

Thank you. Hello everyone. Looking so forward to this with you. What of my favorite topics. Before I jump into the content, I want to tell you a little bit about myself. My name is Paula Friedland. There's a little snippet of who I am. I'm a licensed clinical social worker. I'm a counselor as well as a life coach. I've been doing that for 19 years. I do individual sessions with people, people of all walks of life dealing with all kinds of issues or desires, goals and all of that. 90 percent of the sessions I do are over the phone. I love what I do. I split my time between those individual sessions and give trainings like this on all kinds of topics. Like I said, this is one of my favorites. I'm excited to share this with you. You can see here a few of the other things I do. I teach this unique approach to getting over the fear of public speaking and being able to be authentic in speaking. I may bring an exercise that comes from that for you to try if any of you have that fear. It's an epidemic fear. That's a little bit about what I do. I may bring in examples from my private practice and individual sessions with people in the work I've done over the last 19 years. I'm never giving identifying information so not breaching confidentiality. If they occur to me in the moment, I will bring them in. As Jeannie mentioned we will have some poll questions that I will pull over. Feel free to participate with those. That can be a great way to keep this interactive. I encourage that. What I want to say is that there are all levels of knowledge, understanding and experience. This is generally teaching mindfulness. Some of this will apply to you and some may not. I always say to set your intention and take something specific away. Something that you will put into practice. Whether you are a beginner in this or whether you have quite a bit of experience and have your own practices for mindfulness or meditation or whatever it may be. There's always something you can take away. That's my charge upfront. The other thing that I want to encourage everyone to follow during this is no multitasking while you are listening. I start every trainings that wait. I think in the day in age where we are trying to multitask, I can see why that would be tempting to trying

to do other things at the same time. Particularly with this topic of mindfulness, practicing, being present to my voice, the polls, your own expense while you're here in the present moment. I can't police you on that and that's up to you. That's my highly emphasized suggestion. No multitasking while you're going through this. You can be practicing mindfulness just in this hour that we spent together. With that, I want to talk about our objectives. We will talk about the benefits of mindfulness, defining it and looking at practices and programs. I will bring in some exercises and experiential exercises as we move through here. It not just talk. We have to be practicing this as well. Then how to incorporate mindfulness. Different suggestions to incorporate into your daily life. All of this is about exploring the power of being present. I want you to think about this question. Just starting to think it for yourself. What does it mean to be present? Trying to define that is not as easy as we think. If you want a concrete way of measuring that in on a scale from 1 to 10, generally I know it's a big question, how present do you think you are in your life? That may be different in your personal or professional life. One means you are not good at being present at all and 10 means your masterful. Find your number. Picked your number. What we are talking about today is moving your number up by one. The way to do that is by picking one or two things that resignation and making that your intention to be committed by the end of the presentation. One of the things that I would like to ask and Jeannie if you can bring over that first pole. We will look at what keeps you from being present? What keeps you from being present? Boredom is a good one. Cell phone. We will talk about that. Interruptions, distractions just reading a bunch of these that are coming in. Too many tasks. Worrying about work. To do list. Overthinking. Worry is a big one. Even as I'm reading that I start to get stressed out. Perhaps some of you as well. Some of the other ones that have come through. Stress, anxiety that's a chicken or egg thing. What's causing the anxiety. My mind wanders. Money. All kinds of things you are dealing with. Some of the same ones that many of you

have. That gives me an idea where you are. Other ways to measure if you're being present, we can take that poll away. We know what we are up against. For me wondering if you lose your keys. You can raise your hand if you lose your keys or forget where you put stuff. One of the ones that I do is vitamins in the morning. Did I take them? I thought about it but that I take them? I can see a lot of hands coming up. What I want to say is I've had a meditation practice on and off for most of my adult life. 30 years or something like that. I very, very rarely lose my keys. Something has clicked into me. Not because I'm conscious. I'm going to put my keys here. Because I have a product does that keeps me more present of where I put my keys down. That's one of the benefits that can come from mindfulness. And being present. A nutshell on how we may define fullness. The practice of paying attention in the present moment, and doing it intentionally and with nonjudgment. The second weight we may the fight it. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations. Right now as you are paying attention to my voice you are also in a body and your body may be moving. There may be sounds in the background. We have these things going all the time. We can still look to increase and build muscle and stay in the moment and not get distracted or pulled out of that by the various things that you all listed in that poll. In our daily lives generally so many of us are running around a lot. We can be checked out. I think that can happen to the best of us. Do we really remember what we did during our day? I'm sure some of you if you drive somewhere and you get there 10 miles away and you don't remember anything about that drive unless you're listening to a podcast or focusing on something the comedy radio station. I recommend that for stress management. Those are things to think about. The opposite of mindfulness here at the bottom destructiveness, inattention, lack of engagement and autopilot. Really important to break through those things and be able to pull yourself back to the present moment. We will go through each of these things a little bit to

