Mindfulness
THE WHAT | THE WHY | THE HOW

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BE
HERE NOW
Overwhelmed at Work
Overwhelmed at Home
Multitasking
Me... trying to excel in my career,
maintain a social life,
drink enough water, exercise,
text everyone back,
stay sane, survive
and be happy.
THE
What
Mind - less - ness
Just Listen
Mind Full, or Mindful?
mindfulness

being present
without judgment
in every moment
THE

Why
Left brain vs. Right brain
The Brain
Upstairs and Downstairs

The Frontal Lobe
(the upstairs brain)

The Amygdala
(the downstairs brain)
Upstairs Brain:
- under construction until the mid-20s
- analytical
- rationalizes
- thinks before acting
- empathizes
- focuses
- in control of thinking and acting
Downstairs Brain:
- cave man brain
- flight-flight-freeze
- basic functions like blinking & breathing
- acts before thinking
- emotional reactivity
- one point of view
- not in control
- yells, argues, or runs
The Hand Model of the Brain

What happens when we “flip our lid”

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We “flip our lid” and can no longer access the functions provided by the upper brain.

Your brain working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mid brain, making it feel safe.

Upper and lower parts of the brain are no longer connected and talking. Logic no longer influence emotions. You’ve “flipped your lid”.

Cerebral cortex
Prefrontal cortex
Upper brain
“Logic centre”
“Thinking brain”
“Upstairs brain”

Brain Stem
Reptilian brain
Basic functions
Hind brain

The Cerebellum or Limbic Regions
Hippo campus
Amygdala
Mid brain
“Big feelings”
“Cave man” brain
“Downstairs brain”
Information dump from the Central Nervous System
Neuroplasticity
STIMULUS
AND
RESPONSE

BETWEEN
THERE IS A SPACE.

IN OUR RESPONSE LIES OUR GROWTH AND OUR FREEDOM.

IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE.

- VIKTOR FRANKL
5 Top Benefits of Mindfulness

**MORE PATIENCE**
In our lightning-fast instant gratification culture, it’s easy to get distracted. Mindfulness teaches us to practice patience so it comes more naturally to us when we need it.

**BETTER FOCUS & PRODUCTIVITY**
It’s tempting to get caught up in social media, interruptions, and unhelpful thoughts. Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them.

**INCREASED COMPASSION**
Mindfulness broadens compassion for ourselves and others by helping us suspend self-judgment and bring our attention back to the present moment.

**HEIGHTENED BODY AWARENESS**
We tend to lose awareness of what our body is feeling when we get too busy or distracted. With mindful awareness, we can listen to our bodies and react in healthier, purposeful ways.

**LESS STRESS & ANXIETY**
By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety.
EMOTIONAL INTELLIGENCE

- Social Skill
- Self Awareness
- Self Regulation
- Empathy
- Motivation
THE How
MINDFULNESS

- Smile
- Breathe
- Cloud Gazing
- Exercise
- Spend time with nature
- Walk barefoot
- Open Mind

- RELAX RELAX RELAX

- Positive Thinking
- Chat with friends (listen)
- Take a bath
- Take the dog for a walk

- Plant
- Cook

- FORGIVE FORGIVE FORGIVE
MINDFUL EATING

- Take it SLOW!
- Chew more
- Set the fork down between bites
- Take a breath
- Sit at the table
- Eat on a plate
- Ignore health claims
- Close your eyes
- Share a meal with family
- Eat with your non-dominant hand
just breathe
live every day with intention.
positive affirmations
mindset
kindness
gratitude
Sites & Apps

Go Noodle  www.gonoodle.com
Mind Yetti  www.mindyet.com

Breathe+  Simple Habit
Breathe & Breathe Kids
Calm  Headspace
let go

just be

be present

no expectations
Mindfulness

- Positive thinking
- Greater immunity
- Happy life
- Healthy heart and mind
Give yourself a break
Give yourself credit
Give yourself time
Give yourself attention
Give yourself love
Give yourself power
Give yourself to YOU
Thank you!

Free Virtual Mindfulness Class for Kids K-5th
Wednesdays at 5:00PM EST

sponsored by

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