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**Increasing Self-Awareness to Boost  
Confidence, Success & Mental Well-Being  
Wellness Workshop**

*With Lisa Farley – Founder of Flurish Wellness*

# ABOUT ME



- ◆ Founder of Flurish Wellness
- ◆ Certified Integrative Nutrition Health Coach and in Positive Psychology, & Registered Yoga Instructor, INHC, AADP, ERYT-200
- ◆ Specializes in Preventative Health, Longevity, & Well-Being
- ◆ Corporate Wellness Expert



# One Minute Meditation

Before we start, lets relax ...



# Flurish: Cultivate Well-Being

- ◆ Being Healthy & Active
- ◆ Feeling Happy and Content
- ◆ Coping with the Normal Stresses of Life
- ◆ Know Yourself
- ◆ Working Productively and Fruitfully
- ◆ Realizing Achievements & Abilities
- ◆ Mutually Balanced Giving Relationships
- ◆ Making a Contribution to Community



# Challenges

- ◆ Working Long Hours
- ◆ Irregular Work, Personal & Eating Schedules
- ◆ Lack Of Energy & Focus
- ◆ Not Enough Time
- ◆ Not Sure Where to Start
- ◆ Information Overload
- ◆ Clarity on Expectations



# Ways to Support You

- ◆ Create a Daily Schedule / Routine
- ◆ Integrating Regular Self Care
- ◆ Deep Breathing, Relaxation & Mindfulness Techniques
- ◆ Maintaining Good Sleep Hygiene
- ◆ Healthy Eating with Fresh Foods
- ◆ Incorporating Regular Movement
- ◆ Taking Breaks, Time Off & Unplugging



# Healthy Lifestyle Benefits

- ◆ Reduces Stress and Anxiety
- ◆ Increases Energy, Mental Alertness & Clarity
- ◆ Boosts Immune System, Overall Health, & Increase Longevity
- ◆ Improves Mood, Confidence, Team Unity and Satisfaction Within our Work and Home Environments





INCREASING SELF-AWARENESS



# What is Self-Awareness

- ◆ Self awareness may be the new key to both workplace success and mental health. But what exactly is this phenomenon?
- ◆ Researchers have described self-awareness as **the ability to focus one's attention on themselves and to, in turn, self-evaluate.**
- ◆ In the past, self awareness has gained a negative reputation due to connotations with depression and dysfunction, new research has begun to shine light onto the abundant benefits self awareness can have especially in the workplace.



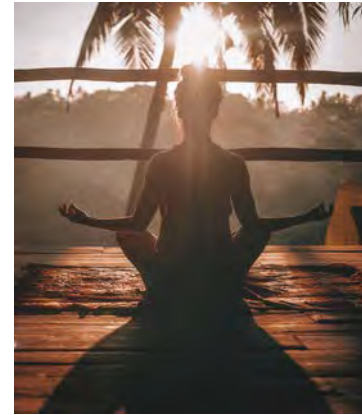
# Self-Awareness Involves Seeing Ourselves Clearly

- ◆ Getting down to the fundamentals of self awareness is not as straightforward as you may think.
- ◆ Various definitions have been debated throughout the last century.
- ◆ Some scientists have said that self awareness is a version of self-consciousness. Others call self awareness the comparison of how we see ourselves versus how others see us.
- ◆ Still others think self awareness is the ability to monitor our own inner feelings.



# Internal Self-Awareness

- ◆ Internal self awareness can be described as how we perceive ourselves in relation to our values, emotions, strengths, weaknesses, and environment.
- ◆ According to Harvard Business Review, **internal self awareness has a positive association with work and relationship satisfaction, perceived levels of self control, creativity, and general happiness.**
- ◆ Taking the time to understand yourself can therefore be a proven form of self care.



# External Self-Awareness

- ◆ External self awareness, expresses the ways in which others view us in relation to our values, emotions, strengths, weaknesses, and environment.
- ◆ Those skilled in external self awareness are **more likely to demonstrate higher levels of empathy, allowing them to better relate to others.**
- ◆ The benefits of external self awareness are evident especially in the workplace. Job satisfaction, higher-performing employees, and greater productivity are only a few of the many benefits of self awareness.



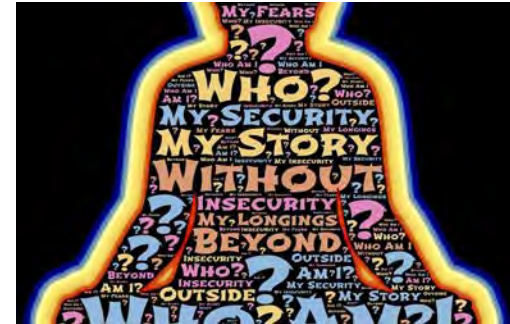
# Self-Awareness and Leadership

- ◆ Being self aware helps you to not only better rate and understand your own leadership abilities, but these more accurate understandings transfer to the ways in which your employees view you.
- ◆ If you understand your own strengths and weaknesses, you are more likely to be a better leader with more satisfied workers.
- ◆ External self awareness specifically produces more effective leadership as well as more satisfied workers.



