



Mindfulness for Business & Personal Success

- Visit the newsletter page at SternChiro.com for videos on Deep Breathing, Meditation, Goal Setting & Affirmations, Hour of Power, Chiropractic and many more health and wellness topics.
- Sign-up for our monthly newsletter and receive health and wellness videos in you inbox each month.

What is Mindfulness?

- The quality or state of being conscious or aware of something.
- 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, used as a therapeutic technique.
- In other words, being present
- “Mindfulness is just slowing down, closing your eyes, or in some cases opening your eyes when you need to most. Some people say “I don’t have time to meditate or be mindful” but in most cases the creativity, clarity, perspective one gains from meditation and being mindful is far more valuable than the time it takes to actually do so.”

- Lourdes Paredes – *Illumine Magazine*

How I was introduced to Mindfulness (and tools you can use as well)

- Chiropractic
 - Regular chiropractic care helps you tune into your own body and then connect with the world around you so that you can be present
- Daily Meditation
- Yoga
- Tai chi
- Karate
- Personal Development Work
- Daily Affirmations & Goal Setting
- Hour of Power
- Life Events – learn by your mistakes
- Peaceful Warrior Movie – a must watch

Benefits of Mindfulness – Health, Relationships & Work Health (Psychological, Mental & Physical) Benefits

Psychological Benefits

- Reduced Stress
- Decreased Depression
- Less Anxiety
- Improves Emotional Regulation

Mental Benefits

- Improved Mental/Academic Performance
- Improved Focus
- Reduces of Memory Loss
- Decrease in Negative Effects of PTSD

Physical Benefits

- Decrease in Inflammation (↓ Stress → ↓ cortisol → ↓ inflammation)
- Reduces Heart Disease
- Fights Pain
- Reduction of Arthritis Symptoms
- Aids Weight Loss
- Improves Sleep
- Shortens Cold and Flu Duration

Source: <https://www.inspiremalibu.com/blog/healthy-living/the-mental-and-physical-benefits-of-mindfulness-meditation/>

Relationship Benefits

- Greater levels of connection, satisfaction & joy in personal relationships
- Employees feel heard and are happier in their workplace

Where does this fit into the workplace?

- Recognize problematic or positive situations easier
- Evaluate situations more clearly, less bias & less emotion
- Ability to address situations with a more clear perspective
- You will be happier with how you addressed a situation and the outcome
- Provides greater insight into conflict resolution

How do I get started?

- Deep Breathing (watch my video, lunch & learn, read books online resources)
 - Take time to focus on your breathing, not only will it help calm & slow you down but it will also get you started on the practice of being present & tuning into the moment
- Meditation (watch my video, lunch & learn, read books online resources)
- Mission, Vision & Goals – having a clear picture of where you want to go will help you see where things can be improved.
- Think about situations that you may not have handled as well as you would have liked, evaluate the situation & in hind sight, accept & be ok with things you do not feel you handled as best as possible & see how it could have been done better. Meditate on this.
- When a situation arises, instead of immediately taking action, take a step back, take a couple deep breaths, clear your head & focus/be present (this takes practice, so start practicing now)

Additional Resources:

Stern Chiropractic Newsletter Archive: www.SternChiro.com/news/

The Power of Now by Eckhart Tolle

The Peaceful Warrior by Dan Millman