

Title Sponsors



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Veterans Affairs**

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2024

Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition
for military families





Faith & Spirituality

Session 3

The Magic of
Mindfulness



Facilitator



Mike Wold

ARIZONA COORDINATOR

Institute for Healing of Memories North America



Session Goals

1. **Session Presentation**
2. **Questions?**
3. **Session Evaluation before leaving**

What's
Good
Today?



Jamie Valderrama

Associate Teaching Professor/
Undergraduate Coordinator
Integrative Health Initiative

School of Social Work
Watts College of Public Solutions
Arizona State University

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Spring Undergraduate Courses 2024

55 sections
Over 3300 Students

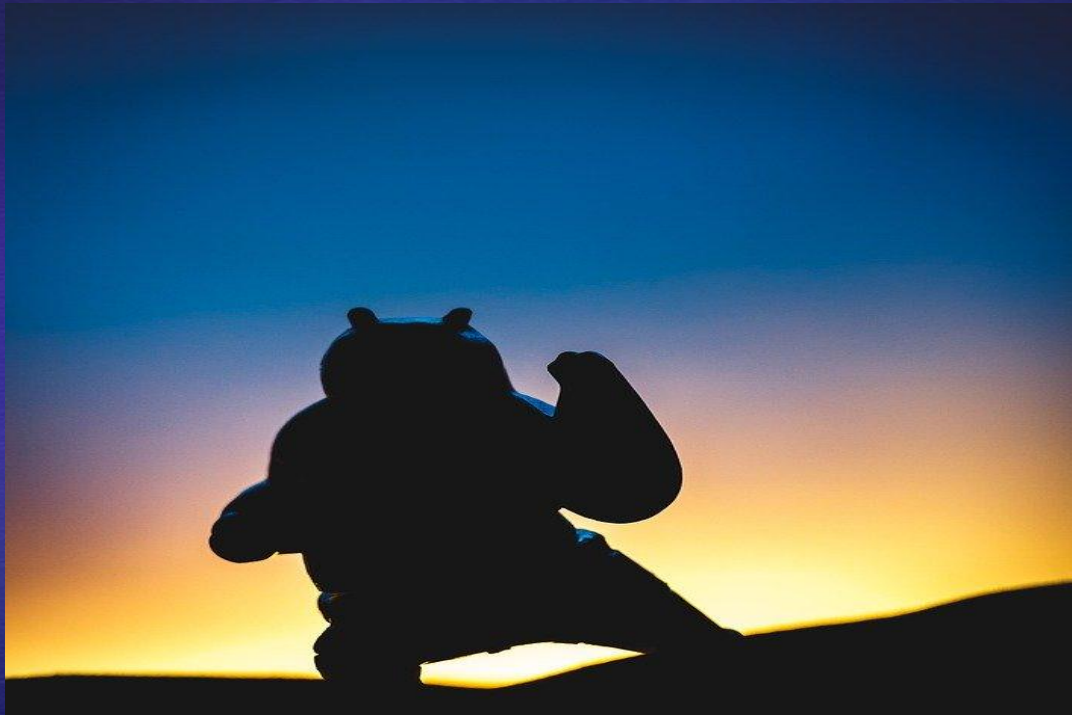
- **Engineering**
- **Communication**
- **Teaching**
- **Nursing: Integrative Health**
- **Business**
- **Criminology**
- **Social Work: CASP (Community Advocacy and Social Policy)**
- **Education**
- **Sustainability**
- **Mathematics**
- **Biology**
- **Tourism**
- **And MORE**

