Mind Full? Be More Mindful!

Judy Hissong, CLM
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12:30 – 1:30

Definitions

• Mindfulness
  – Practice of maintaining a nonjudgmental state of awareness of thoughts, feelings, or experiences on a moment by moment basis.

• Meditate
  – Think deeply or focus one’s mind for a period of time. A method of relaxing.
THE MENTAL BENEFITS OF MINDFULNESS

MINDFULNESS INCREASES BRAIN GYRIFICATION (FOLDING OF BRAIN TISSUE), WHICH ALLOWS THE BRAIN TO PROCESS INFORMATION MORE EFFICIENTLY - PROVIDING A BETTER GRASP ON LIFE'S STRESSORS.

- Fights PTSD
- Fights Depression
- Improves Academic Performance
- Helps Regulate Emotions
- Fights Anxiety
- Fights Memory Loss

THE PHYSICAL BENEFITS OF MINDFULNESS

IN ADDITION TO REDUCING STRESS AND BOOSTING RELAXATION, RESEARCH SUGGESTS MINDFULNESS CAN LOWER STRESS-INDUCED INFLAMMATION, WHICH CONTRIBUTES TO MANY PHYSICAL AILMENTS.

- Reduces Rheumatoid Arthritis
- Reduces Heart Disease Risk
- Helps Irritable Bowel Disease
- Fights Chronic Pain
- Slows HIV Progression
- Aids in Weight Loss
- Improves Sleep
- Lessens Cold & Flu Effects
The important things…

• What makes you smile?
• Gratitude journal
• Happiness project

Mindful

• Walking
• Listening
• Working

Other places
• Brushing your teeth
• Mirror time
• Shower time
Meditation

HOW IT WORKS: THE SCIENCE OF MEDITATION
MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON’S MEDITATIVE STATE OF SELF-AWARENESS.

NON ATTACHMENT & DECENTERING
(LETTING GO OF THE EGO)

ATTENTION REGULATION

PRO-SOCIAL BEHAVIOR
(A N S E R E S OF EMPATHY FOR OTHERS)

EXTINCTION & RECONSOLIDATION
(CHANGING BEHAVIORS OR ATTITUDES)

EMOTION REGULATION

INHIBITION & MOTIVATION

Attention to self

About the Speaker

Judy Hissong is the President and founder of Nesso Strategies. With over 15 years experience inside professional service organizations, she brings a wealth of knowledge and expertise in leadership, Emotional Intelligence, and strategic planning. A lifelong learner, professional coach, and athlete she partners with law firms to maximize performance - in strategic planning, leadership growth and team development.

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