discuss more of the benefits of mindfulness. Basically the more you realize the benefits, how beneficial this practice of mindfulness is, the more enticing it will be to create some kind of a practice. What I suggest is you look for an intentional, consistent practice. I am a firm believer in small things done consistently. That's how things change and how we change and how we grow. Small things done consistently. Not jumping over the top you have to do that stroke by stroke. Let's discuss that specifics. I want to say upfront I've spent hours talking about all of the research that's been done on mindfulness and we will talk about meditation. Meditation is an encompassing term. I will be teaching about that later. There's so much research, so many studies that have been done about the benefits. If you are interested in that, just do a Google search and you will find all kinds of studies that have been done. I don't want to quote those. I want to move forward into some of the actual practices. In general, lowering stress and building resistance. This is so you can meet the demands of your day with more ease and clarity. To even problem solved. This is a benefit. Improving memory. Lots of research on that. Managing emotions. This is another one. Sometimes we react emotionally. We go from 0 to 60 and I've had several clients over the years and some refer to me as they had an anger problem at work. Many of them express they go from 0 to 60. I recognize that's what they are experiencing that's not accurate. There are always signs that show up in the body that we are getting angry. We have to stay in a calm place so we don't just fly off the handle. That we have more space before we react to have a choice, do I walk away, do I take a breath or whatever it may. Other benefits. Boosting self acceptance. This is more about recognizing the thoughts that can come in. Most of us have a well developed self critic. It's right there at the ready to berate us and tell us what an idiot we are or whatever it may be. Even having a mindfulness practice can help with that as we start to notice the thoughts that come in. A lot of this are critical thoughts and stopping those. If someone walked you on the street and set this things, I'm guessing you would fight back

or disagree. In our head we think it's the truth we buy into it. Maybe that's an unexpected benefit that can come. Sharpened focus, increased attention span, unplugging from technology and I will talk about that more. If we don't unplug sometimes then we are at the mercy of our technology versus being the master of them. Who is in charge, you or your technology? I want to talk about default mode. Default mode is not just taking away from your life but billy has some more dire results. When we are in default mode it tends to activate specific areas of the brain. It can become over activated. It's believed that repeated activation of that area of the brain can cause problems difficulty with perception and thinking and reasoning and memory. Default mode is being linked to stress, anxiety, depression even ADHD. What that means is if you spent much of your day in default mode it can be affecting your work performance. It can affect your relationships as well as understanding others. I wanted to emphasize that. That can be a surprising thing. Other benefits. Physical benefits. Many research studies here. Reducing symptoms from illness and pain and stress. There's a program that was started many years ago by a doctor who is also a Buddhist. He started and developed a program at the University of Massachusetts medical center. It was one of its kind. Now there are so many branches of it. There's all kinds of universities and other institutions that are incorporating mindfulness in their programs. Harvard has one. They have a practice in the Masters level program that teaches more about meditation. People tend to do better in their test and that kind of thing. Better starting. If you're interested in that, look up that program. There's so much research out of that and so much proven results. Even with weight loss. I will talk about eating meditation later. Generally if we're eating too fast or unconsciously it doesn't give our system enough chance to kick in and let us know that we are full. Then we over eat. I got a question about what is default mode. Let me define that. That's when we go into autopilot or we go into this unconscious place where we are not aware of what's happening around us. We are check out. Thanks for that