Undergraduate Majors

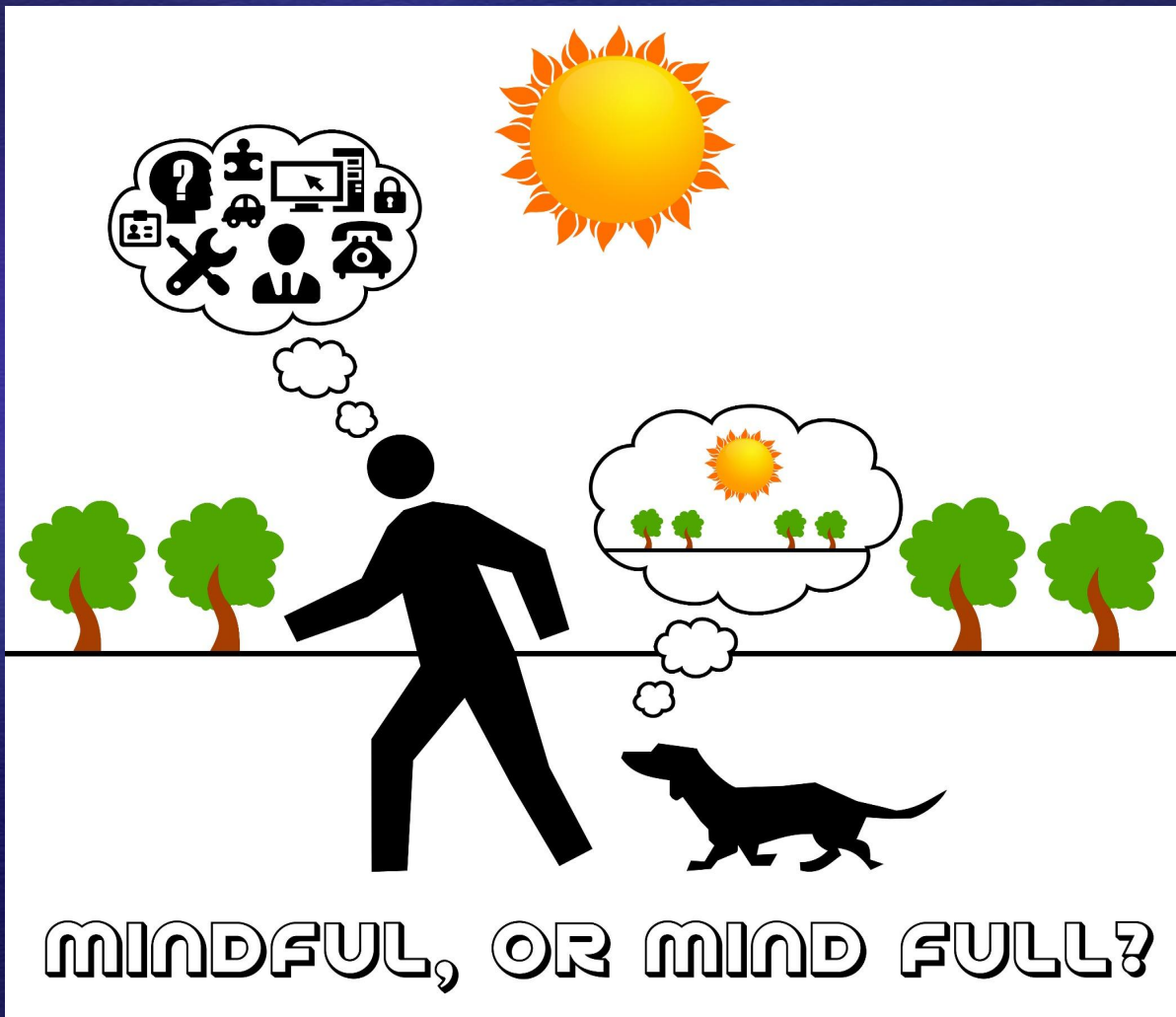
STRESS

It's not good, it's not bad it's
just.....



