

Mindfulness and Self-Care

Fortify

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Outcome

I choose my response.

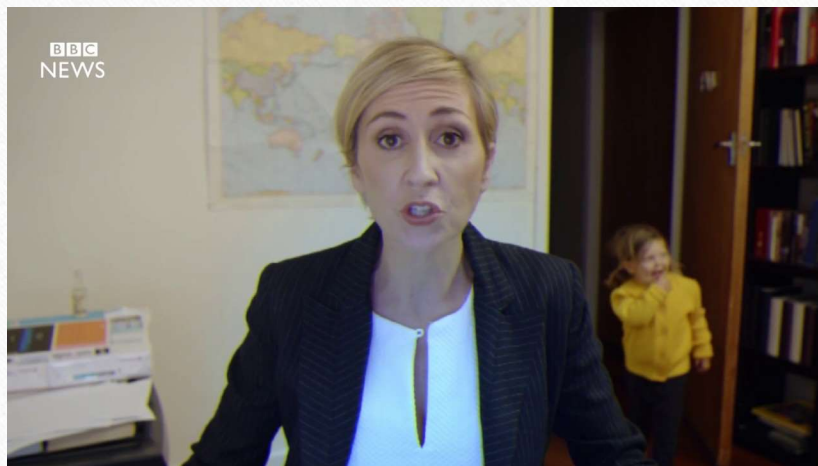
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor E. Frankl, *Man's Search for Meaning*

Current Reality

- Pandemic – anxiety for family, for our organization and clients, for our world
- Leadership challenge – delivering on mission, adapting and innovating, holding space, and making payroll
- Burnout - already a significant issue in nonprofits
- Personal challenge – staying well, managing with grace and ease

A Balancing Act



A Silver Lining?

WHAT NEW HABITS ARE KEEPERS?

Zoom and your dog and your grandma. Productivity on a micro scale and respect for others on a macro. Kindness and cleanliness and salad. Welcome to Life 3.0. When the world came to a screeching halt and the tyranny of time lost its grip, you found a way to navigate a new path that has brought you fresh perspectives. Using Instagram, we asked you to tell us in one sentence about a change you've made that you hope to keep up.

Carving out unstructured time to make art. Lindsay, 27, Koreatown, Los Angeles

Finding a job that allows me to work from home. Yumi, 23, Los Angeles

To continue to appreciate those who do for others, and do so myself. Chloe Stella, 32, Los Angeles

Take time to appreciate the slow-growing plants. Brian DeGeer, 33, Long Beach

Have more time to continue baking & cooking with my son. Lorena Ocampo, 37, Gardena

Tidying my bedroom every morning. Kristine Clasen, 34, San Francisco

Wake & bake & meditation. Jack Martinez, 39, Huntington Park

Zoom morning coffee with my Nana.

Been connecting with a lot of followers on IG. I'd like to keep in touch with them.

Walking more! Hitting 10k steps a day. Miranda Abney, 27, Los Angeles

Staying in touch with friends I would normally 'call next week.' Ruby York, 31, Los Angeles

“New Normal” Choices

- Mindfulness
- Emotional Intelligence
- Compassionate Leadership
- Self-Compassion
- Self-Care

Mindfulness

- Mindfulness is the intentional cultivation of nonjudgmental moment-to-moment awareness
- The intentional use of attention
- A kind of self awareness – a disciplined way of learning to pay attention to all that is arising within

Mindfulness
is a
cornerstone
of
Emotional
Intelligence

Emotional Intelligence Components

	Self	Others
Mindfulness	Stage 1: Self-Awareness <ul style="list-style-type: none">• “Filter”• Consciousness of Ability to Choose Emotions, Beliefs, Behaviors, and Actions	Stage 3: Social Awareness <ul style="list-style-type: none">• Intent versus Impact• Perception Shifting• Understanding others• Organizational and community awareness
Empowerment	Stage 2: Self-Management <ul style="list-style-type: none">• Event+Response=Outcome• Change Beliefs & Behaviors• Choosing Emotions• Deciding and Acting	Stage 4: Relationship Management <ul style="list-style-type: none">• Influence• Conflict Management• Collaboration and cooperation

Breathing

Let's do this together.



Practicing Mindfulness:

EXERCISE

Pay attention to your physical health by exercising and notice how it reduces stress.



TAKE A DEEP BREATH

Breathe in deeply and notice the rise and fall of your breath as you exhale.



IMAGINE PEACE

Close your eyes and focus on a peaceful place.