question. Other benefits in our relationships. Experiencing more connection to people. When we are not present, we lose connection. I will mention this personal example because it happened yesterday. I was talking to a friend of a friend of mine. My friend is going through this illness so people are calling me to see how they can help him. I was trying to explain to this friend how he could help our mutual friend. I told him some specific things and he kept asking me the same question over and over. He kept interrupting. I just shut down because I could not connect with him. He wasn't listening. We all can have that tendency here and there to just check out when we are talking to someone. Another friend does it's thing and she's tired where we are talking and I will be saying some stuff and she will go into this yes mode. I know she's not really listening. It's an automatic response. That's another -- we could call that default mode. We lose connection in our relationships. Patience is something that we can all work on. Becoming a better listener. Cultivating more compassion. Again being more present. So we can experience our relationships instead of viewing them with some kind of filter on. Overall well-being and enjoyment. As a result of being more more mindful here are several things that can happen also. This could improve your life immensely. I bet there are some worriers on the line. My mother was a great worrier. She taught me well. I can see some hands being raised. Mindfulness can help with that. It slows the mind down when were not getting caught in the chatter. Appreciating the present moment. Experiencing a connection to something bigger than yourself whether it's the universe, God or nature. Nature is a big one. We've gotten away from that. There could be a meditation practice. Just walking in nature without listening anything. No earbuds. Not talking to some of the phone or having a device. Talked to the trees. It sounds weird but there you go. Also strengthening your inner guiding system. A huge benefit. My intuition has gotten stronger because my mind is settled enough that I can hear that guiding system, a. Finally letting go of things easier. I'm wondering if we can pull this poll over. For

your over well being which of these benefits on the screen may be the most prevalent for you or make benefit you the most? You can check all that apply. The biggest one so far is the worry thing. Also being calmer. Many people selecting that one. Appreciating the present moment more. Letting things go easier is a big one. These numbers are increasing as I put this up here. You may look at this and see that putting one of these practices in place consistently and measured that. If one is worry and that's the biggest one here. If you are -- if you use that scale 1 to 10 and how big of a worrier are you? If you at a 9, if you do some of these practices may be moving that down to 8. Little by little. Thank you for checking in with that poll. I want to move -- we talked about the benefits. I want to start to talk about practices. We will go to each of these. I will do what I can. I will see what we can cover. Even the ones we can't cover here, I will tell you what they are and you can take those fourth we need a big toolbox of mindfulness. There are different things that may work at different times. Some may not work for you and others may. It gives you a menu to choose from. Before starting these exercises because they will be experiential, I am aware people may be calling in from different settings. You may be in a group conference room or in a cubicle. Some of you may be driving, not always the best, as long as you're being mindful but you can't close your eyes when you're driving. Please modify these as you need to. If you can participate in these and willing to, if you're in a group and able to close your eyes do what you can. Before I go into these practices. One thing I want to mention. Some exercises for kids. I think if we could start to teach our kids more of this practice it can help them deal with the different challenges they have in their lives. Starting them early. I wish someone would have taught me this earlier. I was always a big emotional and no one taught me how to manage my emotions. It was stressful. I think if someone would have help me to calm myself more and understand my emotions -- this could be another training -- it could have helped me more and sooner. Some exercises for kids. If you have some kind

of a bowl you can have your child lie down or sit down. You have them close their eyes and sound the bell. You have them raise their hand when they can't hear the sound anymore. They are listening until the sound is gone then they raise their hand. That's a great exercise. Looking into the clouds. That's something I'm thinking everyone on the planet has done. It's a great practice as an adult. Finding pictures in the clouds. That's a great mindfulness practice. I wanted to mention a few of those. Some different meditation practices. As I said meditation is one form of mindfulness. There're many forms of meditation. There's guided notation, one where you keep your eyes open, one where you can chant a phrase. You have to find out what works for you. One of the most prevalent ones uses breath. There are different versions. One of the most classic forms of meditation is called mindfulness meditation. I will take you through a little bit of an exercise. If you are willing and able, make sure you put everything down and not holding anything unless you're holding the phone. And cross your arms and legs. If you are able to and willing just close your eyes. As you do that, let's take a breath together. In and out. As you breathe in, think of receiving that breath. As you breathe out, think of releasing the breath and letting go of anything. Checking in with your body a little bit and doing a quick scan of anyplace you're holding or clenching. Gently release that tension and come back to the breath. Good. Now I will ask you to focus internally and notice what you are experiencing. Notice maybe can feel your heart beat. AB it's beating fast. Maybe it's slow. Maybe you are tired or maybe there's a buzzing sensation. What does it feel like inside your body? Noticing how your body feels. Checking in. Continuing your breath. Good. Now turning your attention outside of you. Notice what you sense outside of you with your senses. What do you here? Tune into what you are hearing. You hear my voice. What else do you here? What's the temperature like on your skin? Is there anything you smell right now? Just noticing what's outside of you. Good. Now coming back inside your self. Take another breath together. In, receiving and out,

