



5 TIPS for MINDFUL MEDITATION

MEDITATION = A practice of turning your attention away from distracting thoughts toward a single point of reference (e.g., The Breath, Bodily Sensations, Compassion, A Specific Thought, etc.)

JUST GO FOR IT

While our senses and surroundings do contribute to relaxation, the “perfect” environment is not necessary to get started.

PRACTICE EXTENDED FOCUS

As you listen to your guide or meditate on your own, try to focus on your breath in order to keep from fidgeting or feeling anxious about the next step.

NOTICE YOUR BREATH AND THE SENSATIONS IT CAUSES IN YOUR BODY

You will gain a heightened awareness that contributes to both your physical and mental well-being.

DON'T JUDGE YOURSELF FOR “NOT DOING IT RIGHT”

Meditation is a personal, individualized, and introspective practice. It's also a chance to practice self-compassion.

APPRECIATE THE WORK YOU DID AND BE KIND TO YOURSELF

Show gratitude for yourself and bring the mindfulness that you've cultivated into the next action of your day.

MINDFUL MEDITATION is the practice of acknowledging the conflicting thoughts in your brain and then choosing where you'd like to focus your thoughts. You can learn to observe the thoughts as they appear and take note of any patterns or sensations that come up in the body.

The goal is not to empty your mind; it's to understand and take control of how your thoughts contribute to the way you feel. This can help you live more consciously outside your practice, instilling mindfulness, alertness, and awareness.

Source: The Institute of Integrative Nutrition



5x5 Box Breathing Technique

When afraid, anxious or angry, people tend to breathe shallowly or even hold their breath. Box breathing, also known as four-square breathing or square-box breathing, is a technique that can help calm your thoughts and release pent-up tension. Proper breathing also boosts lung function and overall health, but best of all, it's a simple technique that's easy to learn and one you can do anywhere.

Uses

Box breathing can teach you how to handle even the most stressful of situations by focusing on deep breathing. Box breathing is one technique used to help combat travel anxiety, whether it's fear of flying or driving in heavy traffic, and can also help students fight test-taking anxiety. Deep-breathing exercises like those used in box breathing are a way to manage anger and are helpful for children with anger issues, helping teach them social responsibility. Psychologists teach box breathing with meditation to cultivate awareness of thoughts, feelings and sensations within and around you, and it can be a useful tool to fight insomnia.

The Technique

Box breathing combines deep breathing with simple counting. First, inhale your breath slowly for a count of five. Then, pause for half a moment before the exhale. Release the breath all the way out slowly, calmly, and evenly through the nose, on a count of five. Again, pause here for a half second before taking the next inhale through the nose. Repeat the cycle 4 more times for a minute to help you relax. Always breathe from the lower belly instead of from the upper chest. It may help you to place one or both of your hands on your abdomen or sides to feel the lower part of your abdomen rise as you breathe in.

How It Works

When your body is stressed, it creates the "fight or flight" response, causing your heart and breath rates to rise and your blood vessels to narrow, restricting blood flow. It's thought that breathing and meditation affect your parasympathetic nervous system, slowing your heart and breathing and improving blood flow and digestion. Breathing and meditation also affect the brain and help improve your mood, your ability to pay attention and how you perform everyday tasks.

Tips

When you're first learning box breathing, practice in a quiet setting in loose clothing so you can concentrate on the technique. Make sure you're in a comfortable position, whether it's sitting or lying down. Scan your body for any signs of tension and keep your head, neck and shoulders relaxed as you breathe in and out. It may help to add positive, affirming thoughts, to focus your attention on an object or an image in your mind, or to repeat a mantra like the traditional "ohm" of Eastern traditions. The more you practice, the easier it will be to use the technique in stressful settings.

The Breathing App: [https://eddiestern.com/the-breathing-app/?mc_cid=b8bcd726d6&mc_eid=\[UNIQID\]](https://eddiestern.com/the-breathing-app/?mc_cid=b8bcd726d6&mc_eid=[UNIQID])



Incorporating Healthy Strategies to Better Manage Stress Wellness Workshop

Lisa Farley
Founder, Chief Healthy Person
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

