



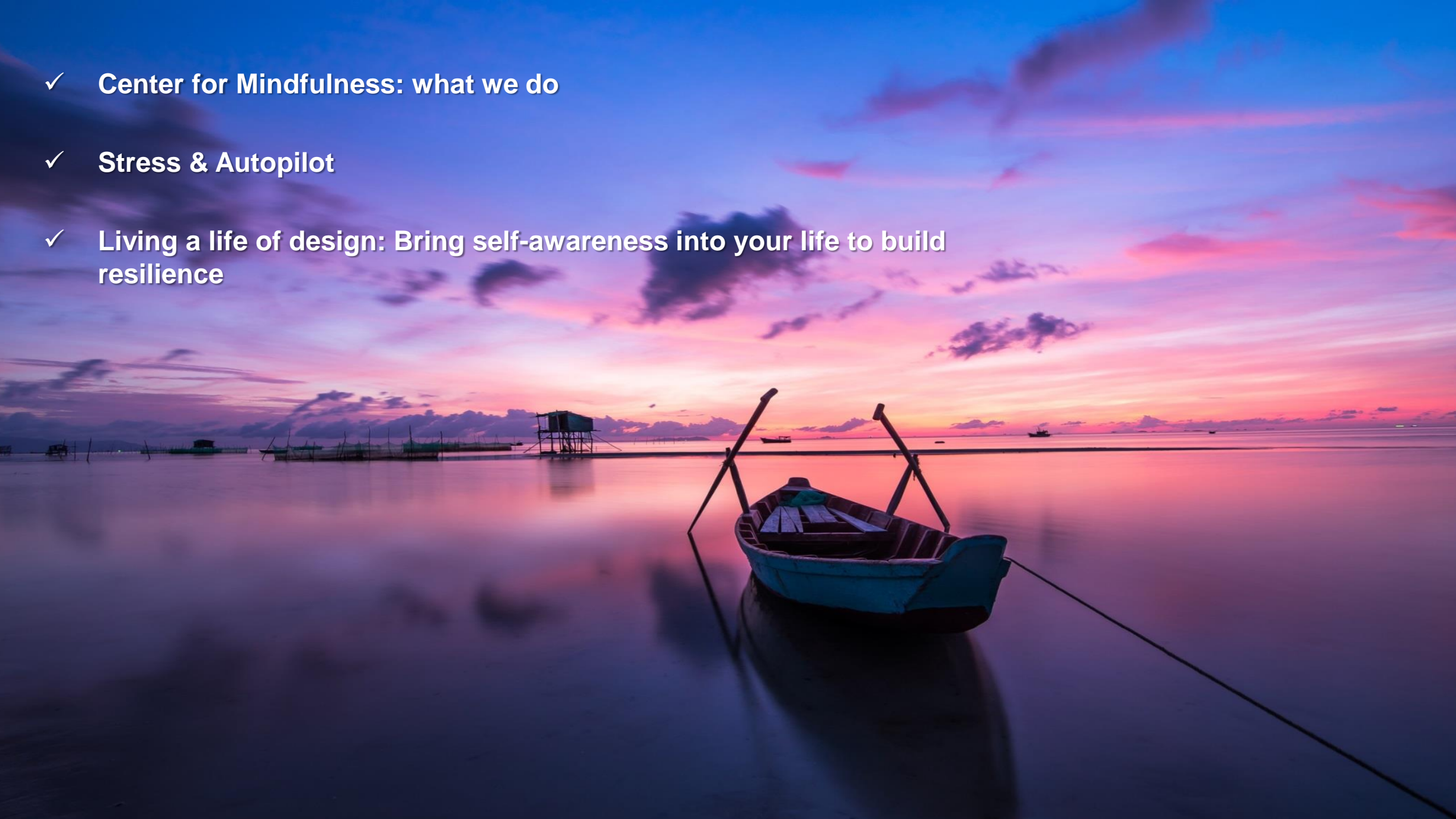
“An empty lantern provides no light, **Self-care** is the fuel that allows your light to shine brightly.”

