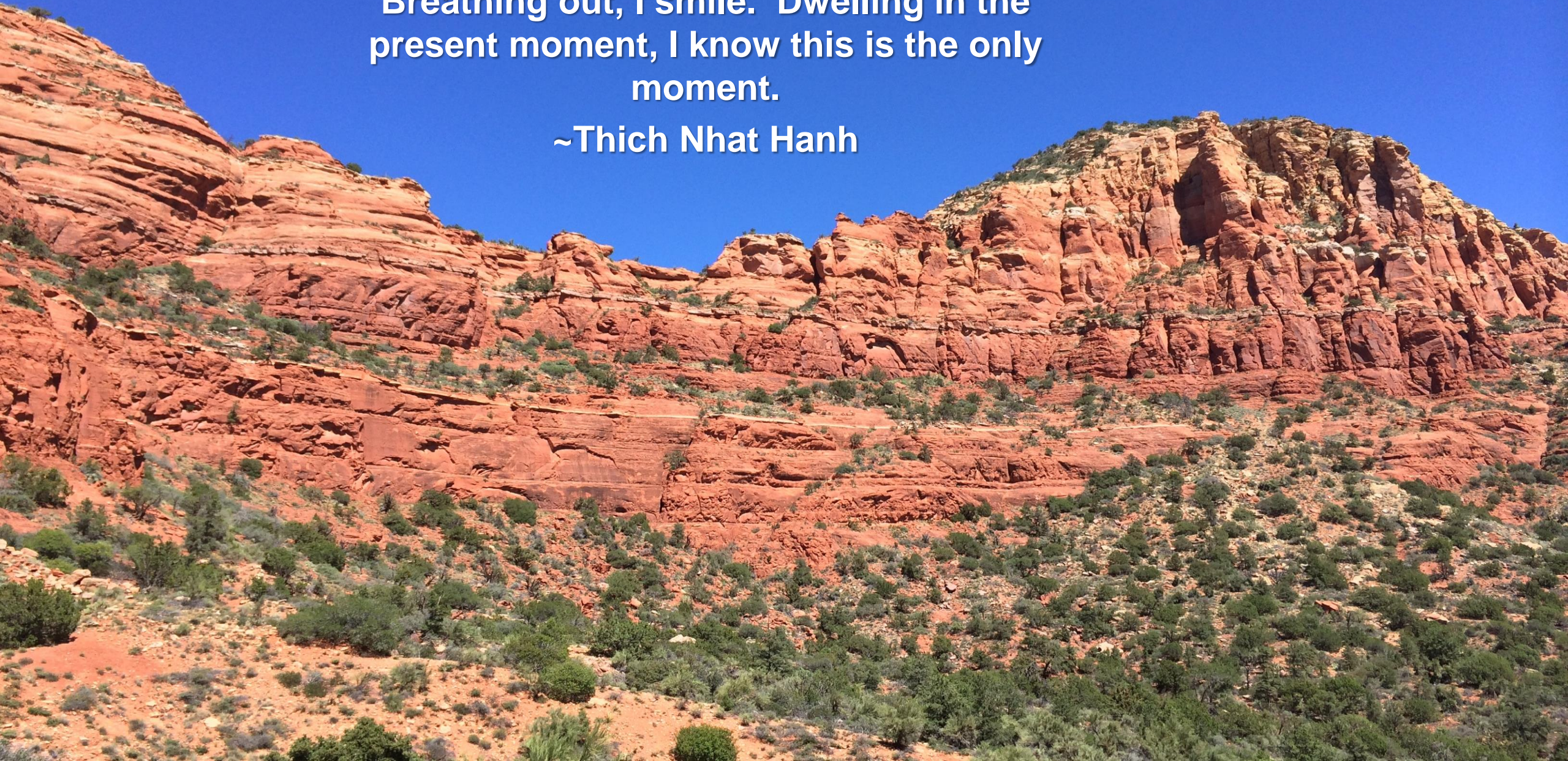


**Breathing in, I calm my body and mind.
Breathing out, I smile. Dwelling in the
present moment, I know this is the only
moment.**