releasing. When you are ready, open your eyes. That's one form of meditation. You can do that several times in a row. Each time you make tune in a little bit more. That's a form of meditation. I want to talk about eating meditation. That is big here. This is a practice you can do every day unless you're fasting. It's not always easy this practice. The rule is put your fork down between every bite. And chew your food and taste it. We are unconscious when we are eating. Even if you practice that for five minutes it can be amazing. Another exercise that someone took me through in a meditation retreat, they gave us a box of raisins. You can substitute something else but you take one raisin and put it in your mouth. You don't bite into it right away. You notice the texture, how it feels, how it tastes then you bite into it and then you notice what it feels like, tastes like. It's a great practice that brings space. That's something you can do right now. Fork down between bites. I want to talk about walking meditation. It's something we do every day. You can practice this by slowing down your walk and noticing you put your left foot down. I see my right foot inside myself. You are slowing down your walk. For me this is hard. I'm very fast pace. I lived in New York City for 13 years. It brought up a lot of irritation to begin with. After five minutes I settled into it then it became luxurious. I found more space inside myself. There's a quote if you know that Vietnamese monk Thich Nhat Hanh who said walk as if you're kissing the ground with your feet. I love that. Those are some of the practices. Just giving you some ideas. Wanna go through some meditation practices. I want to move to some mindfulness practices. These are not specifically meditation -- meditation. There are other things you can practice. This is the practice I teach. I didn't make the approach yourself. You can go to speakingcircles.com. There are facilitators all over the country. Some in other countries as well. It teaches this practice of relational presence. When you are standing in front of a group, you can do this individually. You're looking at one person at a time for a sentence. You can bring the fear with you. Don't try to get rid of it. Your knees can be shaking

your and presents with the person in front of you. When you are speaking to a group it's a series of one-on-one conversations. Beautiful practice. That's a snippet of it. Beginner's mind. I don't know if you practice this. Some may know the term. This is letting go of preconceptions and having an attitude of openness when you are studying something. A subject or an object or whatever it may be. Yes. I will do a quick exercise with you right now and beginner's mind. Close your eyes. Take a breath and do that same thing of breathing in and breathing out. Staying in that for a moment. Noticing your breath. In a moment I will ask you to open your eyes. When I ask you to do that, I will have you look around the room you are in as if you've never seen anything in this room before. It's all new. Notice how that feels. When you are ready you can open your eyes. Greet this room and these objects as if you've never seen them before. Maybe you see a color. Look at that red. What an amazing color. Look at all the colors. Look at the textures and objects. Take that in. I will now bring you back. Take a breath in and exhale. There's another practice. This is a brilliant practice if you find yourself in fear or anxiety or if you have to go into a difficult meeting or you can't get the chatter out of your head. It can be a beautiful thing. You add gratitude to it and you're off to the good races. Actually you're not off to the races. The next thing is slowing down. I can talk for hours about this. That's a practice in itself. Slow your self down. If you go to an emergency room those people usually are not running around unless there's an absolute eminent life or death moment in that moment. Even then they're moving with intention. When we slow down we noticed thing. We can feel our breath more. We can slow our breath down. Ironically we will be more effective when we slow down versus speed up. The next one, settling. I will teach this to you. This is a practice to focus your mind again. If the breath focus is too hard. Take a topic. Let's say women's names. You go through the alphabet in your mind and you say that name for Alice. Now B, Betty. You go through the alphabet with this topic you think of animals or countries or whatever it may be. It's a way of

giving your mind something to focus on. Finally this last one. This is not a airy fairy thing. Doodling, coloring or journaling. There are meditative practices in that. Even doodling is a creative process but also focuses the mind. There's more I could talk about that. It's something to keep in mind that if you are nervous or worried there's an art therapy approach which has you drawing and infinity symbol and you drive back and forth. Not just following the diagram. You get different infinity symbols on top of each other and you do it slower and slower and fill in some of the spaces with lines. It can be a meditative practice. I know I'm speeding through some of these. I want to give you as many things to put in your toolbox as possible. Some practical applications. During the day we need to practice these. Not waiting until you have an hour and a half. Not waiting until the end of your day or the weekend or your vacation. Starting to practice these during the day. Some of these things you can consider waiting in line. Instead of getting on your phone, just breathe. Notice beginner's mind. Notice the people around you. Maybe start a conversation with someone. May be remark how lovely someone's smile is. Not just jumping to a device. You can cut that addiction a little bit. We are all somewhat addicted. Driving. If you hit red lights let that be a chance for you to practice beginner's mind or take a breath or take a sacred pause. Being grateful that perhaps this red light is keeping you from an accident down the road or whatever it may be. Other ones I want to point out. Unplugging from technology. Doing a regular practice. Maybe start with five minutes a day. Maybe you start to do one day a week or whatever is possible. If you're breaking out in a sweat, start with a minute. Start to build that ability not to have to go to a device so you are in charge again. Nature. There's a great book called, the nature fix. It has all kinds of studies on how nature makes such a difference in studying, well-being, interrelating and all of that. I got a question about journaling. I can't stand generally. There's many people that can't. I've torn up a diary as a kid. I think it is common. Journaling is not for everyone.

