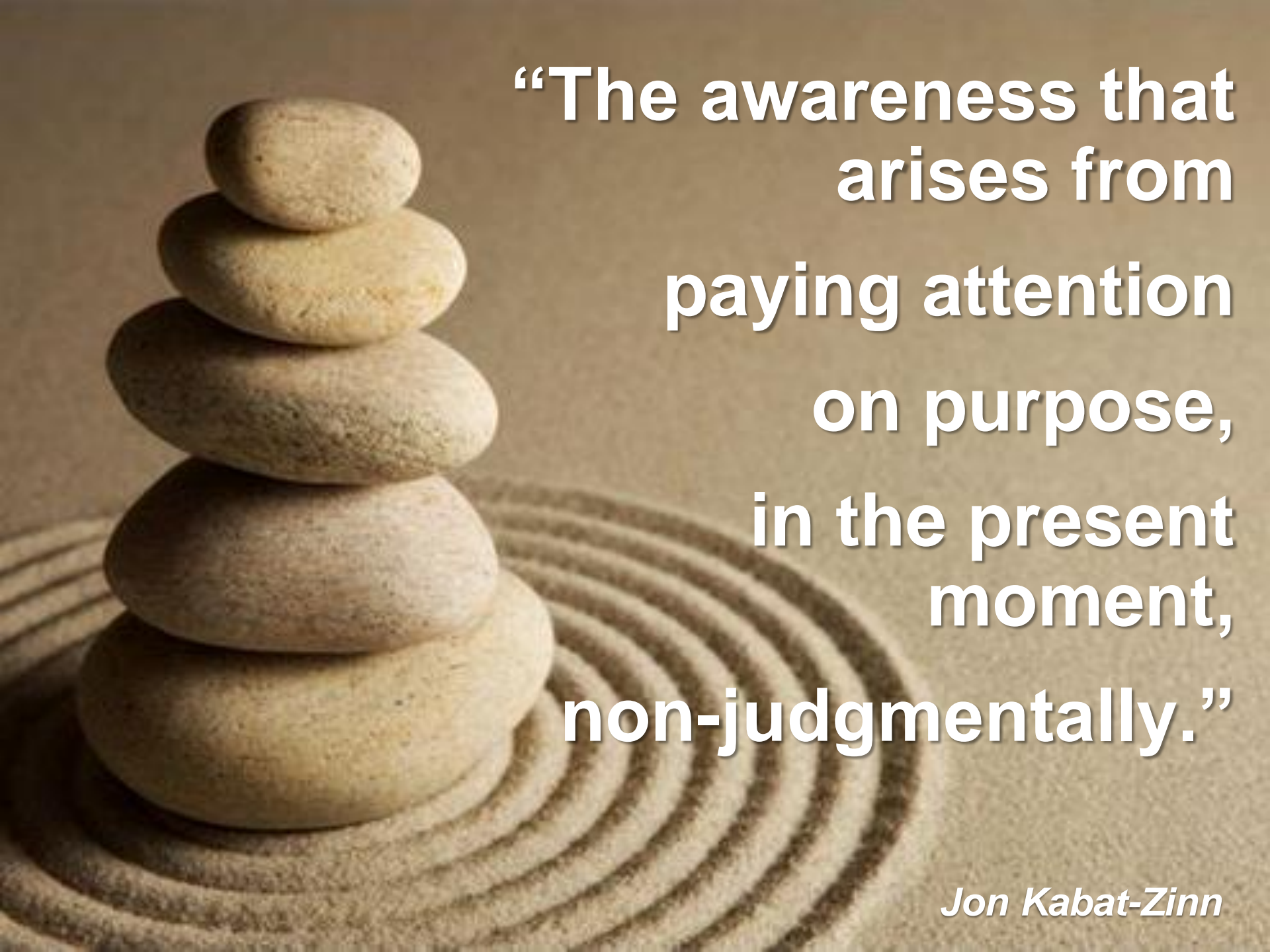




**“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”**

***Viktor