~Thich Nhat Hanh



Mindfulness, Leadership and Sustainability

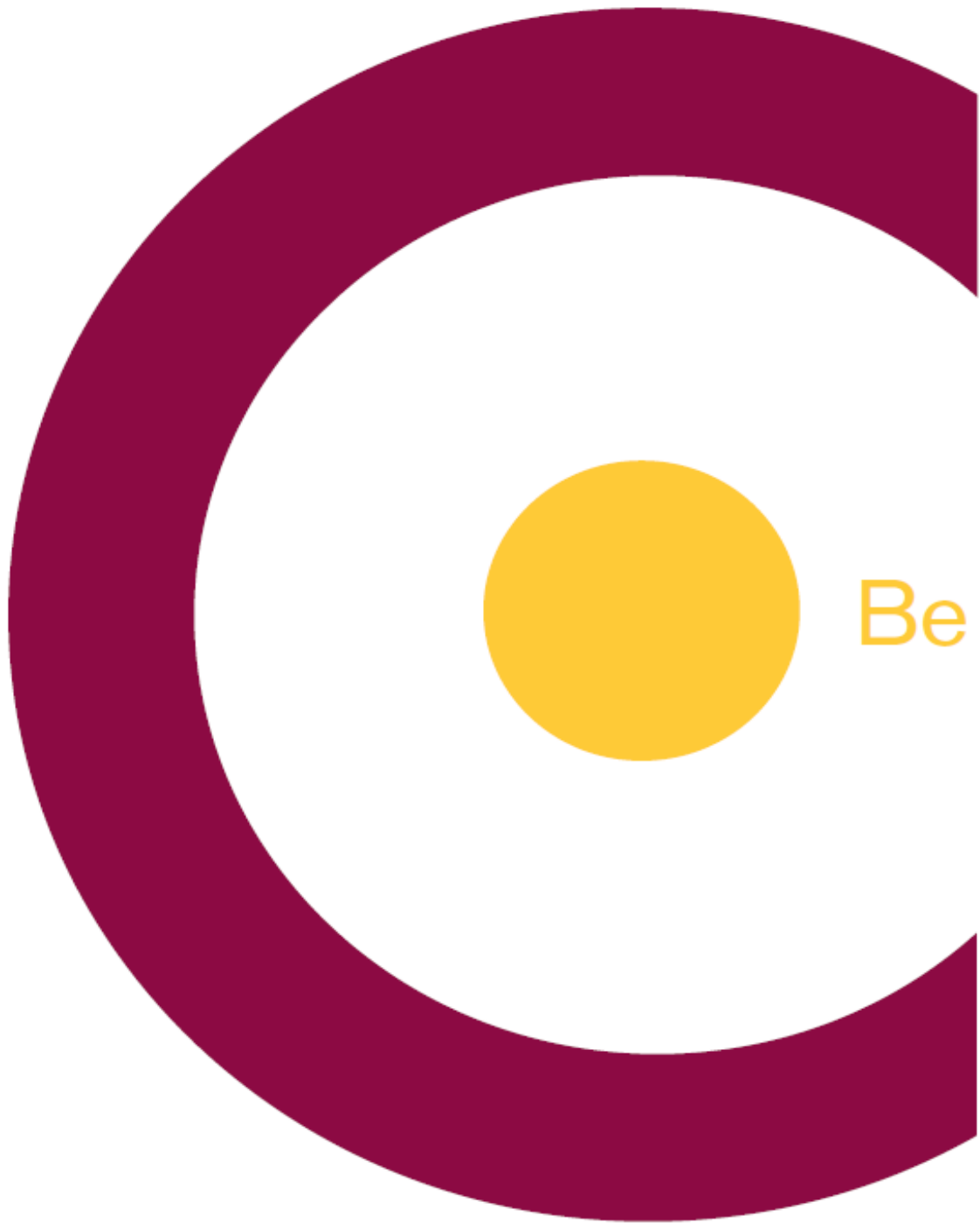


Nika Gueci, MA
Doctoral Candidate
Executive Director,
University Engagement
Center for Mindfulness, Compassion and
Resilience



Today's Topics

- ✓ **Center for Mindfulness mission**
- ✓ **Stress Responses and Reactions**
- ✓ **Setting your Intention**



Be gentle with centered presence

ASU Center for Mindfulness,
Compassion and Resilience
Arizona State University

mindfulnesscenter.asu.edu

Center Core Focus Areas

- **Engage**
Promote, nurture and inspire current and future endeavors
- **Teach**
Mindfulness principles and practices
- **Connect**
Act as convening vehicle for learners, teachers and community members





Center for Mindfulness, Compassion and Resilience - Grand Opening on Vimeo.html



Center Services

- ✓ **Mindfulness Leadership Certificate**
- ✓ **Interdisciplinary Mindfulness Speaker Series**
- ✓ **“Pop-Up” Events and Large-Scale Programs**

Mindfulness @ EdPlus



Mindfulness in the Park



Puppies in the Park



ASU Downtown Phoenix De-Stress event
(with puppies!)