# Balancing Both Types of Self Awareness

- ◆ We need both internal and external self awareness.
- ◆ Just because you may perceive yourself as skilled in one type of self awareness does not necessarily mean those skills transfer to both types.
- ◆ Being able to both internally understand yourself and gain comprehensive feedback on how others perceive you are exceptional skills to own in any environment.
- ◆ Remember, those who are truly self aware will know the importance of balancing the two.



# The Value in Having Self-Compassion

- ◆ Instead of chastising ourselves, we should practice self-compassion: greater forgiveness of our mistakes, and a deliberate effort to take care of ourselves throughout times of disappointment or embarrassment.
- ◆ The scientific evidence suggests it can increase our emotional resilience and improve our health, wellbeing and productivity.
- ◆ Importantly, it also helps us to learn from the mistakes that caused our upset in the first place.





- ◆ Having love and compassion for oneself is not only not selfish, it's actually a great way to make sure you're doing the best you can and impacting others positively.

# Examples of Healthy Self-Love and Self-Compassion

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# Healthy Self-Love and Self-Compassion

- ◆ A generally high-achieving student who fails a test but tells herself, “It’s alright, we all fail sometimes. You’re still a pretty good student overall.”
- ◆ A father who loses his temper and raises his voice to his child might tell himself, “You’re not a bad father, you just lost your temper. Everyone loses their temper once in a while. I’ll apologize to my child, forgive myself, and commit to doing better in the future.”



# Healthy Self-Love and Self-Compassion

- ◆ A wife who lets slip something insulting about her mother-in-law to her husband shows self-compassion by thinking, “Everyone makes mistakes. I made a mistake and I feel bad about it, but it doesn’t make me a bad person.”
- ◆ A person who forgets about meeting up with a friend and feels terrible about it might show herself love by saying, “I can be forgetful sometimes, but I’m always forgiving when a friend forgets something, so I’m going to be forgiving to myself as well. I am still a good friend and I will plan to make it up to her.”



# Healthy Self-Love and Self-Compassion

- ◆ An employee who does not receive the promotion he was hoping for would show himself compassion by telling himself, “Getting this promotion does not define you. You are still a great person and a good worker, you just need to put some effort into improving your skills in a few areas. You’ll get it next time!”
- ◆ These individuals are certainly not narcissists or cold-hearted, unfeeling people; they are simply treating themselves like they would treat a friend in a difficult time.





# A Sense of Self-Awareness

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- ◆ A Useful Tool for Combating Psychological Distress.
- ◆ The busyness or chaos of the world can disconnect us from our purpose and joy.

# The Joy of Learning About Ourselves

- ◆ The process of learning about yourself can actually be really fun.
- ◆ Many of us lose the sense of wonder and awe we once had for the world—particularly the ordinary moments.
- ◆ As a child, joy can seem limitless. But as we grow older, it's easy to become jaded.
- ◆ We become entrenched in work, distracted by technology, and over time, may even lose a sense of self.



# The Importance of Self-Awareness

- ◆ The importance of self-awareness goes beyond well-being and mental health to include substantial impacts on day-to-day functioning.
- ◆ Not only has it been shown to improve performance in daily tasks, despite stress, but it may even lower the risk of burnout.
- ◆ Think about it: The more self-aware you become, the more likely you are to take necessary breaks and tend to your needs in a way that's restorative.



# Self-Awareness & Mindfulness

- ◆ Self-awareness and mindfulness is associated with higher degrees of confidence, happiness, and overall wellness.
- ◆ When you are more emotionally regulated, you have more mental space for creative and positive thinking and are more adaptable to the changes in life.



# Mindfulness – The Most Important

- ◆ Mindfulness is what allows us to become aware of our negative self-talk and identify our difficult feelings and thoughts in order to confront or address them with love and compassion for ourselves.
- ◆ Mindfulness is often the first step toward self-compassion, and noted that mindfulness and self-compassion combined can take the benefits far beyond what simple mindfulness or self-compassion alone can bring.







- ◆ This process “inner bonding” and notes its powerful healing abilities— all you need to do is practice these steps regularly to gradually enhance your ability to love yourself.

# Tips for Practicing Self- Love & Self- Compassion

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# Treating Yourself Like a Good Friend

- ◆ Perhaps the single best way to provoke compassion for yourself is through this exercise: treating yourself like a good friend.
- ◆ It's easy to give our friends love, compassion, and understanding, even when they fail or make a mistake. It can be much harder to extend that same understanding and compassion to ourselves when we make a mistake.



# Self-Compassion Break

- ◆ Another good exercise to help you improve your understanding and love for yourself is the Self-Compassion Break. It will only take a few minutes, but it can make a big difference.
- ◆ To begin, bring to mind a situation in your life that is causing you stress or pain. Think about this situation and how it makes you feel, both emotionally and physically.



# Exploring Self-Compassion Through Writing

- ◆ This three-part exercise can be especially helpful for those who like to write or are particularly adept at expressing themselves via the written word.
- ◆ However, even if you're not a proficient writer, this exercise is a great opportunity to practice some self-compassion.