Frankl***

**mindfulness**

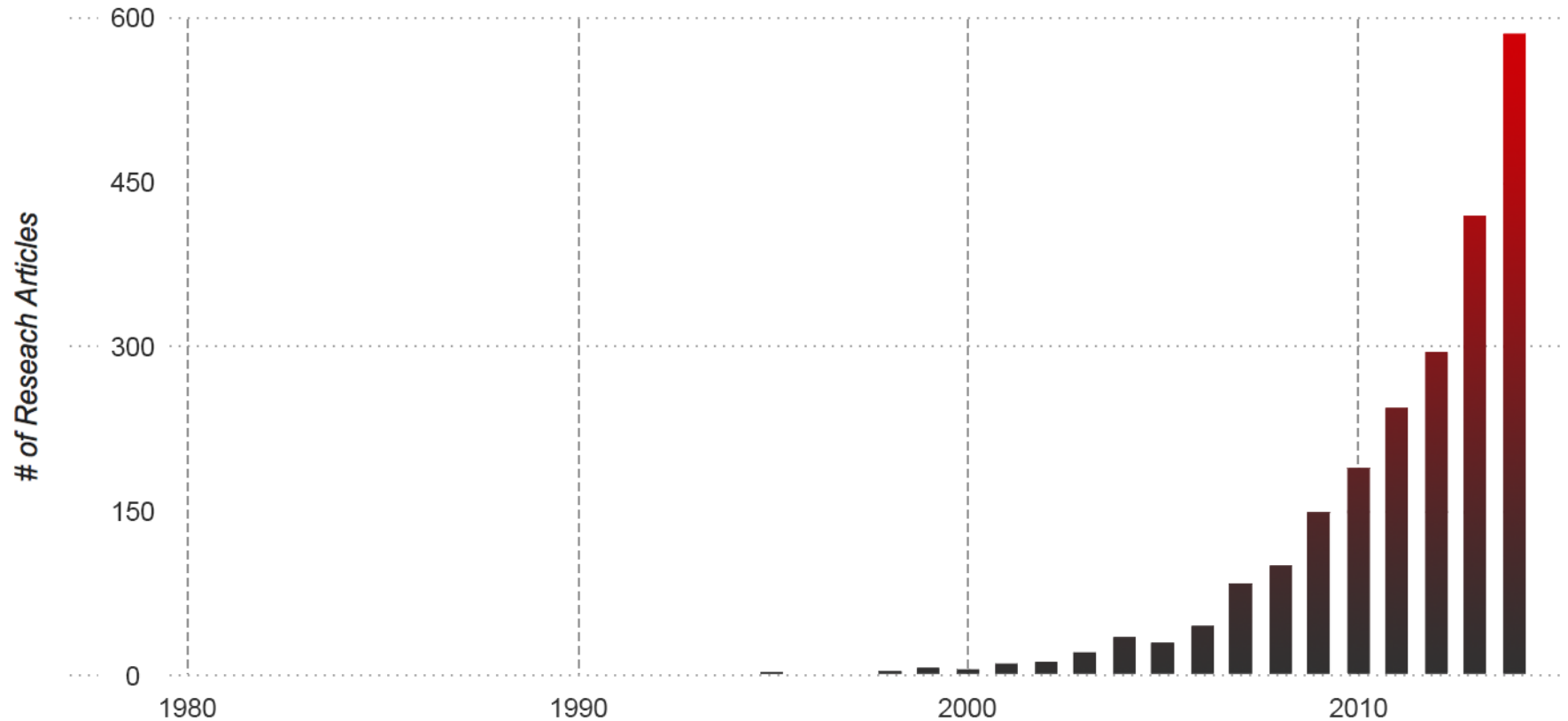


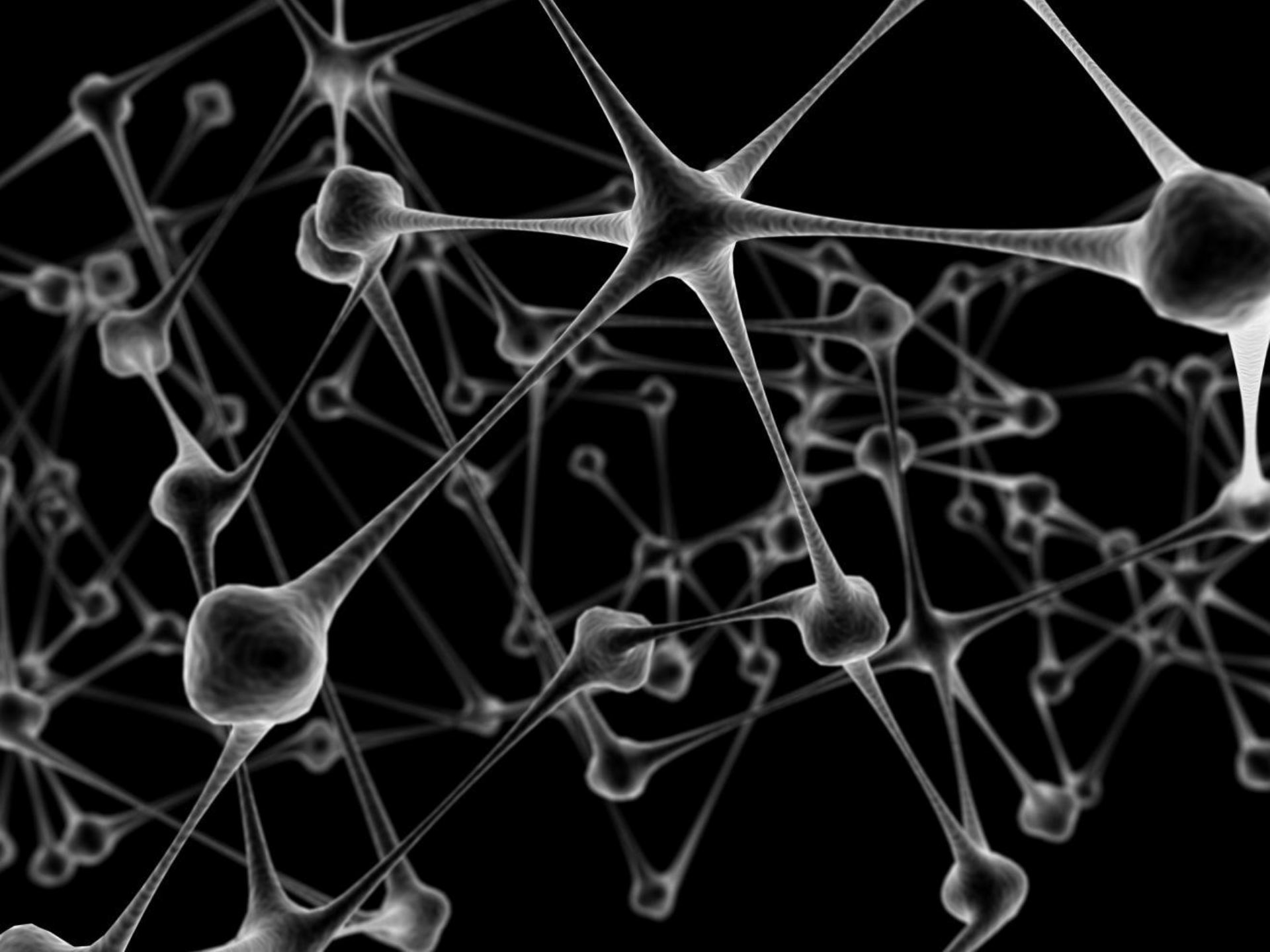
**“The awareness that  
arises from  
paying attention  
on purpose,  
in the present  
moment,  
non-judgmentally.”**