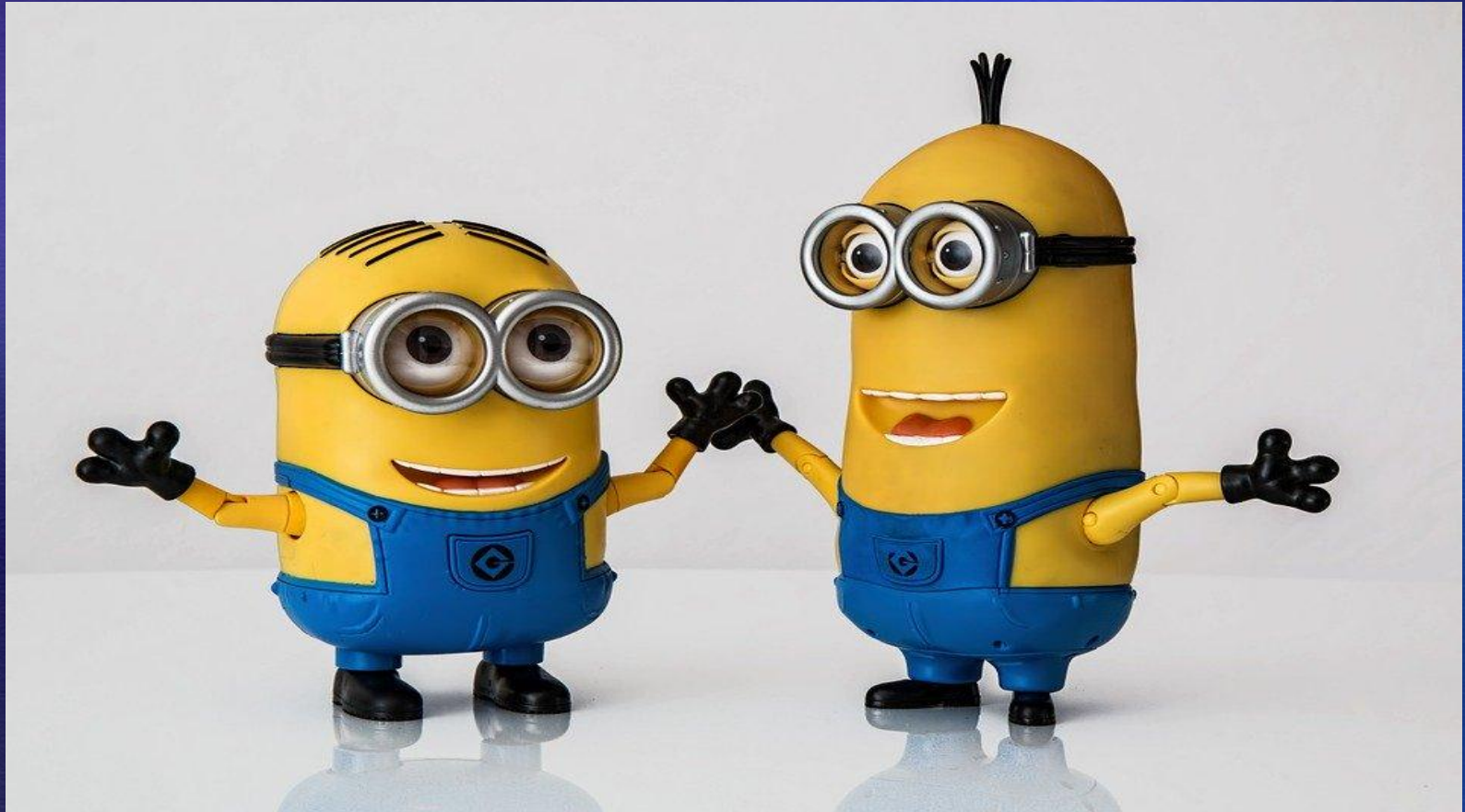


The Magic Of Mindfulness:
How to Train a Responsive Brain.



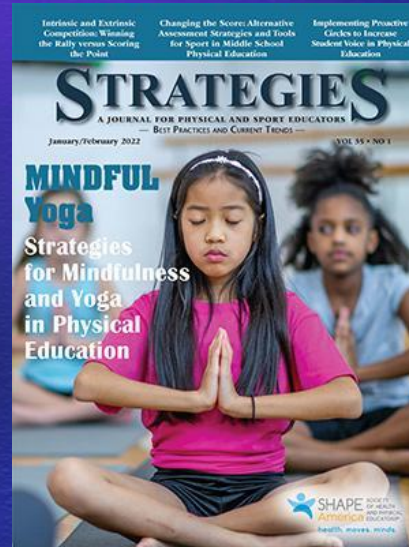
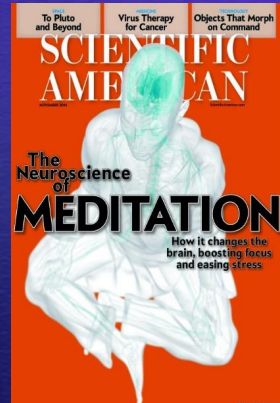
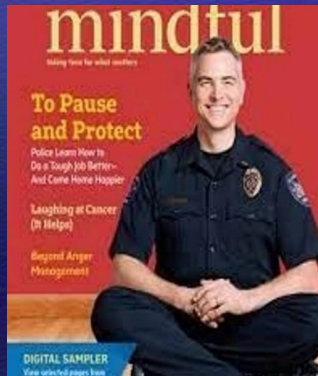
MINDFUL, OR MIND FULL?

Mindfulness & You – What's the Connection?





Effective Leaders



Are
MINDFUL

The acceptance of your
moment to moment
experiences without
expectations

MINDFULNESS



Why is this important?





47% of our day, the average American is
LOST in thought

Rumination

A woman with long dark hair, wearing a light-colored sweater and blue jeans, is sitting on a ledge by a large window. She is looking out the window with a thoughtful expression, her hand resting near her chin. The background outside the window is a blurred cityscape.

