

## Ovio Mindful Solutions PRESENTER NOTES

# MINDFULNESS ONE: SESSION ONE



### SLIDE ONE

#### **Welcome everyone**

This course is different from many in that it is based on the premise that you already know everything you need to know to lead a rich and fulfilling life. The design of this course is not to add information to you but to teach you how to access all the knowledge and wisdom you already have. It is an experiential course, and we encourage acceptance, non-judgement, kindness and compassion. These are the foundational principles of mindfulness and can be found on pg. 4 of your journal. I also ask you to respect others privacy.

At Ovio we believe people are already overwhelmed with knowledge and information. Our programs are uniquely designed to teach you how to cut through the complexity and the noise in your head to live with purpose, balance, ease and wellness.



### SLIDE TWO

#### **Introductions**

*Introduce yourself and share the story of your journey with Mindfulness. Your disclosure and vulnerability will help open and create a safe space. (5 mins approx.)*

*Depending on class size participants can introduce themselves to the whole group (best); or to a neighbour depending on the size of the group.*

*Encourage participants to keep the introductions brief (1min approx.)*

- Name
- Previous Mindfulness experience

- *What they hope to get out of the course*

### SLIDE THREE



### **Ovio Pause**

The building block of Ovio Mindfulness

*P = Pause*

*A = Accept*

*U = You*

*S = Sigh and smile*

*E = Engage*

*Share your experience of the Ovio pause.*

Mindfulness helps us to find clarity in a stressed out digitally dependant world. We rarely allow ourselves to stop, we often think I will take a break once I get x y z done only to find then we have more to do. The Ovio pause can be done anywhere at anytime, to bring us into the present moment. After a short time you will feel the benefits of the Ovio pause and your day will feel more spacious, less rushed and more joyful.

Examples of times that you may find it useful to take a purposeful pause are:

- Before driving somewhere
- Before eating
- Before meetings/classes
- Before sitting at the computer
- Before difficult conversations

### SLIDE FOUR

### **Benefits of mindfulness**

I will skim over a few media stories which are backed by science to give you an idea of the scope of benefits that can be expected from mindfulness. You will also find a list of benefits in your journal. (Read each headline and only go into detail in your participants' area of interest)

This study showed that participants who did mindfulness meditation for an average of 27 mins per day for 8 weeks showed structural and functional brain changes, which lead to less stress and reactivity and increased focus and emotional regulation.





## SLIDE FIVE

**There is a feeding frenzy for Mindfulness in companies currently.**

Reduces stress and absenteeism, improves productivity, increases creativity and innovation, improves workplace culture.



## SLIDE SIX

**Mindfulness helps with depression and anxiety.**

Lancet (Leading medical journal) study. 212 patients with depression were randomised into 2 groups, Group 1 continued with medication, whereas Group 2 discontinued and practiced Mindfulness. - results showed no difference in numbers of relapse or time taken to relapse between the 2 groups.

*Also can add Anxiety and stress - there are well over 165 studies that show Mindfulness has a huge impact on reducing stress and anxiety. (If anyone is on medication please talk to a qualified health professional before going off your medication.)*



## SLIDE SEVEN

**Mindfulness upgrades the brain –Djokovic “my brain now functions better.”**

*Can add:*

Attentional blink study - if you are shown a series of letters with some numbers interspersed in the series and you are asked to remember the numbers in series if 2 numbers are shown within  $\frac{1}{2}$  second of each other then the second one was not detected.

After Mindfulness training the attention blink (previously thought untrainable) was reduced, so now you could show the numbers closer together and the 2<sup>nd</sup> one would not be missed.

*Background presenter reading: <https://siyli.org/the-science-behind-mindfulness/>*



## SLIDE EIGHT

### **Mindfulness improves focus concentration and memory.**

This is from a study of students sitting a Global reasoning exam. They were separated into 2 groups one group received mindfulness training and the other a nutrition class for 8 weeks. Students took GRE before and after training.

Group doing Mindfulness performed overall better in the post test. Reduced mind wandering and distractibility was thought to be responsible for improved memory and reasoning ability.



## SLIDE NINE

**Mindfulness improves heart health and general wellness.** MAAS Mindful attention awareness scale is a measure of people's ability to be mindful in everyday life. The MAAS has an 83% correlation to cardiovascular risk. (C.V. risk is assessed by measuring blood pressure, fasting blood glucose, cholesterol, BMI, smoking and lifestyle.)

Mindfulness improves wellness e.g. IBS, psoriasis etc  
Also psoriasis study UV group and UV plus MFN group. UV plus MFN 45 days for 50% skin clearance. UV group 80 days till 50% skin clearance.



## SLIDE TEN

### **What is mindfulness?**

Mindfulness is a huge topic and is not so much a skill as a way of being. The positive effects we receive from practising Mindfulness radiate out to loved ones, friends, communities and the world.

Please point out:

- Mindfulness is not clearing your mind
- You can't get it wrong as all you are doing is paying attention to your experience as it actually is, everything is included, good and bad (non-judging.)
- It is about being accepting, non-judging, kind and compassionate.



## SLIDE ELEVEN

### **Learning mindfulness**

*Laugh at photo.* We don't need to sit in lotus or levitate to learn Mindfulness.