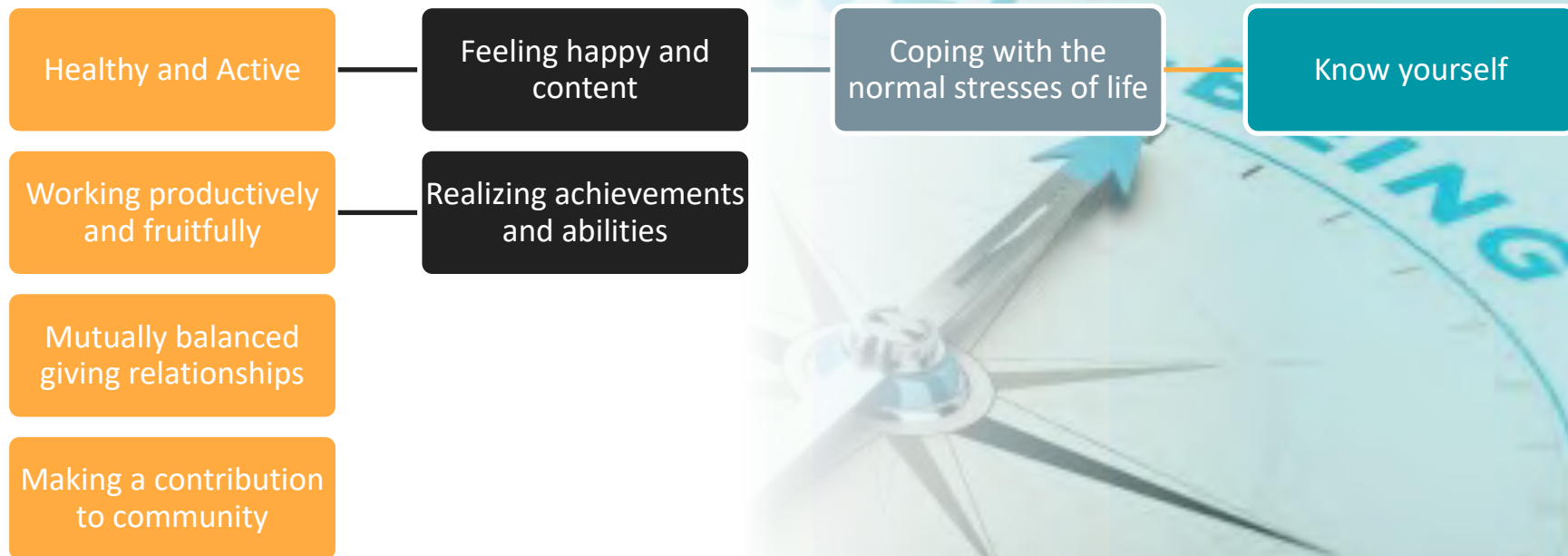


One Minute Meditation

Before we start, lets relax ...



Well-Being: Definition



Challenges

- ◆ Working Long Hours
- ◆ Lack Of Energy & Focus
- ◆ Irregular, Work, Personal & Eating Schedules
- ◆ Not Enough Time
- ◆ Not Sure Where to Start
- ◆ Information Overload
- ◆ Lack of clarity in expectations



How to “Support Yourself”

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



Healthy Lifestyle Benefits





Stress: The Body and Health

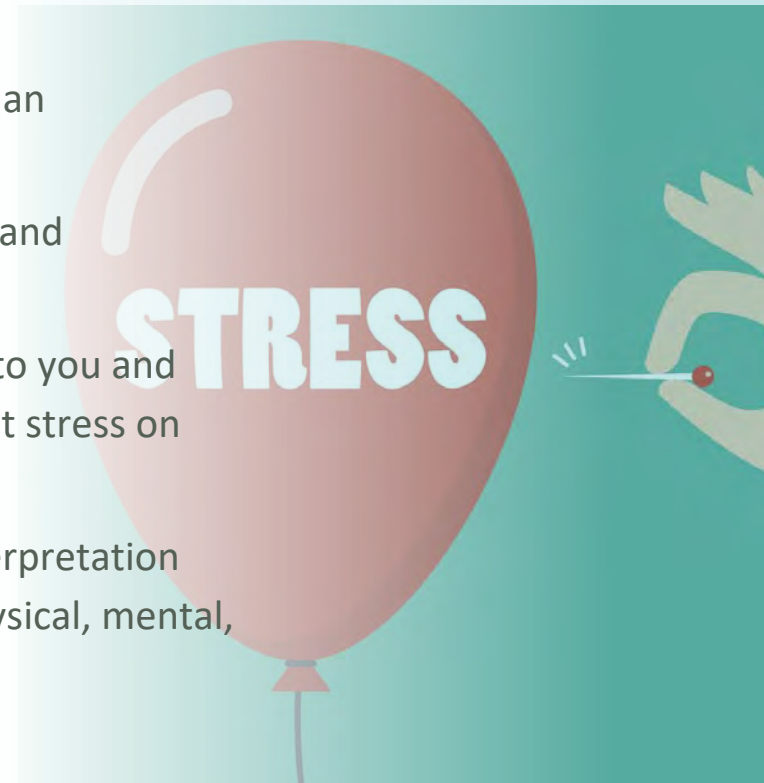
Causes of Stress

- ◆ **Everything causes it!! How we handle it that matters**
- ◆ Women report being more stressed than men and have higher rates of anxiety and depression
- ◆ Men are more likely to conceal their stress
- ◆ Lower income individuals report higher levels of stress
- ◆ Half of Americans starting university report stress most of the time
- ◆ Young people have long reported more stress than older people
- ◆ Technology advances, digital pressure and an overflow of information