Thinking about
the past....can
lead to
depression

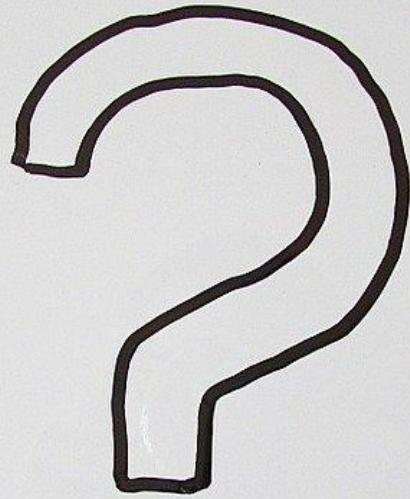
Projection

Worrying about
the future....can
lead to
ANXIETY





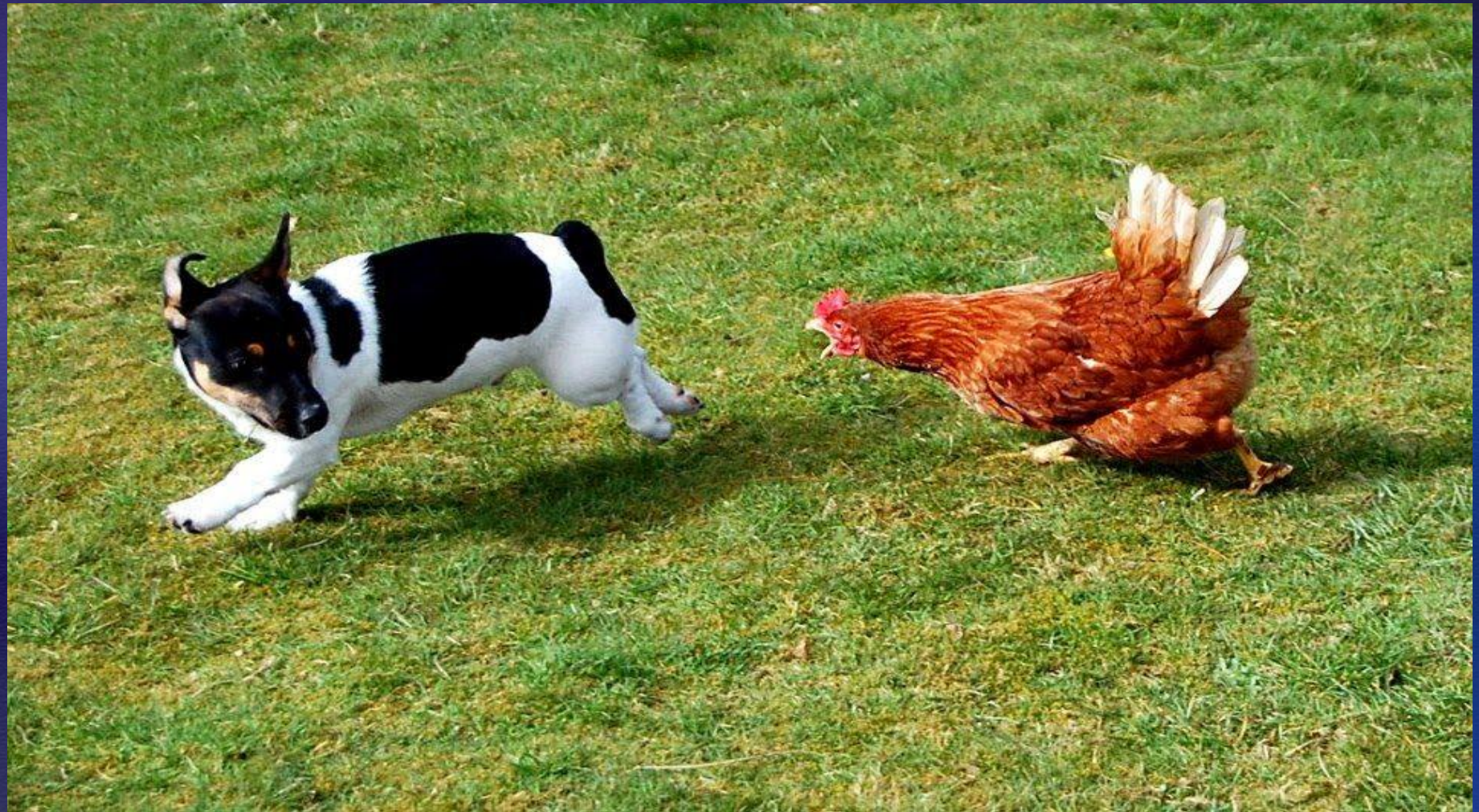
Present = HAPPINESS



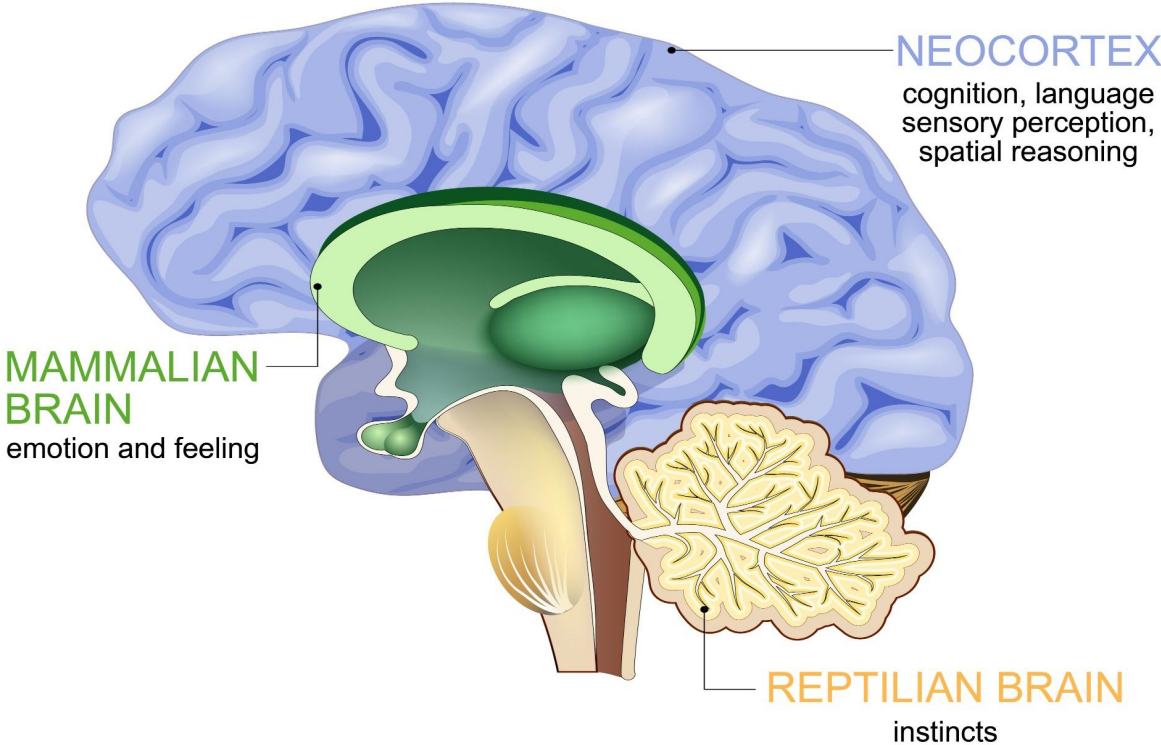
