

MINDFULNESS:

**THE LIFECHANGING PRACTICE FOR LIVING A
HAPPIER, HEALTHIER LIFE**

Presented by PAULA FRIEDLAND, LCSW, CPCC

Our speaker: Paula Friedland

Credentials/education:

LCSW, CPCC – “coachapist”

Speaking Circles/ Soul Speaks

Trainer, speaker

Services I offer:

Individual sessions – phone, face to face, zoom, skype

Public speaking training – speaker training, workshops, conferences, organizations, teams

Keynotes, trainings, workshops, presentations



Objectives

Discover the many benefits of mindfulness

Explore the many practices and programs

Learn how to incorporate mindfulness into your daily life

Experience the power of being present



How to define MINDFULNESS

The practice of paying attention in the present moment, and doing it intentionally and with non-judgment

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.

Mindfulness is both a practice and a state of mind

The opposite of mindfulness:

distractedness, inattention, lack of engagement, AUTO-PILOT!

The BENEFITS of Mindfulness

General areas that are positively impacted:

Mental and emotional

Physical

Relationships

Overall wellbeing

Enjoyment of life

Mental and emotional benefits

Lower stress

Build resilience

Improve memory

Manage emotions

Reduce depression & anxiety

Boost self-acceptance

Sharpen focus

Increase attention span

Physical benefits

Reduces symptoms from illness

Improves Sleep

Lowers high blood pressure

Lessens pain

Supports your weight loss goals

Reduces health care costs

Relationship benefits

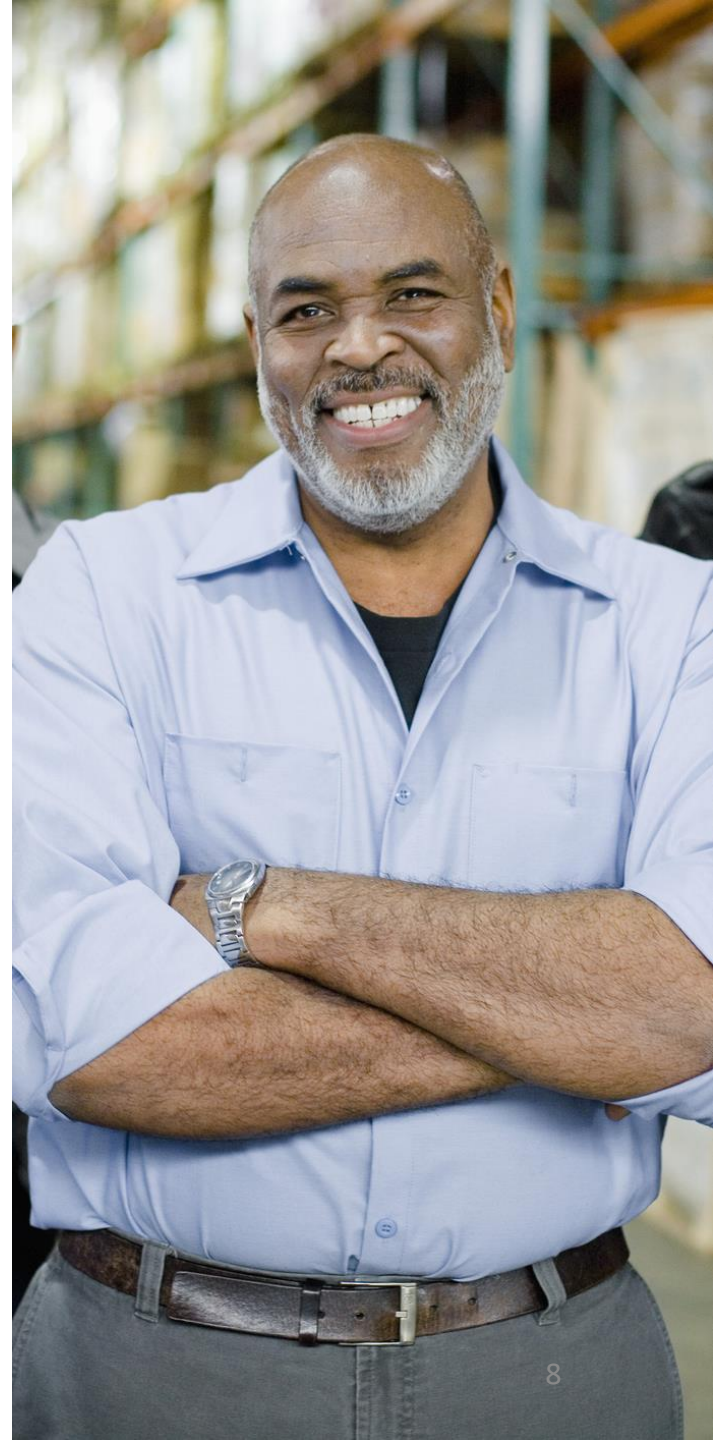
Experience more connection to others

Develop more patience

Become a better listener

Cultivate more compassion

Be more present in all your relationships



Overall wellbeing and enjoyment

As a result of being more mindful, you will:

Be calmer

Experience less worry

Appreciate the present moment and return to it

Experience a connection to something bigger than yourself

Strengthen your inner guiding system

Let things go easier



Mindfulness practices

Meditation

Breathing

Eating

Walking

Relational Presence

Beginner's mind

Slowing down

“Settling”

Focused activities

Coloring

Doodling



Meditation practices

Breathing

Eating

Walking



Mindfulness practices

Relational Presence

Beginner's mind

Slowing down

“Settling”