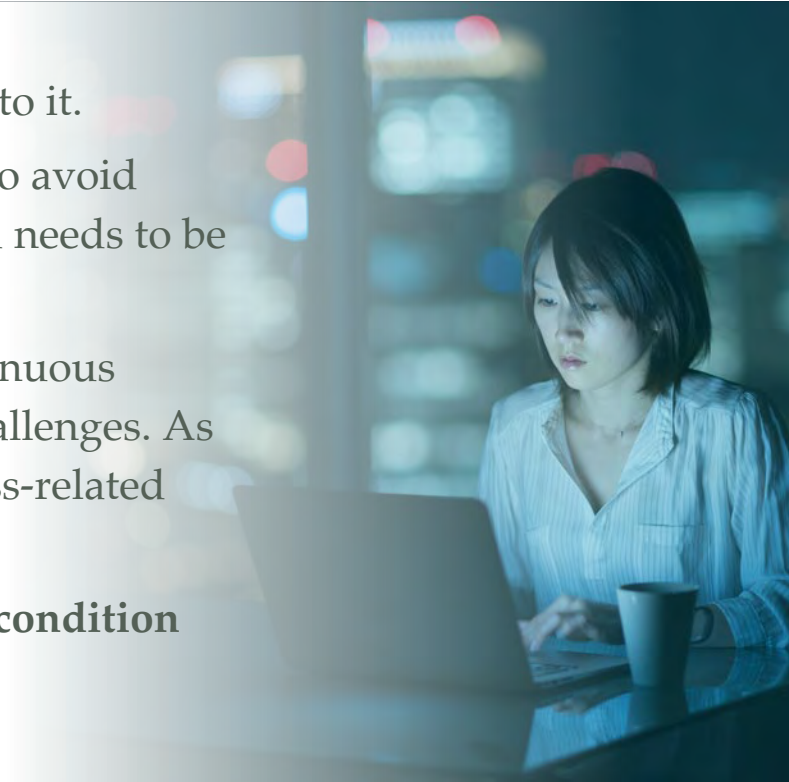
The Stress Response

- ◆ Stress is the body's reaction to any change that requires an adjustment or response.
- ◆ The body reacts to these changes with physical, mental, and emotional responses.
- ◆ Stress is a normal part of life. Many events that happen to you and around you -- and many things that you do yourself -- put stress on your body.
- ◆ Stress affects individuals very differently and it's the interpretation and perception of the individual that determines the physical, mental, and emotional response.



Stress – The Positive and Negative

- ◆ Bodies are designed to experience stress and react to it.
- ◆ Stress can be positive, keeping us alert and ready to avoid danger and beneficial for work with deadlines and needs to be followed by periods of rest.
- ◆ Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges. As a result, the person becomes overworked and stress-related tension builds.
- ◆ **Stress that continues without relief can lead to a condition called distress -- a negative stress reaction.**