We train the brain to be mindful



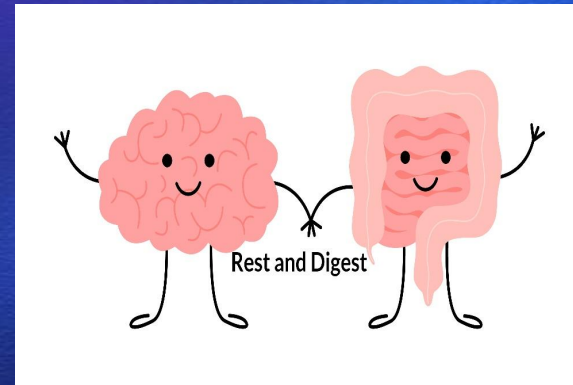
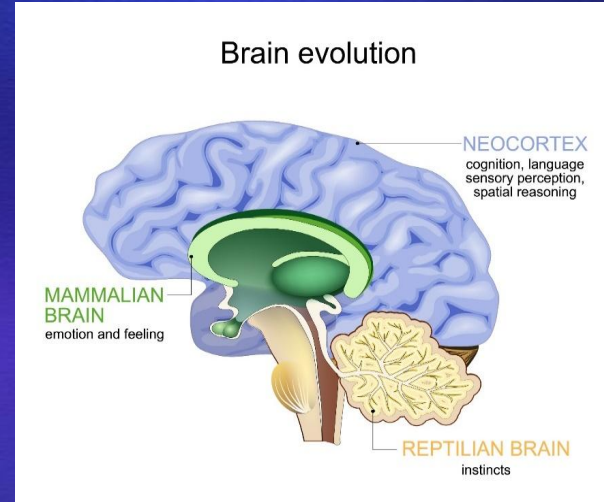


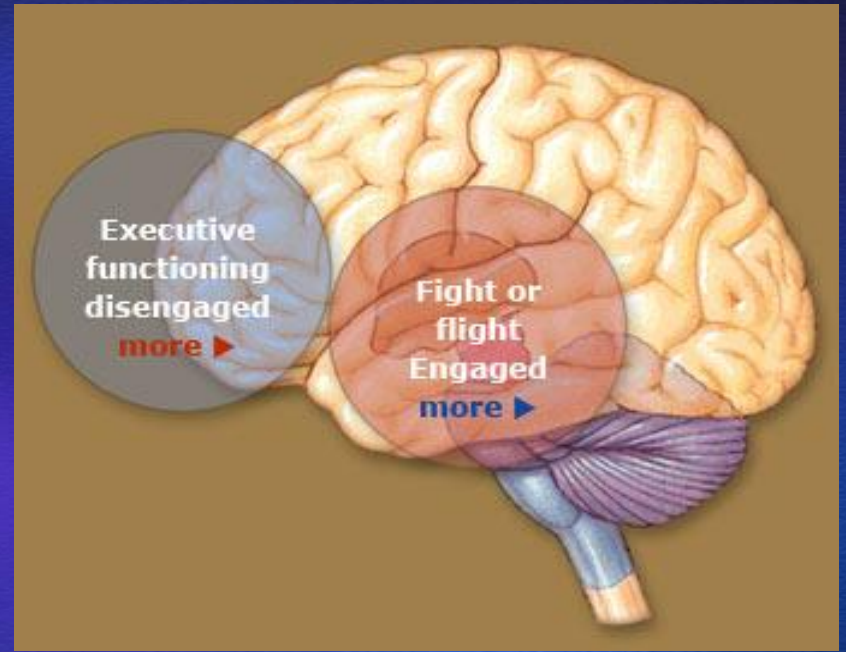


Brain evolution



Parasympathetic – Rest & Digest.....All Body Systems “On”