Sometimes journaling may be trying -- especially if you have sleep problems or anxiety, write down your thoughts. Don't make them legible. It doesn't have to be something you read. Download your thoughts. If that doesn't work, that's okay. It's not one size fits all. Find another practice that works better for you.

I'm glad that question came in. Sometimes we second-guess ourselves. I'm supposed to Journal and I hated. Pick something else. We have a poll that talks about which of these practices you may try. What appealed to you? There are some that I didn't specifically talk about but I would like to hear what you have. In terms of the ones I mentioned, looks like slowing down has the most appeal. The doodling and coloring is another one. You can buy adult coloring books or a child's coloring book. Coloring is a meditative practice. That's what it's good for kids. Focusing the mind. Looks like some people have picked everyone of these. The last one doodling and slowing down are the most. Here's a quick example. This was a year ago. I was working -- there's a path I walk on. I was in a hurry and wanted to get my walk in. Already not a good start to mindfulness. There's this guy walking in front of me and he's walking so slowly. It was so annoying. Why doesn't he hurry up. Then I caught myself. Paula, what are you doing? I recognized he was a gift to me in that moment. It made me slow down. Maybe I didn't walk as far but the quality of my walk was better and I was more effect. That's how powerful that can be. Thank you for playing the poll.

These are some suggestions. I have online resources. There are so many. These first two are the most popular. The InsightTimer is the largest free library of guided meditation. For sleep, calm, headspace the same thing and the founder of headspace. He was surprised how many people came to him and said, just with five minutes of that with some kind of meditation how much their lives changed. It would be great if you could do half an hour. If you can't do one minute a day consistently, set your alarm. Just breathe in and out. Look up other practices. Start slow and build up. Start to get some consistency first. There are others here that you can look. That Zentangle.com is an app that helps you look at that

doodling thing. You end up with a cool picture. Go on there and explore that. The Magellan website has all kinds of recorded webinars and podcasts and apps and articles of newsletters. It's a plethora of resources that you can use for this topic we are talking about today. Finally here are additional resources. I listen to some good podcasts. There are millions out there. Pick something. Explore. Find something that resonates with you and start to put it into practice more regularly. Than a few books here. Someone asked about the name of the guy who created that program at the University of Massachusetts. Jon Kabat-Zinn. That book has been around a long time. It's a good one. Here are other ones. There's one for kids here as well. You have access to the slides and you can have these resources. These are a few that came to mind for me that I think are good ones. We are at the end. I could spend another 8 hours with you. I'm sure you have things to do. I would love to hear from you and to know what you have taken away today. We will put up a poll. What are you committing to? When will you start? There are studies that show if you write down when you're doing this and share it with someone that the chances of you getting this goal is weight up. Just you writing this down makes a big difference. How will you start and when will you start? I suggest you start immediately. Many of you are writing things and. Less cell phone. That's music to my ears. That doodling thing. Make it fun. It doesn't have to be a big process. So many great things coming in. Trying different methods of meditating. That settling exercise. Slow down. Enjoy life. There's a thought. You have to be present to your life to enjoy it. Thank you for sending those in. We can move that poll over -- poll over. Here's two quotes for you. If you want to conquer the anxiety of life, live in the moment, live in the press. Let the breath expand. It can calm the central nervous system. Just reminding you. I cannot believe how fast this went. I'm so glad you were here to get a snippet of this mindfulness thing and take something away. Just a reminder you can contact me if you have interest in coaching or counseling. I do free consultations to see if it's a good fit and

learn more about you. Feel free to contact me in any way you want. I want to clarify one thing. I'm not a fighter through Magellan. I provide these trainings with Magellan but not a coach or counselor through Magellan. It would have to be through my private practice. You also have Bennett -- benefits through Magellan. I am done with the slide presentation. Jeannie, you can take it away if you like.