Self-Care for the Busy Professional



Tiara Cash, M.S.
Program Manager
Center for Mindfulness, Compassion and
Resilience

- ✓ **Center for Mindfulness: what we do**
- ✓ **Stress & Autopilot**
- ✓ **Living a life of design: Bring self-awareness into your life to build resilience**






Be gentle with centered presence

ASU Center for Mindfulness,
Compassion and Resilience
Arizona State University

mindfulnesscenter.asu.edu

Center Core Focus Areas

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

A scenic view of a mountain valley at sunset or sunrise. The sky is a mix of orange, yellow, and light blue. In the foreground, a large, dark green evergreen tree stands on the right. On the left, a prominent, steep rock formation rises. The valley below is filled with more mountains and a winding river or stream. The overall mood is peaceful and majestic.

**How you treat yourself is
how you are inviting the
world to treat you**

...

A serene sunset over a body of water. The sky is a mix of deep blue, purple, and pink, with scattered clouds. The sun is low on the horizon, creating a bright glow. In the foreground, a small wooden boat with two oars is tied to a rope. The water is calm, reflecting the colors of the sky. In the distance, there are some structures and other boats on the water.

Symptoms of stress

- Miscommunication
- Need for backtracking
- Errors
- Find ourselves off course, needing to readjust
- May have harmed relationships or created a sense of fear/frustration in the very people we were hoping to inspire

What is stress?

Your body's way of responding to demand, danger, or threat

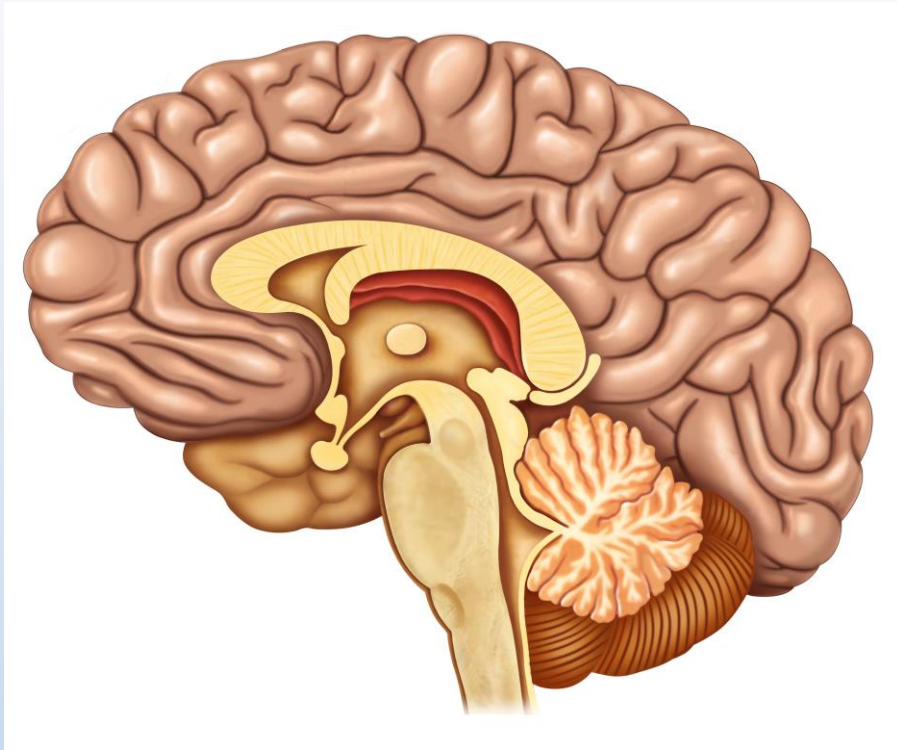
- One of your body's ways of protecting you
- Commonly expresses itself as resistance, tension, frustration and negative emotions such as anxiety, anger, and sadness





How does stress impact the body?

- Cardiovascular
- Cognitive
- Endocrine/GI
- Muscular
- Skeletal
- Integument
- Immune
- What system is *not* affected?



“Prolonged Stress = autopilot”

- 47% - average time leaders spend mind-wandering
- 70% - average time leaders report being unable to be attentive in meetings
- **02%** - of leaders actively make time to enhance personal productivity

What happens when we spend most of our time in blind ambition or autopilot?