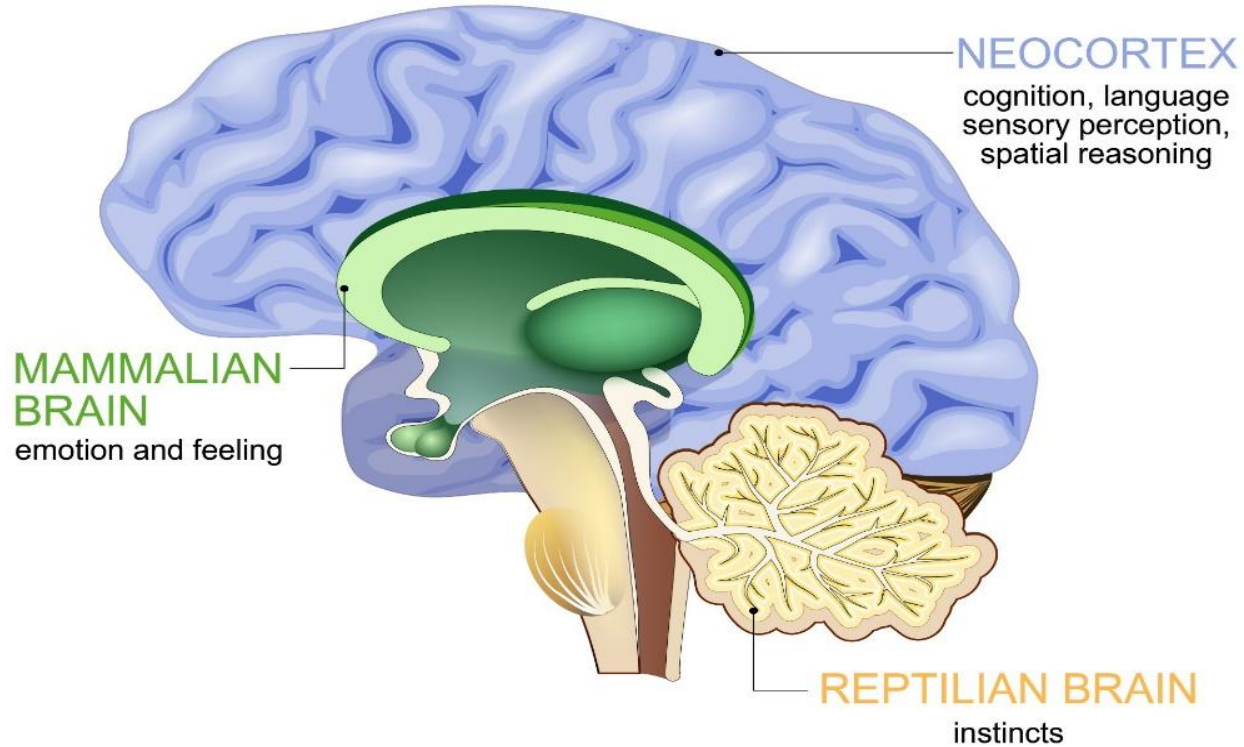


SYMPATHETIC

Fight, Flight or Freeze.....Digestive & Immune System
Compromised, Neocortex disengaged.



