



THE CLARITY YOU DESERVE

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**Ovio Mindful Solutions
PRESENTER NOTES**

MINDFULNESS ONE: SESSION THREE



SLIDE 39

Welcome everyone

Feedback from previous session.

Last session focused on emotions and stress management. This session we focus on happiness and relating to others.



SLIDE 40

Ovio Pause

*Feedback from participants that have started using the Ovio pause.
Guide this.*

SLIDE 41



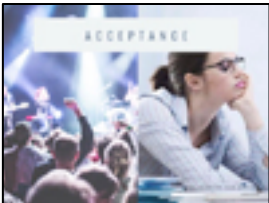
Happiness ‘Mind the gap.’

We have a movie inside our heads of how we expect our life to be, but then there’s reality. We are happy if our life matches our movie but disappointed if it doesn’t. We are also disappointed when the characters in our movie respond differently in real life than what we expect.

This type of thinking creates a gap between our expectations and our reality. When our mind notices this gap it asks why. The answers to this question can spiral us into a cycle of negative thinking. Why am I not happy? Because... I am not attractive enough, nothing ever works out for me, I am not smart enough ... With Mindful awareness we become aware of the gap (‘Mind the gap’) and learn that in some cases all we need to do is get rid of the movie in our heads and turn our expectations into appreciation.

We learn to throw away the movie and approach life with curiosity, gratitude and kindness.

SLIDE 42



Acceptance

Acceptance is another tool we can use to create joy in our lives. it is not passive it is seeing through the façade to what is really there so we stop resisting and start engaging.

Use the example above. This girl wanted to be at the concert but missed out so she is at work. She is getting nothing done as she is so annoyed, she fails to look behind her where an amazing guy is sitting, whom she could fall in love with and things could have worked out so much better for her than if she had gone to the concert.

When we accept, we engage and get to make choices.



SLIDE 43

Resisting

Life can sometimes feel like an uphill battle. Mindfulness helps us become resilient and instead of resisting the difficult we embrace it. Life is full of ups and downs.

The principles of Mindfulness work against the popular 'positive thinking' mind set. 'Positive thinking' is simply a habit that encourages us to push away, disallow, fix, rise above, block out, or ignore any emotion or situation we judge as bad. To avoid difficult emotions or situations, we distract ourselves with TV, overeating, overworking, overcontrolling, alcohol or drug abuse. The things we do to avoid difficult situations or emotions cause us more strife than the emotions or situations themselves. It is counterintuitive and is not serving society well, with all time high levels of depression stress and anxiety.

Mindfulness teaches us to turn towards challenging situations or emotions, people are often surprised by their resourcefulness and capacity to be able to then respond wisely to the difficulty. *(Use the analogy of the mountain in the slide)*



SLIDE 44

Welcome mat

We put the welcome mat out for all of our emotions we don't judge them as good or bad, we approach them with curiosity and kindness. To respond wisely in life, we need to engage all of our emotions...that is why we have them!



SLIDE 45

Letting go

Make forgiving yourself and others a wise **choice** not a judgement call. You deserve the peace.

A story for you to share....

A senior monk and a junior monk were traveling together. At one point, they came to a river with a strong current. As the monks were preparing to cross the river, they saw a very young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side.

The two monks glanced at one another because they had taken vows not to touch a woman.

Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey.

The younger monk couldn't believe what had just happened. After re-joining his companion, he was speechless, and an hour passed without a word between them.

Two more hours passed, then three, finally the younger monk could contain himself any longer, and blurted out "As monks, we are not permitted to touch a woman, how could you then carry that woman on your shoulders?"

The older monk looked at him and replied, "Brother, I set her down on the other side of the river, why are you still carrying her?"

Letting go is a radical act of kindness to yourself, it takes a lot of courage and awareness. It is a **choice**.



SLIDE 46

Body scan exercise

Play audio

After exercise

Would anyone like to share what they noticed? (this encourages noticing rather than controlling thoughts)



SLIDE 47

Relating to others

Mindfulness helps us become more accepting, curious, kind and non-judging of ourselves. Naturally we extend this same kindness to others our relationships start to flourish.

Everyone is unique but remember everyone has a heart.

Take ownership of and notice your reactions and express how things are from your experience. Remember we are all interconnected.



SLIDE 48

Journaling exercise

This exercise helps us to get to the qualities that have real significance to us rather than the often admired and sort after superficial qualities.

Mindful journaling rules. (page 50 of journal)

Invite and encourage your thoughts to flow. You may write about anything that comes to mind even if it strays from the prompt. If you have nothing to write just keep writing "I have nothing to write" There is no right or wrong just keep writing until the time is up.

Time 1 min on each prompt.



SLIDE 49

Relationships

We may catch ourselves thinking life would be easy if it was just me. This is not the case we are the human species. From an outsiders perspective we don't behave like we are the same species we wage war, we allow others to starve while we have plenty to eat, the list is endless.

Research shows we are fighting against nature and becoming more disconnected. This causes us stress and unhappiness it is against our wiring as human beings. (Oxytocin is a stress hormone, perhaps because in times of danger we should huddle together) When life is challenging we are encouraged to put on a brave face and carry on, looking successful on the outside and oftentimes suffering on the inside.

Mindfulness helps us to embrace our vulnerabilities which improves our sense of connectedness and wellbeing. It makes the workplace, family the world a kinder place to live.

Hedgehogs and a cold winter night. (Adapted from porcupines and the coldest winter ever.)

It was a cold winter night, and many hedgehogs began to shiver. The hedgehogs, decided to huddle together. This way they covered and protected themselves; but the quills of each one wounded their closest companions even though it felt good to share their heat with each other.

After awhile, they decided to distance themselves one from the other to stop being wounded.

As they did this, they began to freeze.... So they had to make a choice: either accept the quills of their companions or die. Wisely, they decided to go back to being together. This way they learned to live with the little wounds that were caused by the close relationship with their companion, but the most important part of it, was the heat that came from the others that enabled them to survive the cold winters night.



SLIDE 50

Compassion

With Mindfulness we naturally become more compassionate and this increases our happiness which ripples out and affects others.

Ask the participants to think of someone they are having difficulties or disagreements with and then guide them through this exercise while they have that person in mind.



SLIDE 51

How have I changed as a result of this course?

This will help to reflect on and anchor the participants learning.

Time 2 mins each and 1 min for free flow conversation.



SLIDE 52

Congratulations

This course for most of you, your first step towards a more fulfilling, energised life.

Encourage the participants to continue with mindfulness exercises. Sign up for more courses and to do our email survey.



SESSION ENDS