Strengths “hijacked” by stress

Strengths	Possible Stress Reactions
Concerned with essentials	Excessive control Neglect of detail
Insightful	Over-sensitivity
Cooperative Well-meaning	Becoming impractical Unrealistic attitudes
Competitive, self assertive Firm and forceful	Open disagreement; undue assertiveness Becoming bossy or domineering
Driven High expectations	Becoming too self-critical Feelings of inadequacy
Enthusiastic Energetic	Edginess Feeling fatigued
Flexible Attentive Objective, yet sympathetic Warm, yet practical	Resistance to abrupt change Annoyance with delays Becoming too impersonal Loss of optimism
Matter-of-fact Direct and to-the-point Decisive	Fear of making mistakes Haste in taking action Tendency to delay decisions



Some of the biggest ways to combat stress:

Better Nutrition

Better Sleep

Better Physical Activity

Better Awareness

Mind & Body Series: Course 1 - 5

Life of *design* versus *autopilot*

- ✓ To live intentionally is to live mindfully and to be in contact with the *best parts of ourselves*
 - ✓ Know your physical stress responses & PAUSE to improve your state
 - ✓ Monitor your mind and improve your emotional regulation to build RESILIENCE
 - ✓ Create avenues of GIVING back to yourself and others to replace stress with happiness

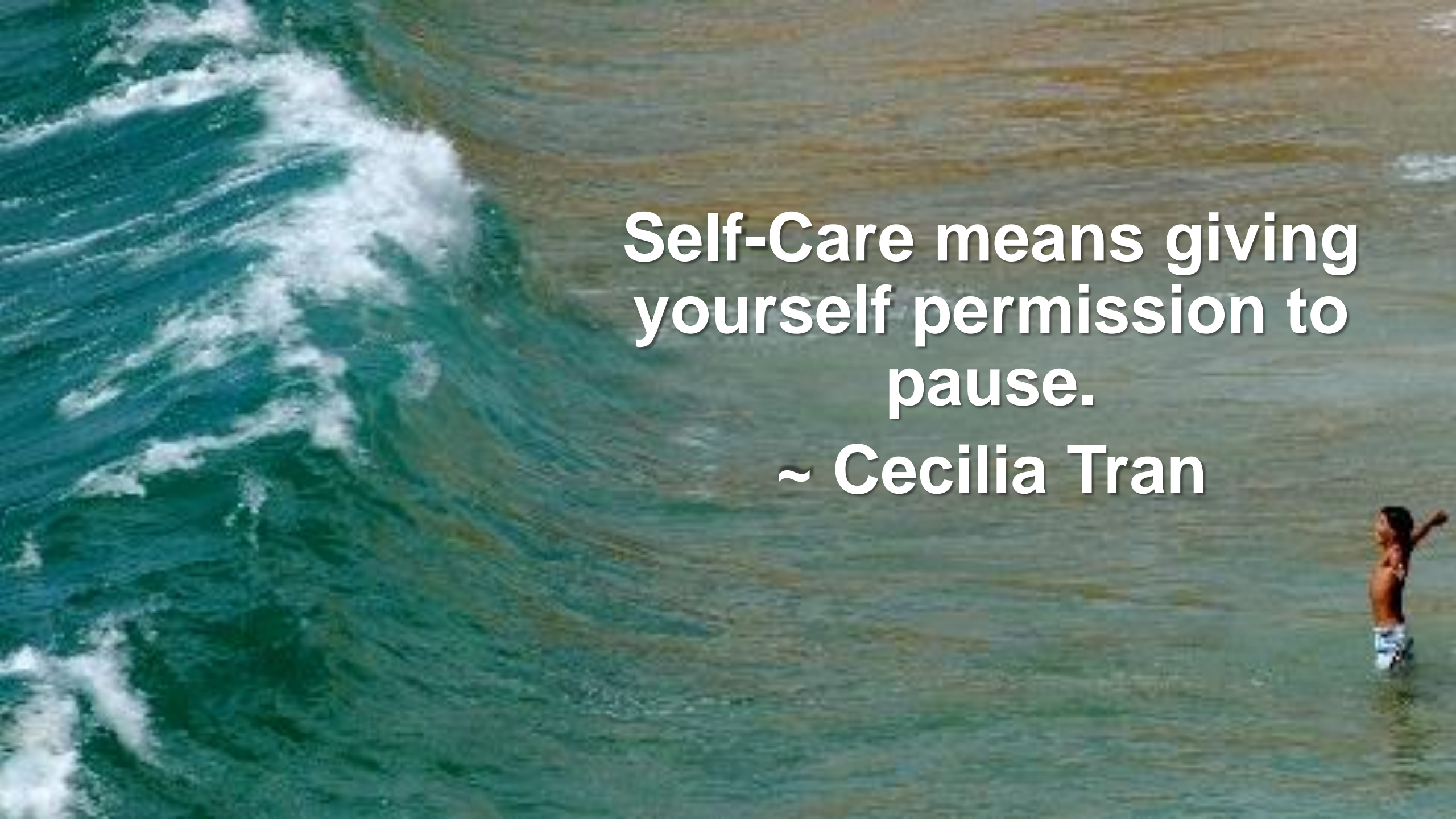
**“Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”**