Thank you Paula. I can't believe how fast it went. Thank you for an incredible presentation. It looks like we have time for questions. I will turn it over to Paula for questions. I do want to remind everyone what a great resource you have your employee assistance program. To help you and family members. We are a community of experts to support you potentially as well as perks and digital resources. To help you with those daily juggles and sometimes struggles. We support you in living your best life. Many of you have been asking how to access our services. You can call your companies 800-number or the web 24 hours a day seven days a week. If you don't note your companies 800 number or web address, you can reach out to your human resource department or equivalent department for help they are. We have about seven minutes for questions. I will turn it over back to you Paula for questions. If you would like to submit a question for Paula, you can type it into the Q&A pod and Paula will get to as many questions as she can.

Thank you Jeannie. Such great questions. Let me pick out some of these. I wish I could answer all of them. Some are duplicates. How do you remind yourself to live in the present? That's a great question. A couple of things there. If you put something at your desk. I like old-school sticky notes. Put a sticky note on your computer that says, got presents or just the word breath. Put on the dashboard of your car. I have something that hangs from the dashboard of my car that says, slow down. You can do the math on that one. It swings back and forth sometimes. That's something that reminds me. Having something physical in your environment that you can focus on. One time I got a balloon for a birthday. This

balloon was a miracle balloon. It lasted months. I wanted to be more creative in my life and bring my creativity out. I made the balloon represent creativity. Every time I came down the stairs there was the balloon. I thought, creativity. You can do that with present as well. Thank you for that question. I have a hard time concentrating on coloring. I don't know how to relax. It's so true. When I moved to Colorado from New York City it took me years to relax. You have to practice. You have to try to let go. Had -- set a timer for five minutes. To a guided meditation. Here's a good one. I wake up in the middle of the night and think about things that make me worry and can't sleep. How do I stop those thoughts? I hope trainings on sleep. This happened to me last night. A few ideas. Don't stay there and toss and turn. If it's been 10 minutes or something, get up and read a book or something. Or you can do that journaling thing. Download those thoughts. So you are getting them out of your head and put you wrote on outside the door. That's one thing I will say. Starting with that. Don't stay in bed and don't look at the clock. These are important things. Practicing those breathing techniques. You can put your hand on your chest and breathe in and out to calm the central nervous system. Like what a good parent would say to their child. Wens the best time to do meditation? It depends. For many people it's in the morning. Everyone is rushing around but even if you do a minute or so you can start your day off well. For some people it's the end of the day. I can't do that because I usually fall asleep. It depends on the person. A few questions about, how do you practice this during work discreetly? A few things to consider. First breathing. You can do that at any time. Even in a meeting. Slow your breath down. There's a formula that comes to mind. Breathe into the count of six. Hold your breath to the count of three and breathe out to the slow count of six. You can do that with anyone noticing. And exercise you can do with listening is repeating. As I am talking, repeat to yourself my words. It will be with a second delay or something. That way if you got distracted it will bring you back to the moment. Another few practices. If you

are stressed at work and have anxiety or whatever, go wash your hands. Wash it off of you. That's a tool I love. Please you don't get sick in the winter. It's getting stuff off of you during the day. I think we are almost out of time.

Hardy stop distractions?

We can do one more question.

How do you stop distractions? You can do a pattern break where you realize you did that. You notice and snap your fingers and bring yourself back to some object that is in front of you. That's a quick and dirty about that. Want to leave you with one quote which summarize all of this. Can you let the mud settle so that the water can become clear? That's what we are talking about with mindfulness. Thank you everyone for being here. Use it and take it away and it will change your life and relationships. Take care everyone.

Thank you Paula. Thank you for a wonderful just amazing presentation. We appreciate you sharing all of your knowledge and experience on this topic. Such a gift to us. I have pulled up our satisfaction quote. Please rate your overall satisfaction with today webinar. Very satisfied, satisfied, dissatisfied, very dissatisfied so just click the radio button. Click one response and that will be recorded. You can also download that certificate of completion and the handouts are available for download. Someone asked about the name of that author for the book that Paula was talking about. That is in the slides. If you download the handout, that information is in the slides on the book resources. Definitely download those slides so you have that for future use. We are out of time. Thank you everyone for joining us today. This concludes our webinar.

[Event Concluded]