OBSERVE EMOTIONS

Become aware of your emotion and the physical components of it, then label the experience.

EMBRACE THE MOMENT

Focus on one thing in the moment and give it all your attention (One Mindfully).

PRACTICE WILLING HANDS

Un-clench your hands, turn them palms up and relax your fingers.



TAKE A MINDFUL WALK

Reconnect with your body and focus breathing during a slow and purposeful walk.



CONNECT WITH NATURE

Observe what is occurring around you by watching birds, feeling the breeze and smelling plants.



Anchoring

- An **Anchor** is a trigger or stimulus that retrieves a desired emotional state
- A great example of an anchor is when you hear a piece of music that brings back an emotion or feeling associated with something that you were doing
- Create your own anchors - find times and situations that call you to mindfulness





Self-care

- The practice of taking an active role in protecting one's own health, well-being and happiness
- If you neglect your own needs you are in danger of deeper levels of unhappiness, low self-esteem, and feelings of resentment. If you spend your time only taking care of others, you can be at risk of becoming burned out
- Investing in one's own emotional, mental, physical, and spiritual well-being



Body Scan

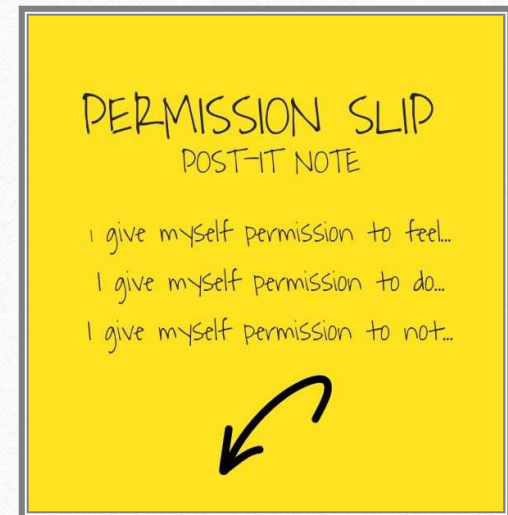
- Sit quietly and do a 'body scan'.
- Take a deep breath, and beginning with your feet, check in with each part of yourself, working upward.
- Ask what your body might need.
- Question it in the role of a loving friend, with an attitude of curiosity and compassion, without judgment.
- Just ask it - and see what it says.

25 Easy *Self Care* Activities

- Go for a walk
- Create something (write, paint, bake, knit)
- Listen to music
- Play with pets
- Learn a new hobby
- Talk with a friend
- Read
- Watch a movie
- Count things you are grateful for
- Have a warm shower/bath
- Ask for a hug
- Journal
- Sit in the sun
- Do yoga/stretch
- Visualization/grounding activities
- Diffuse essential oils
- Grow a plant
- Listen to a podcast or Ted Talk
- Take a nap
- Enjoy a cup of coffee, tea or hot chocolate
- Pamper yourself (body lotion, pedicure, manicure)
- Watch a funny or interesting Youtube video
- Make a vision board
- Write a bucketlist
- Make a date with a friend/partner