# Changing Your Critical Self-Talk

- ◆ This exercise is meant to be practiced over the long term and will require several sessions to be truly impactful on your compassion for yourself.
- ◆ It is vital that you keep up on these three steps, but the reward for doing so will be well worth the time you spent.



# Identify What You Really Want

- ◆ Another three-part exercise can help you to figure out what you want and motivate yourself to achieve it in a healthy and effective way.
- ◆ This exercise also must be practiced regularly to experience the full benefits it can offer.



# Guided Meditation

- ◆ Guided meditation can also be a great way to enhance your self-compassion.
- ◆ Click [here](#) to listen to or download several unique self-compassion focused guided meditations.





- ◆ The Joy of Learning About Yourself - The process of learning about yourself can actually be really fun.
- ◆ If the busyness or chaos of the world has disconnected you from your purpose and your joy, here are a few ways to reconnect:

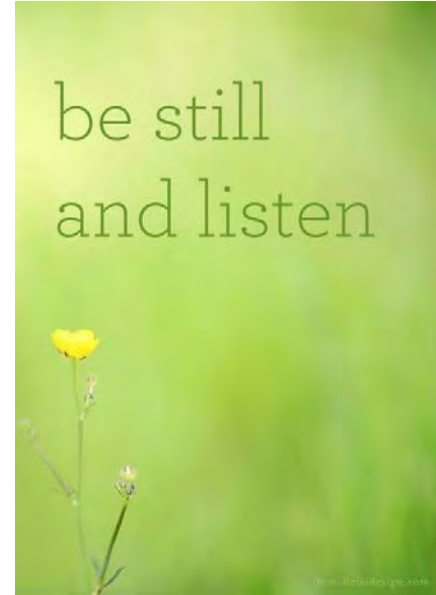
# 5 Ways to Become More Self- Aware

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# 1. Be Still and Listen

- ◆ Being still is the first step to becoming self-aware, and it may also be the hardest.
- ◆ Spend at least five minutes every day in your own thoughts, listening to your breath, and becoming aware of your body.
- ◆ Being mindful of what comes through in those moments, and in our day-to-day life, helps us to be more grounded and connected with others.
- ◆ Be sure to let the thoughts pass through you without judgment or interference. Simply listen.



## 2. Take a Personality Test

- ◆ Whether it's the [Enneagram](#), the [Myers-Briggs type indicator \(MBTI\)](#), or a quiz on [introversion versus extroversion](#), personality tests can be a fun and useful way to understand your inner workings.
- ◆ Personality tests can provide insight into who you are and how you relate to others, your strengths and weaknesses, and what are your likes and dislikes.
- ◆ One of the best features of a personality test is how you best receive information, which can be valuable in personal and professional relationships.



# 3. Figure Out Your Love Languages

- ◆ The five love languages (words of affirmation, quality time, receiving gifts, acts of service, and physical touch) were developed by Gary Chapman, Ph.D., as a way to describe how people give and receive love.
- ◆ We all may relate to most of these languages, but each of us has one that speaks to us the most.
- ◆ Learning which one speaks to you most can nurture intimate relationships by helping a partner better understand your needs. While you're at it, find out what your [apology language](#) is, too.



# 4. Dig Into Your Astrology Sign

- ◆ Ever read about your horoscope and get lost? Perhaps you've memorized your star sign but haven't done a deeper dive on your rising sign, your astrological element, or what it all really means.
- ◆ A birth chart is a good place to start, then you can determine what 2021 has in store for you.



Aries



Taurus



Gemini



Cancer



Leo



Virgo



Libra



Scorpio



Sagittarius



Capricorn



Aquarius



Pisces

# 5. Consider Therapy

- ◆ Stopping unwanted, negative, and intrusive thoughts is a critical component of learning to love oneself.
- ◆ Our own inner voice is often our harshest critic, but we can learn to talk back and break that negative loop.
- ◆ That process may be harder for some than others, particularly those dealing with mental health issues.
- ◆ Finding a therapist to help you become more mindful, self-aware, and provide you with the tools to break negative patterns may be beneficial if other practices don't seem to be working, or you need extra support.
- ◆ It takes time and practice to become more connected and self-aware, but anyone can achieve it.

# Next Steps

- ◆ What is the Easiest Next Step You Can Take to Support Better Balance in Your Life?
- ◆ What Is The Easiest Next Step You Can Take To Support Your Health?
- ◆ Focus On This Step Until It Feels Like A New Habit
- ◆ Pick A Next Step To Take





**Physical Wellness:** The forefront of any wellness regimen and encompasses everything from physical activity level and the nutritional value of your diet to the quality of your sleep. Optimal physical wellness directly impacts the way you think and feel.



**Mental & Emotional Wellness:** Covers everything from mental health and self-esteem to intimacy and the healthy expression of emotions. As humans, we possess a complex set of emotions that equip us for connecting with others, living with a sense of morality, and acting as functional members of society.



**Spiritual Wellness:** Productive and healthy individuals seek meaning and purpose to nourish their lives. Spiritual wellness encompasses this idea, encouraging you to live by a guiding set of principles and belief systems that can help you approach life with a positive mind-set.



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