*Jon Kabat-Zinn*

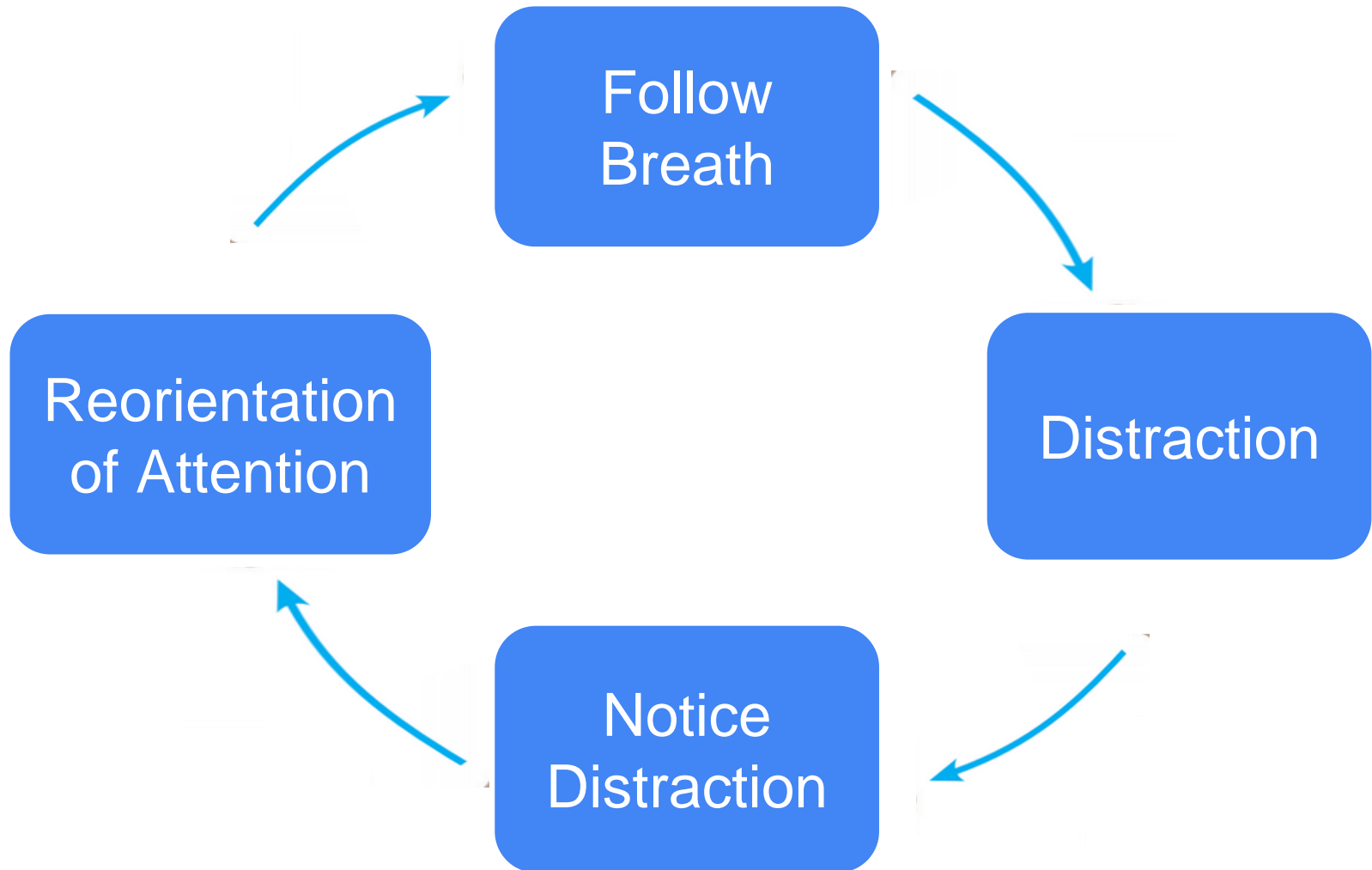


# Mindfulness Research Publications (source: PubMed)





# 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**

# Contact Information

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