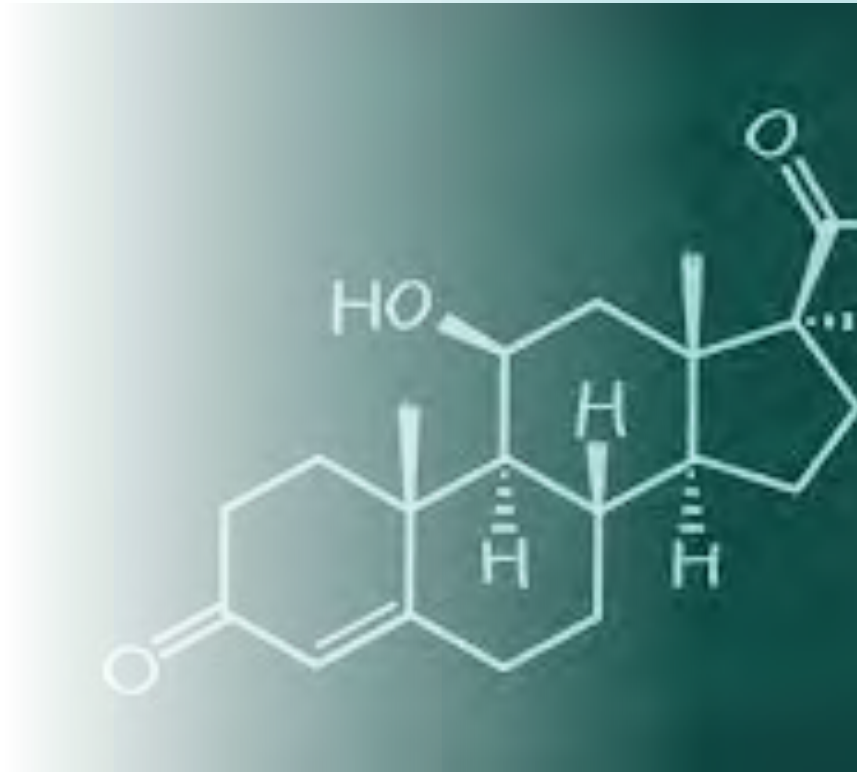
How Stress Affects Health

- ◆ Distress can lead to physical symptoms including:
 - ◆ Headaches
 - ◆ Upset stomach
 - ◆ Elevated blood pressure
 - ◆ Chest pain
 - ◆ Problem sleeping.
- ◆ Research suggests that stress also can bring on or worsen certain symptoms or diseases.



10 Signs You Have Too Much Cortisol

- ◆ Backaches and headaches
- ◆ You're not sleeping well
- ◆ Even when you sleep well, you're still tired
- ◆ Weight gain
- ◆ You catch colds and other infections easily
- ◆ Craving unhealthy foods
- ◆ Your sex drive is low or non-existent
- ◆ Your gut acts up
- ◆ You feel anxious or blue



Stress Can Lead to Harmful Behaviors

- ◆ Stress also becomes harmful when people use alcohol, tobacco, or drugs to try and relieve their stress.
- ◆ Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems.
- ◆ Consider the following:



Points to Consider Regarding Stress

- ◆ **Stress is nothing more than your perception, interpretation, and reaction to any given situation.**
- ◆ We have complete control on how we perceive, interpret, and react to anything and everything.
- ◆ **The only person and thing you can control is yourself.**
- ◆ The breath is a powerful tool to stop the stress response to calm the body and mind.
- ◆ Believing stress is damaging to your health is putting the body in a state of constant distress.



Stress and Health

- ◆ 43% of all adults suffer adverse health effects from stress.
- ◆ 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- ◆ Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- ◆ Stress costs US industry more than \$300 billion annually.
- ◆ The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.



13 Step Stress Solution: Pick a few!!

- ◆ Prioritize Your health
- ◆ **Practice deep breathing & mindful meditation**
- ◆ **Get a good night's sleep**
- ◆ **Stay hydrated & eat better**
- ◆ **Get moving!!**
- ◆ Regular self-care & alone time
- ◆ Adopt a positive mind set
- ◆ Incorporate daily gratitude
- ◆ Savor the moment
- ◆ Master your time & don't be a slave to tech
- ◆ **Learn to say no**
- ◆ **Laugh & have fun**
- ◆ **Cultivate hobbies & interests**



Stress Management -The Breath and Meditation

Meditation – Not Some Eastern “Mumbo Jumbo”

- It positively alters our brain, and helps us deal with emotional turmoil, stress, anxiety, and physical pain
- It’s really worth a try!!



Focus on Your Breathing

- ◆ The perfect breath: inhale for about 5.5 seconds, then exhale for 5.5 seconds. That's 5.5 breaths a minute for a total of about 5.5 liters of air.
- ◆ You can practice this perfect breathing for a few minutes, or a few hours.
- ◆ When we breathe like this, breathing practitioners suggest that circulation in the brain and body will increase while the burden on the heart decreases.