Doodling, coloring, journaling

Practical applications

During the day

During exercise

Waiting in line

Driving

Transitions between work/home

In meetings

In communication

In relationships

Slowing down

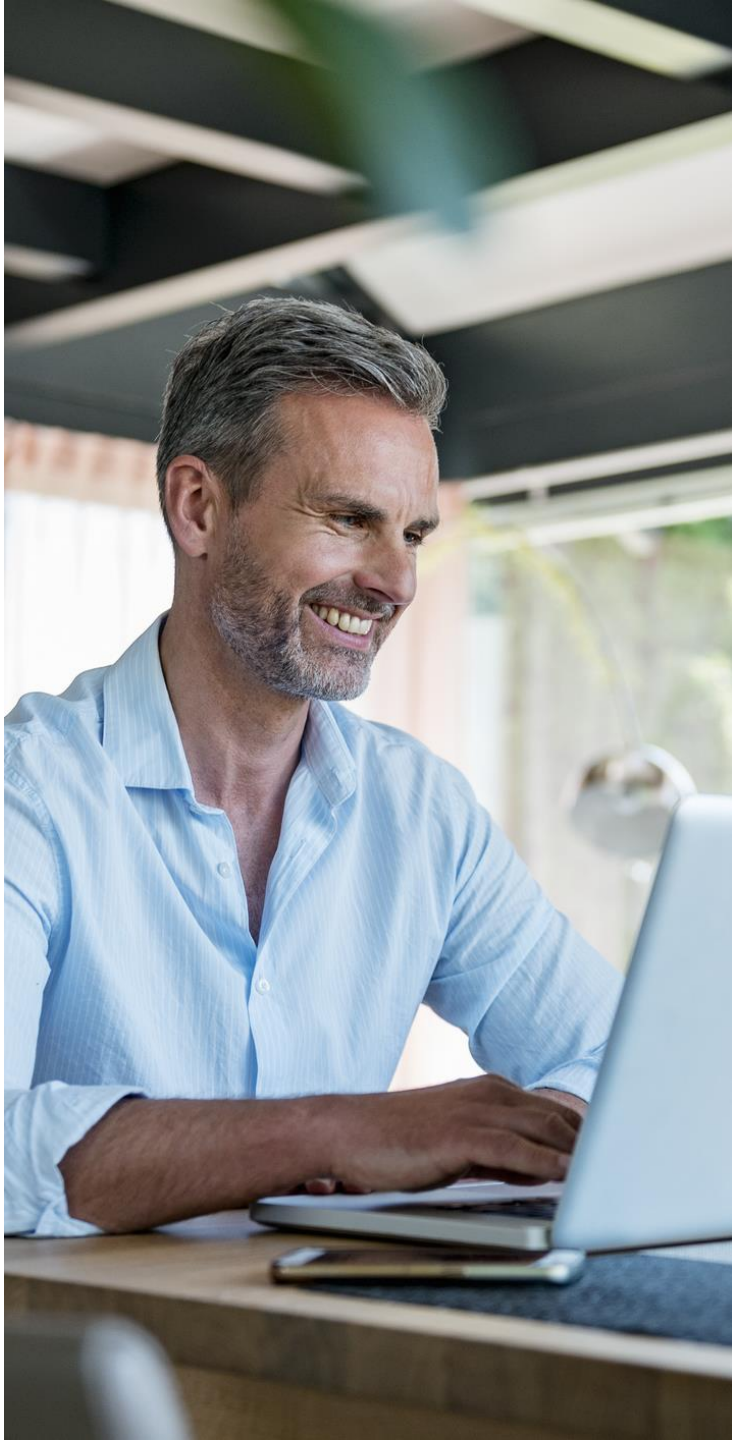
Unplugging

Time in nature

Morning ritual

Evening ritual

Others?



Mindfulness Apps and online resources

InsightTimer

Headspace

Calm

Jour: Journal for mindfulness

Simple habit: 5 min meditation

Zentangle.com

Magellan website

- Recorded webinars and podcasts

- Apps

- Articles/Newsletters

Additional resources

Meditation centers

Focused mindfulness programs (stress reduction, eating, etc.)

Podcasts

- On being

- Untangle

- Sounds True: Insights at the Edge

- The daily meditation podcast

- 10% Happier

Books on mindfulness

Wherever You Go, There You Are – Jon Kabat-Zinn

A Mindfulness-based Stress Reduction Workbook – Bob Stahl

A Year of Mindfulness: A 52 week guided journal to cultivate peace and presence – Jennifer Raye

The Little Book of Mindfulness – 10 minutes at day to less stress, more peace – Dr. Patrizia Collard

Ultimate Mindfulness Activity Book: 150 playful mindfulness activities for kids – Christian Bergstrom

Mindfulness is a PRACTICE

What are you taking away?

What are you committing to?

When will you start?

Small things done consistently!

*If you want to conquer the anxiety of life, live in the moment,
live in the breath.*

~Amit Ray

Walk as if you are kissing the ground with your feet.

~Thich Nhat Hanh

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***Decide what kind of life you actually
want.***

Then say no to anything that isn't that.



Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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Testimonials and mission

“I’m in a place I never knew was possible, or ever would have gotten to on my own, You’re one of my guiding angels.”

“Paula is my secret weapon in my life and career”

“Paula’s like my personal Sherpa—she helps me navigate the twists and turns of life. I have worked with her off and on for many years, and she’s always there to help me get up the next phase of the mountain, whatever that is.”

My mission: To cultivate a movement for greater, deeper, freer self-expression, one person at a time

My call to action: Change the world by being yourself