

Mindfulness:

High Performance. Life Balance.
Sustainable Change

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Desired Destination...

A state in which our mind, body, and energy are operating in sync, allowing us to truly perform to the best of our abilities and talents.

Strategizing to live life **above zero** with energy and enthusiasm!

Challenges in Today's Adult Environment:

Constant Change

Isolation

Global Competition

Extreme work pressures

Constant retraining

Perceived lack of vision

Mismatched
risk/recognition/reward structures

Technology

Work-Life Integration Issues



Challenges in Kid's Lives:

Pressures to perform and excel in school, sport, socially

Family stress

School stress

Financial stress

Peer pressure

Family pressure

Technology

Results in:

- Attention issues
- Depression
- Anxiety
- Suicide/suicide ideation
- Drug use/abuse/addiction
- Bullying
- Cyberbullying
- Feelings of isolation
- Life dissatisfaction
- Life unfulfilled
- Unhappiness
- Body image/self-esteem issues
- Lack of compassion and empathy toward others

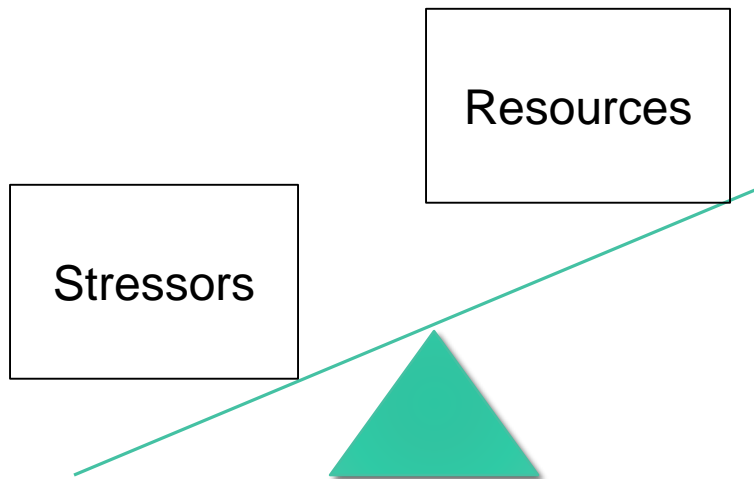


Stress.

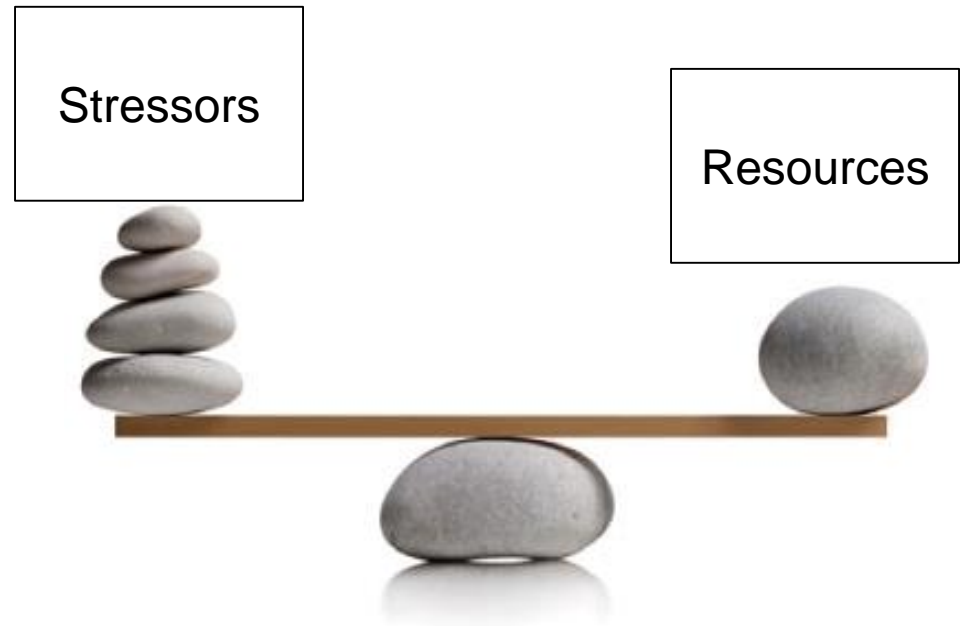
- . **Stress** is a non-specific response to a demanding or threatening event.
- . It is everywhere and it is not going to go away.
- . Time and place for reacting.
- . Keeps us in Caveman Mode
 - Over reacting
 - Misperceiving potential threats
 - Irritable
 - Staying on survival mode
 - Ready to pounce
- Ex: “Isn’t it interesting that guy just cut me off, rather than...”