Brain evolution



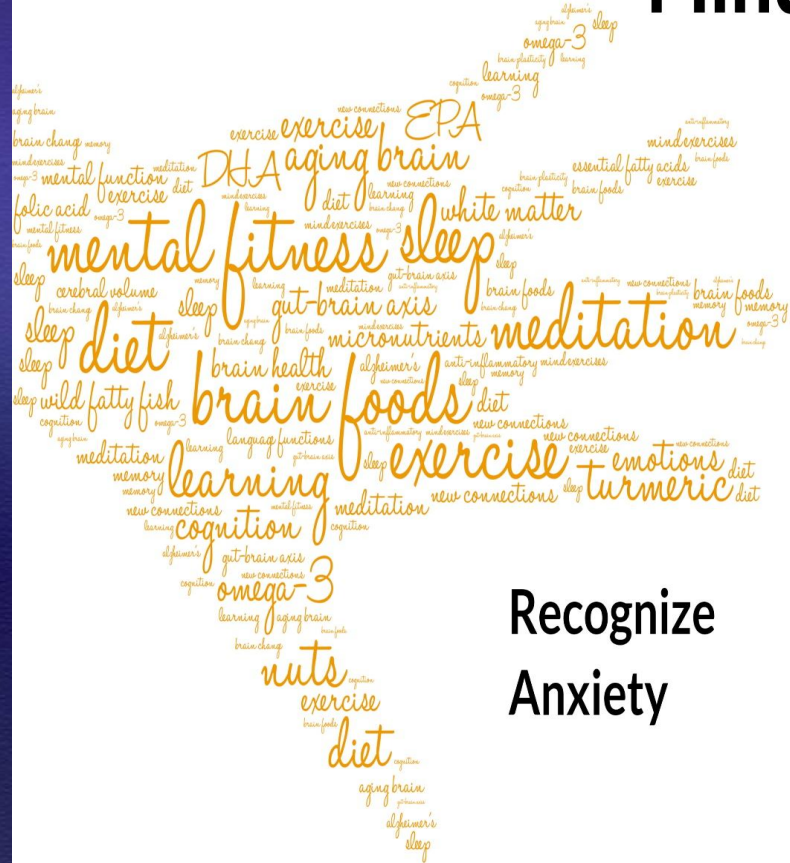
Tale of Two Wolves



Tale of Two Wolves



Mindfulness

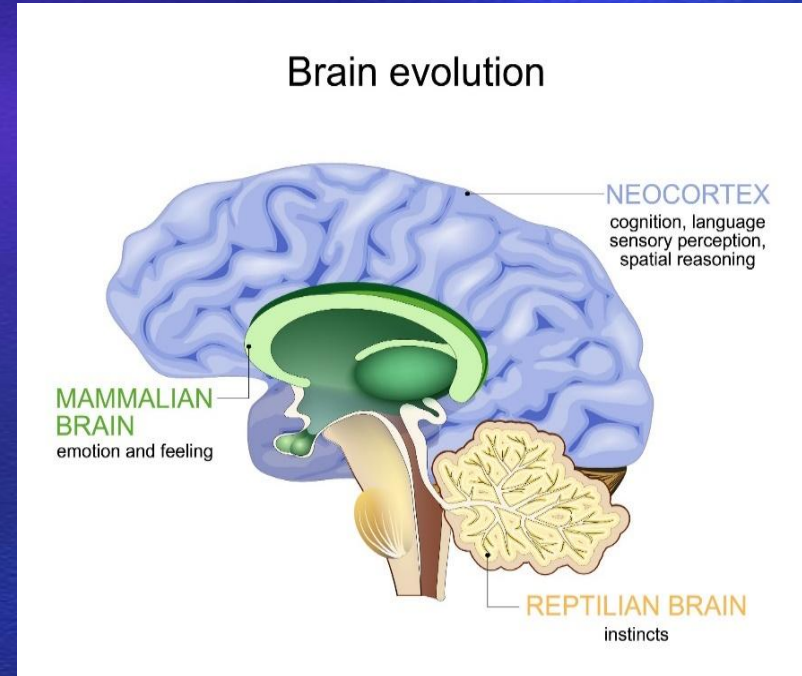


Recognize
Anxiety

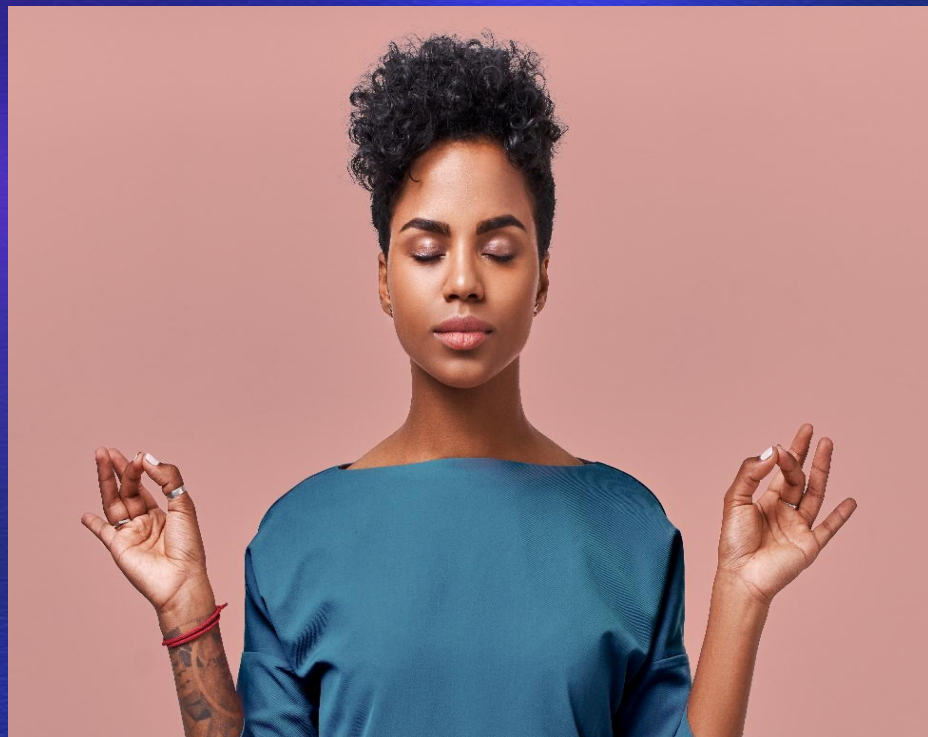


Change

The Body is ALWAYS a Precursor for Where the Mind is About to Go.....Physiology drives Psychology which drives Physiology.



Paying Attention to the breath formally and informally

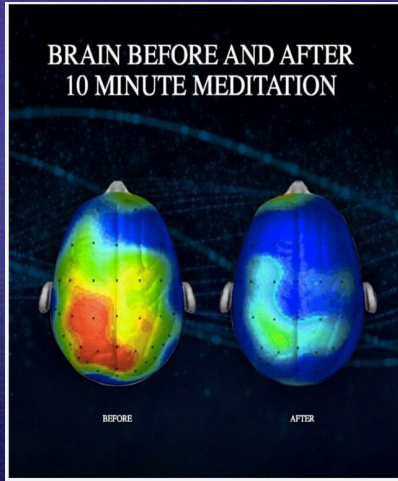


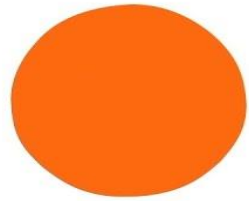
Informal: Quick Derregulation

- Box Breath... 4-4-4
- 4-7-8 Breath
- Pursed Lip Breathing... inhale half of exhale
- Diaphragmatic Breathing... inhale half of exhale
- Alternate Nostril Breathing