*List the exercises that we will do in this course to learn Mindfulness.*

- Meditation
- Journaling
- Discussion

The exercises all help us increase our awareness of ourselves and others.



## SLIDE TWELVE

### **Awareness**

Mindfulness increases our awareness so we see clearly, we see the reality of ourselves and situations, (we let go of the 'stories we tell ourselves') once we embody this awareness we are best equipped to know how to act and respond in accordance with our values and what is really important to us.

We gain clarity despite all the complexity. It helps us navigate our way through life. **We get real.** We see clearly.



## SLIDE THIRTEEN

### **Why do I need mindfulness?**

It is important that everyone has set an intention for learning and practicing Mindfulness. This exercise will help people get the most out of this course.

*Ask participants to think about what has brought them to this class,*

What is it you want to get out of the next 3 weeks?

*Remind them of what it took for them to turn up for the course. Booked tickets etc. Huge act of kindness to themselves and others to get this far.*



#### SLIDE FOURTEEN

##### **Noticing thoughts exercise**

This exercise helps us become aware of the random nature of our thoughts. Our Mind is to thoughts what our ears are to sounds.

*Please play audio for this and participate.*

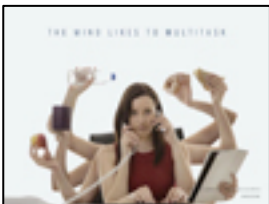
*After exercise ask: Would anyone like to share what they **noticed**? (this encourages noticing rather than controlling thoughts.)*



#### SLIDE FIFTEEN

##### **The secrets of the mind**

There are some everyday things our mind does that we are totally unaware of. Before we go any further let's shine some light on a few of these secrets and decide if they serve us well.



#### SLIDE SIXTEEN

##### **The mind loves to multitask**

*Ask the participants:*

- Raise your hand if you regularly multitask?
- Who thinks multitasking helps them get through their workload?
- Now let's do an exercise to demonstrate the effect of Multitasking(next slide)



## SLIDE SEVENTEEN

### **Multitasking exercise**

*Participants will need pen and paper. They can use their journals but many prefer to save the journals for journaling.*

Do not start till I tell you.

We will do 2 separate timed exercises one not multitasking then second multitasking then you will compare your experience of each exercise.

This is not a competition and no one gets to see your results it is simply for you to compare the experience of multitasking versus monotasking.

Explain this exercise carefully and make sure you have confirmation that everyone understands what they have to do.

Start and read out time intervals in 10sec increments until everyone is finished.

*Ask participants who found when multitasking:*

- They were more stressed
- Made more mistakes
- Took longer

**Research shows reduced multitasking lead to better focus, less stress and better memory.** (Discuss your own experience).



## SLIDE EIGHTEEN

### **The mind 'auto predicts'**

Our mind, like our phones takes a small amount of information and builds up the rest of the story. Like our phones our minds can get this wrong. We need to be aware of this so we can notice it and correct it.

Auto prediction is important so we can understand speech etc. but without awareness it can lead to mindless stress!

*Give examples of when your minds auto predict was wrong*  
e.g. Someone listening to my class looked like she hated it and disagreed with all that I was saying. I began to doubt myself then after class she told me that she loved the class it was exactly what she needed as she suffered stress induced headaches and she had one during the class hence the painful look on her face!



## SLIDE NINETEEN

### **The mind loves autopilot**

When we are on autopilot we don't know that we are. Research shows we are on autopilot 48% of the time (half of our life) so by practicing mindfulness we are better able to notice when we are on autopilot and return to the present.

A study showed that we are happier when our mind is focused on what we are doing, even if that is taking out the rubbish. So by becoming mindful we get to enjoy more of our life.

*Give an example of when you were on autopilot and missed something important. Mindfulness helps us notice autopilot and switch it off.*



## SLIDE TWENTY

### **The mind a beautiful servant but a dangerous master**

*Read quote then add:* by practicing mindfulness we become the master rather than the servant so our mind starts working for us rather than against us.





## SLIDE TWENTYONE

### **Communication exercise**

This exercise helps us look at all the tendencies of the mind, we get a chance to observe our thoughts both as a mindful listener and speaker.

*Presenter to time this exercise ring bell after 2mins for participants to switch over.*

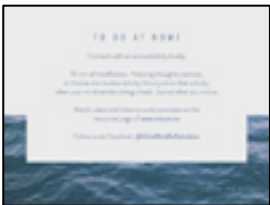
#### 1 - Listeners

- Listen in silence, can use expressions and eye contact but just not speak.
- Notice your minds tendency to want to put a silver lining on it, dramatise or add to what you are hearing.
- Try to focus on what is real for the speaker. Connect with your sense of hearing.
- Notice your internal commentary, forming an opinion on what is being said, pre framing what you are going to say, be curious and focus on your sense of hearing.

#### 2 - Speakers

- Notice your tendency to edit what you are saying, making it better or worse.
- Notice how different it feels to be mindfully listened to.

**Our Mindful awareness builds when we observe ourselves and others.**



## SLIDE TWENTY TWO

### **To do at home**

*Ask if participants want to connect with someone in the group to remind them to practice. A Text works well.*

Will be emailed with links.

Any questions?



## SESSION ENDS