Coping is a Balance Act

Ineffective Coping



Effective Coping



What happens when we are not performing optimally?

- . Too tired or too wired
- . Unable to sleep
- . Stay in a flight or fight mode – ready to pounce or run
- . Take comments personally, become defensive and emotional
- . Feelings of irritability, unfairness, frustration
- . Make unhealthy food choices
- . Confidence diminishes
- . Feeling pressured and unappreciated
- . Consumed with work after hours
- . Muscles are tense/braced, which can develop into more physical symptoms
- . Immune system taxed, which can lead to frequent colds and other illnesses
- . Breathing is shallow
- . Stop exercising due to perceived lack of time and low energy
- . Difficulty concentrating
- . Creativity and openness remains low
- . “Over caring” – getting close to burnout.

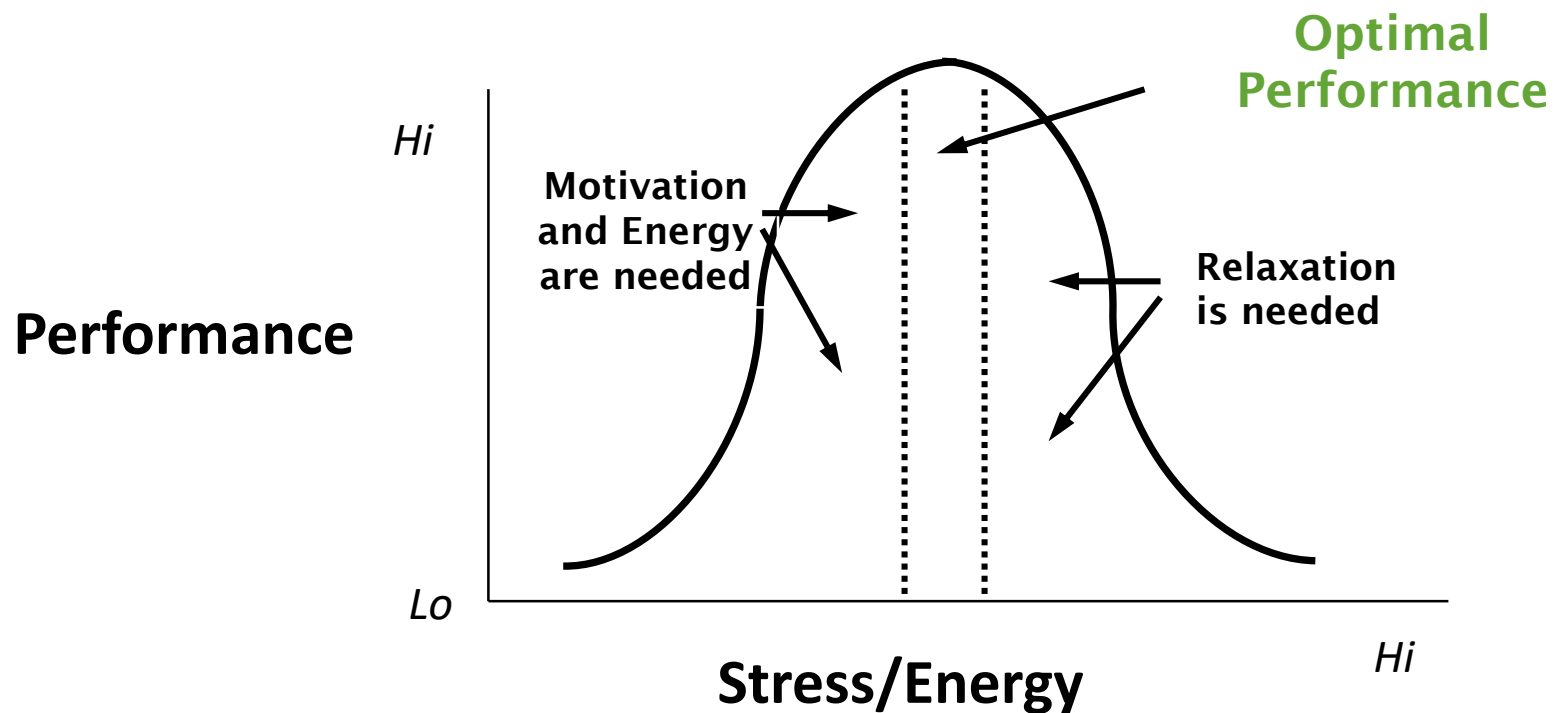
What do we have control over?