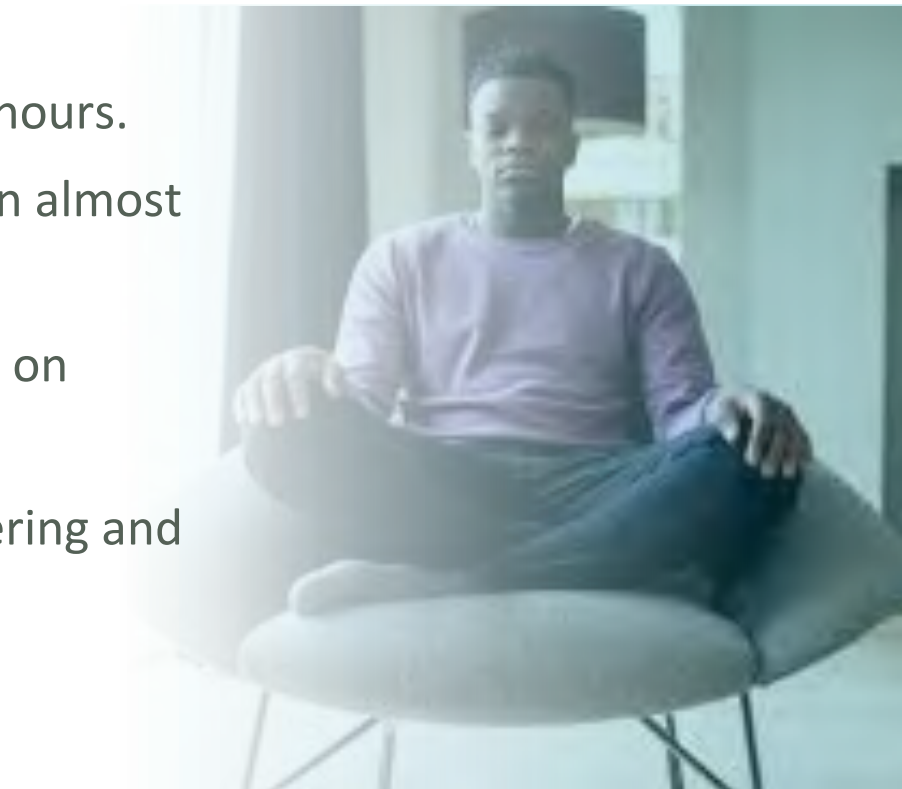
What is Meditation?

- ◆ Daily practice for optimum benefits.
- ◆ It's better to meditate for short periods daily than long periods occasionally.
- ◆ Meditation requires you sit comfortably in a restful space, close your eyes, and allow mind chatter to settle on its own without forceful intervention.
- ◆ Focus on your breathing
- ◆ Remain relaxed, aware, and alert.



Why Start a Daily Meditation Practice?

- ◆ People mind-wander 46.9% of waking hours.
- ◆ People mind-wander 30% of the time in almost all activities. Except sex.
- ◆ Mind wandering has a negative impact on happiness.
- ◆ Meditation practice curbs mind-wandering and stimulates focus.



Reasons to Meditate Daily

- ◆ Relaxes the mind, promoting sleep
- ◆ Elicits physical relaxation
- ◆ Improves concentration, making stronger brains
- ◆ Lessens emotional tenacity
- ◆ Improves breathing
- ◆ Reduces mental tension
- ◆ Lessens the feeling of pain
- ◆ Lowers blood pressure
- ◆ Increases self-reflection
- ◆ Our brain reacts the same way to meditation as it does to sex.



Guided Meditation – Live a Life You Love

What if having the health, happiness, and success you've always dreamed of was as simple as using your imagination?

[Listen](#) to this calming, 8-minute meditation below and you'll be guided to:

- Clearly visualize your perfect life
- Use positive affirmations to fulfill your deepest desires
- Identify negative thought patterns that are blocking your joy and fulfillment

Link to Guided Meditation:

<https://vimeo.com/integrativenutrition/review/47520633/1d8750c093>



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



**THANKS FOR INVESTING THE
TIME TO SPEAK TODAY**

ANY QUESTIONS?



**FLURISH
WELLNESS**

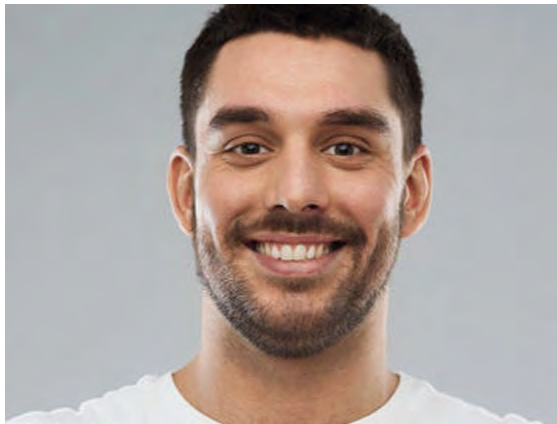
HAPPY HEALTHY LIVING



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.



LISA FARLEY, INHC, AADP, RYT 200

FOUNDER & HEAD HEALTHY PERSON

CERTIFIED INTEGRATIVE NUTRITION HEALTH COACH

CERTIFIED IN POSITIVE PSYCHOLOGY FROM THE UNIVERSITY OF PENNSYLVANIA

REGISTERED YOGA INSTRUCTOR

917.714.1970

LISA@FLURISHWELLNESS.COM

FLURISHWELLNESS.COM