Permission Slip

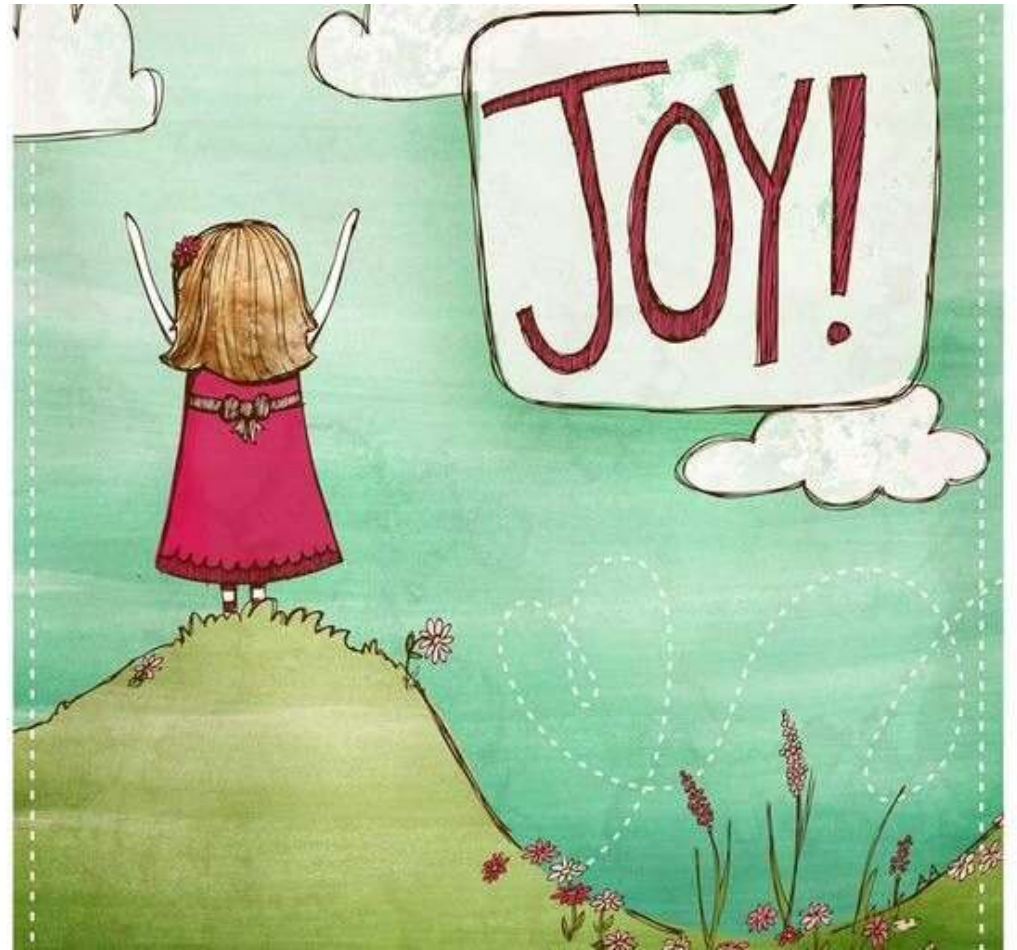
- What excuses do I usually give to stop myself from spending time on self-care?
- **Permission slips** give us a practical and familiar way to think about what might get in the way of us talking about how we feel, asking for what we need, or trying something new. Their primary function is to serve as explicit intention setting.
- What permission do I give myself related to self-care?



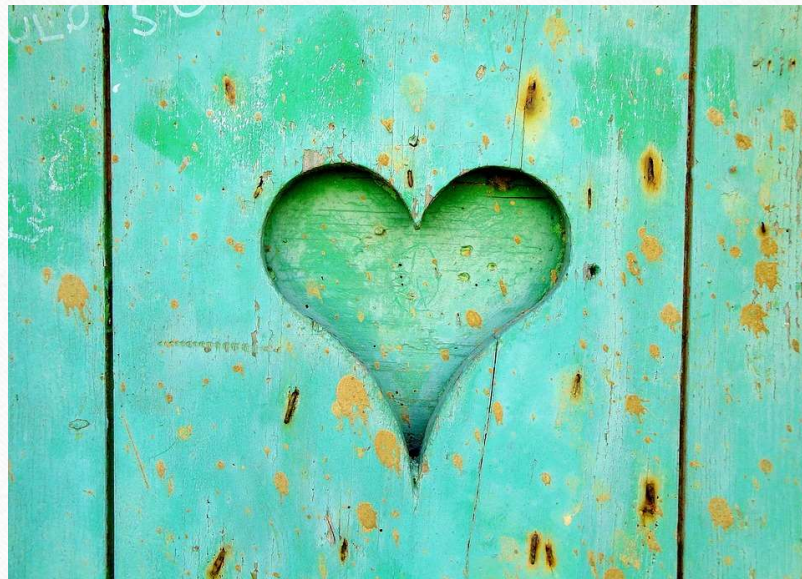
What makes me come alive?

- What nourishes us is as unique as we are.
- The more we know our self, the better we can take care of our self.

What brings me joy?



Mindfulness and Self-care



Resources

- Ellen M. Bard, This is for you: A creative toolkit for better self care, 2018, Watkins Publishing.
- Dr. Brene Brown, <https://brenebrown.com/>
- Dr. Jon Kabat-Zinn, <https://www.facebook.com/kabatzinn>
- Dr. Shauna Shapiro, Santa Clara University, Mechanisms of Mindfulness, Journal of Clinical Psychology.
- Dr. Leah Weiss, Stanford, <https://www.gsb.stanford.edu/insights/bringing-mindfulness-your-career>
- UC Berkeley, <https://greatergood.berkeley.edu>
- Dr. Danell Scarborough, dscarborough@sandiego.edu