You can only control what you think, what you say, and what you do. You determine your own day-to-day quality of life.

Accept what you can't control and thus stop wasting energy.

Put energy and effort into what you can directly control.

Creating Optimal Performance



Mindfulness Defined

Paying attention in a particular way,
on purpose,
in the present moment,
non-reactively,
nonjudgmentally and
openheartedly as possible.

-Jon Kabat-Zinn

Breaking Down Mindfulness

Paying Attention

- To be mindful, you need to pay attention, whatever you choose to attend to

Present Moment

- Reality of being in the here and now means you just need to be aware of the way things are, as they are now.

Non-Reactively

- We normally automatically react to experiences based on past conditioning
- Mindfulness encourages you to respond to your **experience** rather than react to your thoughts.
- A **reaction** is automatic and gives you no choice; a **response** is deliberate and considered action.

Breaking Down Mindfulness

Non-Judgmentally

- Temptation to judge experience as good or bad, something you like or dislike.
- Letting go of judgments helps you to **see things as they are** rather than through the filter of your personal judgments based on past conditioning.

Openheartedly

- Bringing a quality of kindness, compassion, warmth and friendliness to your experience.
- Noticing yourself thinking, “I’m useless at ...” ; learning how to let go of those thoughts and allow your focus to come back to breathing.

Mindfulness Background

- 2,500 year-old Eastern meditative tradition
- Complex process but natural ability
 - Cultivated through formal and informal meditations
 - Synergistically interacting behavioral, affective, cognitive components
- Not hypnosis, relaxation, or distraction
- Not religious or faith based



Mindful Breath.



Science behind productive breathing

- Autonomic Nervous System
 - Fight or flight system
- Breathing affects our energy, decisions
- Creates an almost immediate relaxation response

When to Integrate:

- Maintaining internal and external composure – creating space between you and your surroundings (Bubble)
- Clearing your head at nighttime
- Creating positive energy
- Hitting the reset buttons between meetings
- During your commute
- Before tests, presentations, or competitions

- **This training is only as good as you make it for yourself**

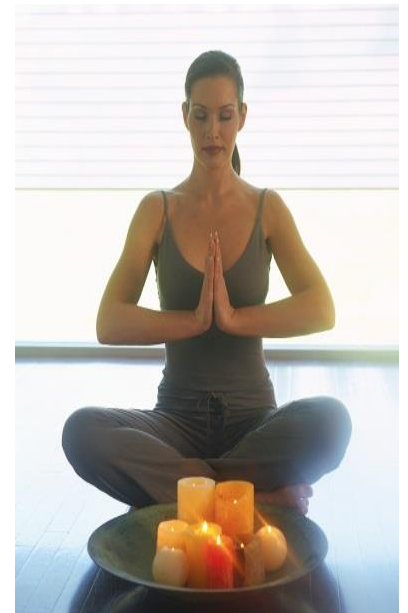
Mindful Awareness of Routine Activities

We can practice bringing our mindful attention to daily activities that are often performed *mindlessly*.

We can pay attention to the movement of the body, and the sights and sounds around us.

Perhaps pick one of these activities to serve as your “call to mindfulness” during the day:

- Brushing teeth
- Taking a shower
- Drinking coffee
- Eating a meal
- Getting out of bed
- Getting dressed
- Taking a walk
- Walking in between meetings
- At Bedtime



Unique Opportunity



Engaged and captive audience

- Allows us to teach hundreds of children and adults this very simple and powerful technique
- Can be presented as a life enhancer rather than coming from a deficit

Integrating mind, body, and spirit

- Allows us to help others to understand they can take control of their responses to their environment and make better decisions for themselves
- If we even effect one percent it will be worth doing

What Studies are Showing:

- Improves focus
- Helps you cope with pain
- Helps you deal with fear
- Strengthens your immune system
- Reduces chaotic thinking
- Creates resiliency
- Helps stabilize emotions
- Reduces stress
- Helps improve sleep
- Reduced levels of pain
- Decreased anxiety
- Decreased depression
- Improved confidence and concentration
- Increased peace of mind, optimism and self-worth
- Decreases levels of cortisol
- Decreases heart rate and blood pressure
- Decrease in hypertension
- Decrease in heart rate
- Decreased levels of cortisol
- Reduced sympathetic arousal