Formal: Daily Meditation





HEADSPACE



GET SOME HEADSPACE



**HOW MINDFULNESS
CAN CHANGE YOUR LIFE IN
TEN MINUTES A DAY**

Switch off after work

Fall asleep at night

Feel less anxious, sad, or angry

Control your cravings

Find a healthy weight

ANDY PUDDICOMBE

Somatic (Body) Exercises



Focus on Senses

The Brain is forced
to be present

Mindfulness by Focusing on Senses



VISION



TOUCH



HEARING



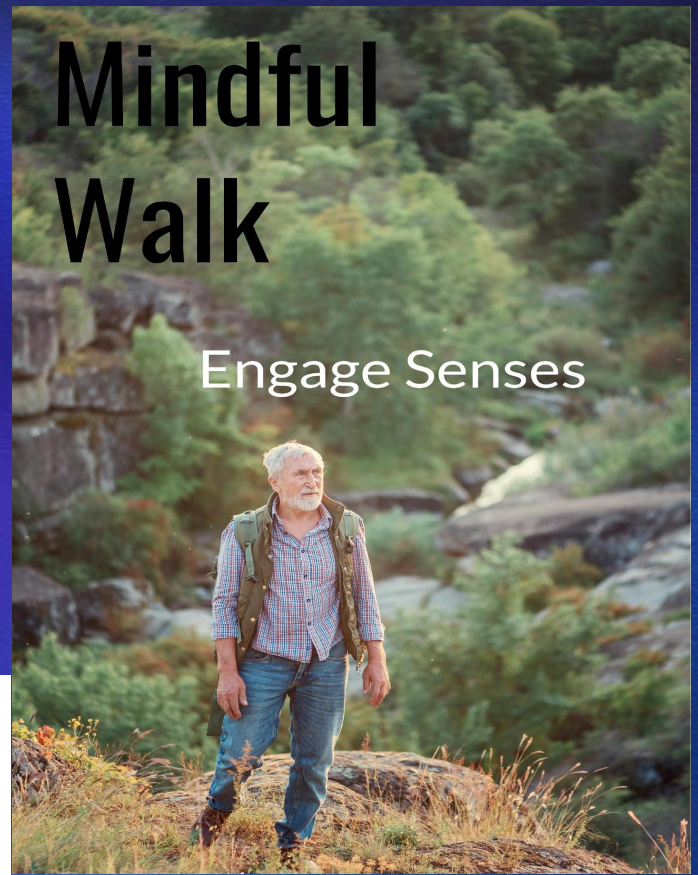
SMELL



TASTE

Mindful Walk

Engage Senses

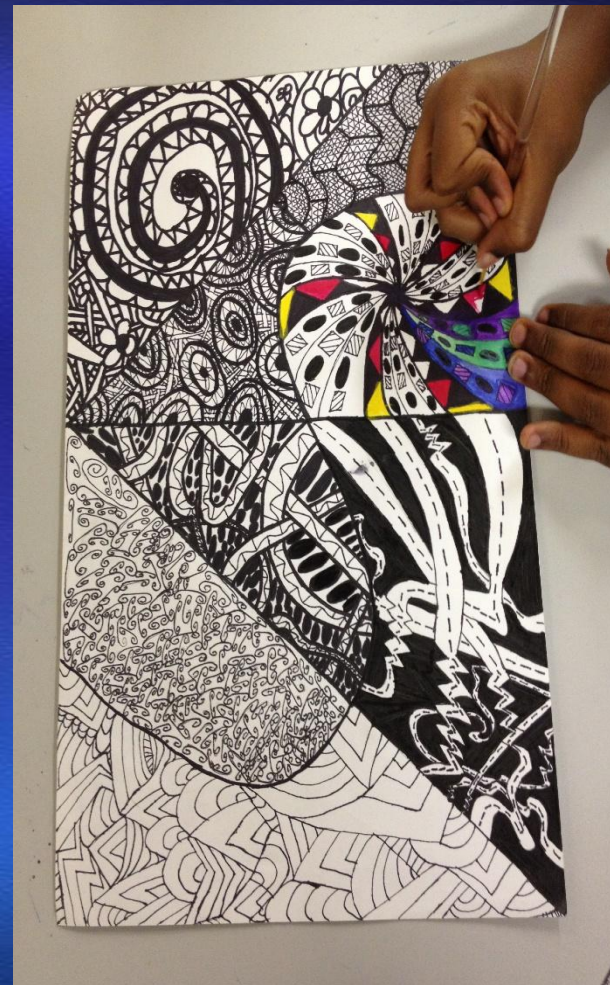




Journaling



Art



Cooking

Eating

Art

Music

Coloring

Writing/Journaling

Sewing

Chores

Driving

Talking

Hobbies

Shopping

Hygiene

BE PRESENT



Gratitude



Why Mindfulness is a Super Power





Mindfulness is a **CHOICE**. When you pay attention to your experience you have a choice **to do something** or **to do nothing**.

“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 freedom.”

-Viktor Frankl



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<https://www.thinkjamie.com>

<http://survivalguideforteachers.com>





Questions?





Session 3: Evaluation

We want to hear from you!



- _____
- _____
- _____