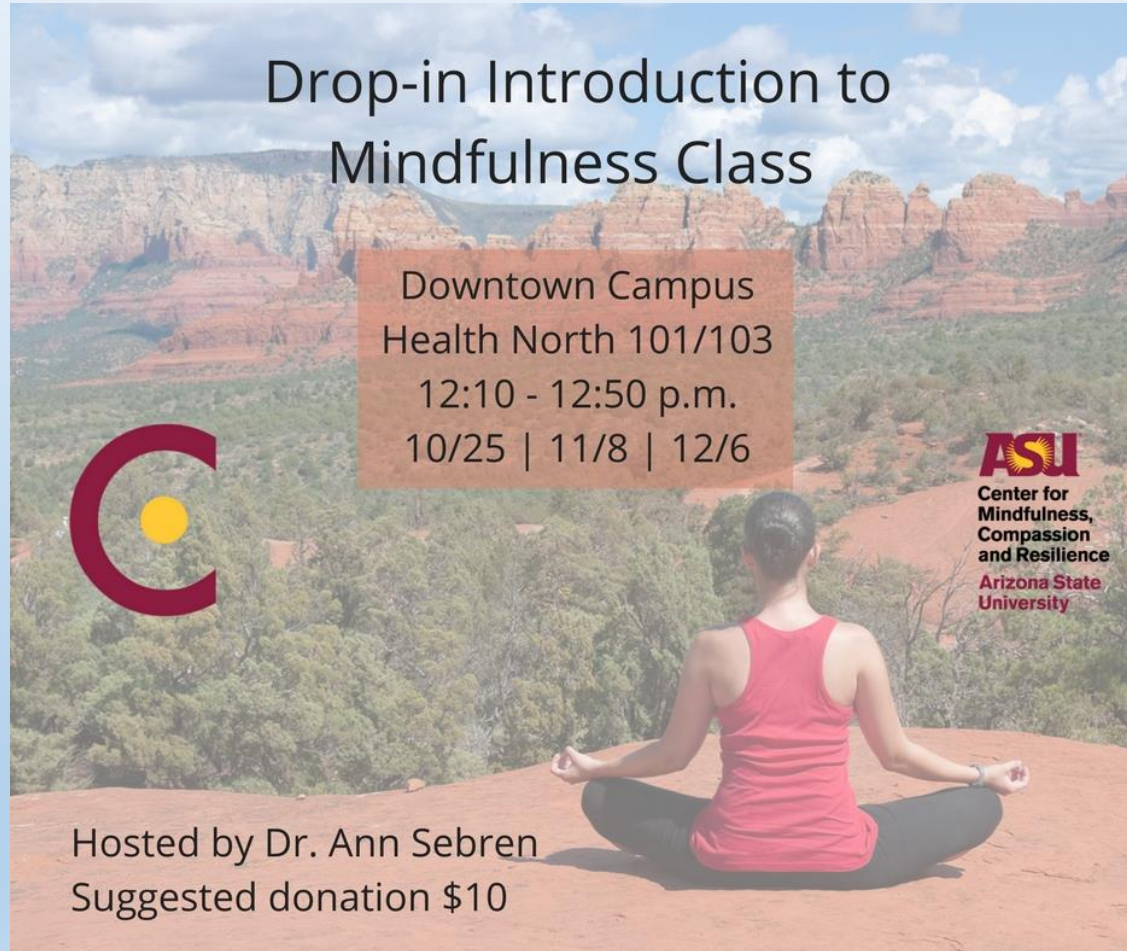
Wednesday, Nov. 29
11 a.m. - 1p.m.
Post Office South Patio
Downtown Phoenix

ASU
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Compassion
and Resilience
Arizona State
University




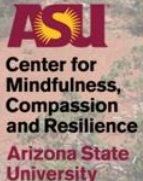
Trinity
at
ASU Downtown

Mindfulness Drop-Ins



Drop-in Introduction to
Mindfulness Class

Downtown Campus
Health North 101/103
12:10 - 12:50 p.m.
10/25 | 11/8 | 12/6

Hosted by Dr. Ann Sebren
Suggested donation \$10

What is mindfulness?

