TAKING TIME TO B.R.E.A.T.H.E.
Strategies for Strengthening Our Well-Being

Dr. Joelle Hood
NYAR
March 4, 2019
www.joellehood.com

OBJECTIVES FOR TODAY
THE WHY & THE WHAT

SIGN UP FOR RESOURCES TO SUPPORT TODAY’S LEARNING

WELL-BEING & RESILIENCE
"When a flower doesn't bloom you fix the environment in which it grows, not the flower."
- Alexander den Heijer

WE CULTIVATE THE CLIMATE
WE MUST NOURISH TO FLOURISH

PLANTS, SAIL BOATS, AND RESILIENCE

TAKING TIME TO B.R.E.A.T.H.E.
A FOUNDATION OF MINDFULNESS

FEELING MIND-FULL?
JUST A FEW QUESTIONS...

B Build Belonging
R Reflect ON Purpose
E Engage in Self-Compassion
A Attention, Awareness, Awe
T Thankfulness- Attitude of Gratitude
H Harness Your Thoughts
E Empower Empathy
WHAT MINDFULNESS IS

Mindfulness means paying attention...
– On purpose
– In the present moment
– Without judgment or criticism

http://greatergood.berkeley.edu/topic/mindfulness/definition#what_is

MINDFULNESS IS...

BEING WHERE YOUR FEET ARE

YOU are here!

SMELL THE ROSES AND BLOW OUT THE CANDLES

Breathe

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Belonging is the feeling that one is respected and valued in a given context.

Social pain activates the same region of the brain that signal physical pain.
You gotta MASLOW before you can BLOOM.

Loneliness is as harmful to your well-being as smoking 15 cigarettes a day – AND, as you get older, loneliness increases your risks of high blood pressure, cardiovascular disease, and dementia.

I love my job, my job, me

WE’RE LOSING OUR CONNECTION
B.R.E.A.T.H.E. -- BELONGING
FLASHLIGHT OF ATTENTION

REFLECT, TURN, AND TALK
PAIR SHARE

• How present are you when you’re with your loved ones? With your friends? With your colleagues?
• How could your relationships change if you were able to be more present?

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REFLECT ON PURPOSE

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“The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.”
--David Viscott
People who have a sense of purpose tend to live seven years longer than those who don’t, and have a lower risk of cardiovascular disease.

When people aren’t able to find meaning and connection to purpose, it doesn’t just affect them— it can impact their families, their co-workers, and beyond— including society as a whole.

When do you feel most alive and useful and strong?
When do you feel like a superstar... like a gifted contributor, like you are living IN purpose and ON purpose?

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**B.R.E.A.T.H.E.**
**ENGAGE IN SELF-COMPASSION**

Showing kindness and compassion to ourselves, just like we would show to someone else we care about.

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**B.R.E.A.T.H.E.**
**IMPORTANCE OF ENGAGING IN SELF-COMPASSION**

- If you feel like you’re barely treading water, every instinct makes it impossible to extend your hand to another drowning person.
- Self-compassion gives you the life vest to help yourself so that you can help others.

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**B.R.E.A.T.H.E.**
**ENGAGE IN SELF-COMPASSION BREAKS**

1. This is a moment of suffering. (Ouch! This hurts! This is stressful!)
2. Suffering is a part of life. (Recognizing shared humanity--other people have felt this way. Everybody struggles.)
3. May I be kind to myself. (May I forgive myself. May I be strong. May I be patient.)

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**B.R.E.A.T.H.E.—ATTENTION, AWARENESS, & AWE**

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- Attention, Awareness, Awe
- Thankfulness- Attitude of Gratitude
- Harness Your Thoughts
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B.R.E.A.T.H.E.
ATTENTION, AWARENESS, & AWE

FOCUS

UN AWARE

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B.R.E.A.T.H.E.—
ATTENTION & AWARENESS & AWE
MINDFULNESS OF SOUND

THANKFULNESS - AN ATTITUDE OF GRATITUDE

• Increases happiness and life satisfaction; feelings of optimism, joy, pleasure, and enthusiasm.
• Strengthens the immune system, lowers blood pressure, reduces symptoms of illness, makes us less bothered by aches and pains, and helps us sleep better.
• Boosts resilience and strengthens relationships.
• Reduces anxiety and depression.
B.R.E.A.T.H.E.
THANKFULNESS- AN ATTITUDE OF APPRECIATION

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B.R.E.A.T.H.E.
THANKFULNESS- AN ATTITUDE OF GRATITUDE
THE POWER OF EXPRESSING APPRECIATION

B.R.E.A.T.H.E.
HARNESS YOUR THOUGHTS

OVER THINKING

COMPARISON IS THE THIEF OF JOY
**B.R.E.A.T.H.E.**
**Harness Your Thoughts**
**Realizing You’re the DJ...**
- Tune Into You
- Turn the Noise Down
- Change the Record
- Sing a New Song

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**B.R.E.A.T.H.E.**
**Empathy Everyday**
**What is Empathy?**
- Affective Empathy: refers to the sensations and feeling we have in response to others’ expressions
- Cognitive Empathy: refers to our ability to label and understand other people’s emotions, take their perspective, “stand in their shoes”

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B.R.E.A.T.H.E.
EMPATHY EVERYDAY

Studies say 4 minutes of uninterrupted eye contact increases intimacy

B.R.E.A.T.H.E.
EMPATHY EVERYDAY

INSTEAD OF LOOKING AT, LOOK IN...

B.R.E.A.T.H.E.
EMPATHY EVERYDAY

JUST LIKE ME ACTIVITY

• How would you describe
  the experience?
• What emotions were you
  feeling?
• What was challenging?
• What did you gain from
  the experience? How can
  you transfer the learning?
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THOUGHT TO PONDER
IT STARTS WITH US.

“If you build it,
you will
come.”
--Ray, Field of Dreams

THOUGHT TO PONDER
IT STARTS WITH US.

SEE THE CHANGE. FEEL THE CHANGE.
BE THE CHANGE. IT STARTS WITH US.

“How do you
change the world?
One room at a time.
Which room?
The one you are in.”
--Peter Block

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THANK YOU!
LET'S KEEP IN TOUCH!

Email: joelle@joellehood.com
Facebook: Joelle Hood Joho
Twitter: @joellethecoach
Pinterest: @joellethecoach
Instagram: @joellehoodthecoach
Website: www.joellehood.com

STAYING CONNECTED—
THETHRIVETRIBE FB GROUPS

Welcome to The THRIVE Tribe!
Welcome to The THRIVE Tribe's Becoming Better Leaders