-Viktor Frankl



How do we practice pausing? (and can be practiced in everyday life)

- ✓ Journaling – take time to jot down thoughts, feelings, and situations.
 - ✓ Ask Questions – don't answer them
- ✓ Taking a moment to breathe
 - ✓ Belly breath
 - ✓ Good tool during frustrating moments
- ✓ Mindful Walking, driving, communicating, and eating
- ✓ Modeling – no need to choose between peaceful and productive – be both
- ✓ Social support – be in tune with the moments you spend with others

An aerial photograph of the ocean. On the left side, there are large, powerful waves with white foam, breaking towards the right. The water transitions from a deep teal color near the waves to a lighter, more yellowish-green color further out. In the bottom right corner, a person is standing in the shallow water, their back to the camera, with their arms raised. The overall scene conveys a sense of natural power and tranquility.

**Self-Care means giving
yourself permission to
pause.**

~ Cecilia Tran

A large saguaro cactus is silhouetted against a bright, hazy sunset sky. The sun is low on the horizon, creating a warm, golden glow. In the background, there are silhouettes of mountains and some sparse trees on the left side.

JOURNALING ACTIVITY: “I feel this way because” writing exercise

Take a moment to think of a time where you responded to a person or situation less than desirably. Imagine yourself there.

Start by completing this sentence:

- “I acted this way because I felt. . .”
- Next continue by saying “I felt this way because. . .” Continue writing until you feel a stopping point.

Resilience



<https://youtu.be/Fvpt0FNOdVQ>

Awareness brings resilience: Ability to
bounce back after change and
adversity

What does building this skill as a
professional look like?



Ways to practice building resilience (BRRN):



- **Believe:**
 - you can do something that will help
 - ability manage feelings and to cope with change
- **Reframe:**
 - Hardship
 - Negative Thoughts
 - Dialogue
- **Reflect:**
 - With self – as often as you can
 - With others – use poems, quotes, or meditations before meetings/classes (“meditation huddles”)
- **Notice:**
 - What is now happening to your body?
 - What sensations arise?
 - What choice was made?

Giving as self-care

- ✓ **Giving back to your community** – volunteering, sustainable practices, social consciousness
- ✓ **Giving gratitude** – gratitude journal, sending thank you cards, calling up an old friend
- ✓ **Giving time and support** – family and friends

What does this all mean?

- Pausing using mindfulness & meditation has been shown to increase telomere length (Epel et al., 2009; Schutte & Malouff, 2014)
- Reframing & Positive talk can lead to: better psychological and physical well-being, better coping skills during times of stress and hardships, increased life span (Mayo, 2017);
- “Giving” as gratitude has been linked to greater happiness (Greenburg, 2015)
- These skills decrease “burnout,” or work fatigue (Lawrence, 2002);

SET YOUR INTENTION



Enough

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

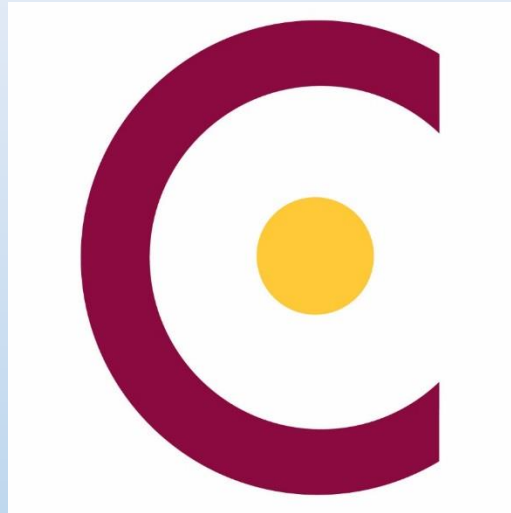
This opening to life
we have refused
again and again
until now.

Until now.

- David Whyte



Questions?



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Facebook Group
search for -

Center: Mindfulness, Compassion and Resilience
at ASU