- ✓ Mindfulness is an “intentional, non-judgmental awareness of the present moment.” –Jon Kabat-Zinn
- ✓ Evidence-Based
- ✓ Can be practiced in everyday life

Mindfulness is not:

- Just zoning out
- Just Breathing
- A Religion

How are they related?

- ✓ **Mindfulness: moment-to-moment non-judgemental awareness**
- ✓ **Compassion: kindness to self and others**
- ✓ **Resilience: “bouncing back” and dealing with adversity**

Mindfulness has been linked to:

- Enhanced time management skills (Kabat-Zinn, 1990);
- Increased self-efficacy (Bohecker, & Doughty Horn, 2016; Pipe et al., 2009);
- Lowered stress (Chang et al., 2004);
- Decreased “burnout,” or work fatigue (Lawrence, 2002);
- Increased compassion toward self and others (Pipe and Bortz, 2009; Pipe et al., 2016);
- Lessened anxiety (Hall, 2009);
- Lessened depression (Alexander, et al., 2012; Kabat-Zinn, 1990); and
- Increased resilience, or ability to “bounce back” from adversity (Doucette et al., 2016; FitzPatrick et al., 2016; Pipe, et al., 2012, Pipe, et al., 2016).



“Blind ambition”

- In today’s busy world, there is an emphasis on action, doing, and reaction
- Can be positive if the actions, strategies and decisions are anchored on what we know to be true and right
- Sometimes we find ourselves reacting too quickly -- our actions may be misdirected or misappropriated



Stress impacts every system of the body

- ✓ Amygdala processes threat = “amygdala hijack”
 - ✓ Brain is focused only on survival
 - ✓ Innovation and creativity are lowered
 - ✓ Memory is diminished
 - ✓ We go back to old habits and patterns of thought and behavior

How Can Mindfulness Help Stop an “Amygdala Hijack”?

- ✓ Monitor your mind – “this interaction/email has me feeling...”
- ✓ Know your physical stress responses
- ✓ Mindfulness improves emotional regulation (emotional awareness and self-control) and ability to process difficult/stressful emotions = better decisions, better relationships with colleagues and stakeholders



**“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 Frankl



Stress



Reaction (automatic)

Stress



**Mindfulness
(choice)**



Response



**power
freedom**

Mindfulness is a skillset:

Tangible ways to focus attention and awareness
on stress reactions

Stop literally stop what you are doing

Take a breath pay attention to your breath

Open feel what you are feeling (pleasant, unpleasant)
Use this opportunity to reconnect with your body

Proceed here is your choice point, where power and
freedom lie

Mindfulness is a skillset:

Promoting Mindfulness in the Workplace

- ✓ Begin meetings or 1:1s with a few moments of reflection/meditation (Insight Timer app)
- ✓ When frustrated/upset, come back to your breath - breathe deeply (“belly breath”)
- ✓ Compassion – awareness of other people’s stress responses
- ✓ Physically remove yourself from the person/situation
- ✓ Model mindfulness – no need to choose between peaceful and productive – be both

**Take a moment
to set your
intention**





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Arizona State University

Let's Practice

Enough

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.

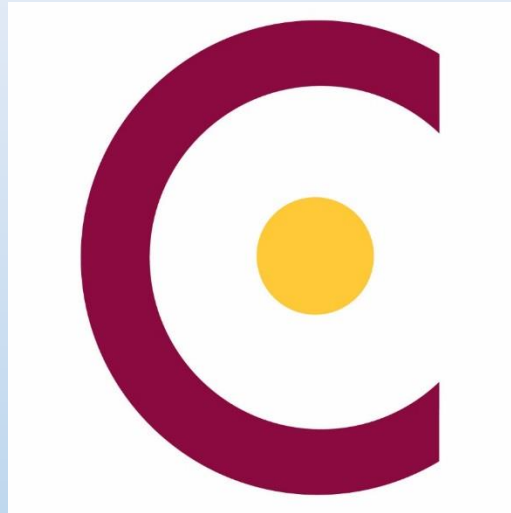
This opening to life
we have refused
again and again
until now.

Until now.

- David Whyte



Questions?



mindfulnesscenter.asu.edu

Facebook Group
search for -

Center: Mindfulness, Compassion and Resilience
at ASU