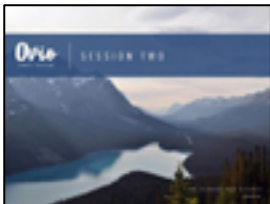


Ovio Mindful Solutions PRESENTER NOTES

MINDFULNESS ONE: SESSION TWO



SLIDE 24

Welcome everyone

Feedback from participants from previous session or the time between sessions.

Last session we focused on Mindfulness and thoughts, this session gets exciting as we look at emotions and stress management.



SLIDE 25

Ovio Pause

Read slide and ask for feedback from those who have started to use this pause.



SLIDE 26

The present moment

Read the quote.

It is important to be present so we don't miss the magic moments of our lives but it is equally important to be fully present so that we can respond wisely to life rather than react out of habit. We need to be fully present to act and to make decisions that align with our true values. Most of us live in a state of partial attention, we eat without tasting, we listen without hearing, sometimes we speak without realising the impact of our words.

Ask participants: "How do we get present?"

Explain: Our 5 senses help us to be present seeing, hearing, tasting, feeling, touching. *Quote* "Sometimes we have to lose our mind to come to our senses"



SLIDE 27

What happens when we are not present during the challenging times?

Talk about visual

Analogy-If I put my hand on a hot plate and I am not present I don't notice as my hand slowly heats up, until it is too late and I am burnt, I react by pulling my hand back and yelling. When I am in a distracted state of partial attention I become reactive instead of responsive.

Being present allows us to notice exactly what is going on and recognise the impact it is having on us. When we get a choice most of us know what to do, we just don't notice early enough so we don't get to choose.

Mindfulness helps us be present and notice proactively, this allows us to respond by making choices that align with our values.

Give an example of this in your life.



SLIDE 28

Body scan exercise

Run audio.

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



SLIDE 29

Communication exercise

This is another chance for participants to practice mindful speaking and listening this time not just focusing on thoughts but also listening for and noticing feelings. In this exercise people learn from each other about techniques for dealing with stress. *Same rules as for session one.*

Note we talk about stress which in this case includes difficult emotions as they are exacerbated by stress.

After the exercise ask participants to share examples of common stressors.

Pre-empt the next slide “The types of stressors we have discussed cause the same reaction in our body as those stressors that our body was initially designed for.”



SLIDE 30

Stress

Refer to italics. This is the type of stressor our body was designed for. In prehistoric times the flight or fight response was the correct response to stressful situations. But the flight or fight response is not helpful when finishing work to meet a deadline etc. *(Can use stressors mentioned in the discussion)*

As Adrenalin and Cortisol are released, the heart rate is increased, digestion, immune function and reproduction is shut down and focus becomes narrowed, higher level cognition switched off, we have a tunnel vision and become non productive. Great for dealing with a Sabre Toothed Tiger but no good for a math exam or a work deadline.



SLIDE 31

Our mind under stress

Research shows many of us live in a state of chronic stress where we run on stress and can't switch off. Why?

Explain the difference between us and animals by the story of a lion killing a gazelle and the gazelle returning to grazing vs if a lion was to come into the room and eat a participant I wouldn't be able to return to my lunch.

Ask participants why?

Answers should lead to the fact human thinking allows us to question.

We ask what if ...and our mind fills in the gaps hence we keep our flight or fight reaction switched on all day and sometimes all night!



SLIDE 32

Amygdala

Our flight or fight response is triggered in the amygdala this is a part of the brain that becomes less reactive with mindfulness. With the increased self-awareness that mindfulness brings become proactive in managing stress.



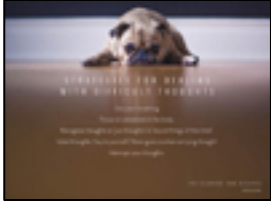
SLIDE 33

R.A.I.N.

One way of turning off the flight or fight response is by a technique based on the acronym R.A.I.N

Most important to mention that when you get to the end of RAIN you get to choose a response rather than react. Explain

Give an example of when you have used this technique.



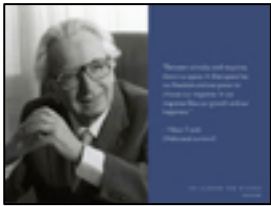
SLIDE 34

Strategies for dealing with difficult thoughts

Read slide

This describes other ways to switch off the stress response brought about by difficult thoughts.

Ask for other suggestions from participants remember everyone learns from each other.



SLIDE 35

Viktor Frankl quote

Read quote. Mindfulness helps to create the space between stimulus and response.

Demonstrate using the Mind jar with a personal example of when you have created space between stimulus and response.



SLIDE 36

Journaling exercise

By discovering and engaging in what brings us joy and fulfilment we naturally reduce our chance of becoming stressed.

Read slide.

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 37

To do at home

Read out the slide

Will be emailed with links

5

Any questions?



SESSION ENDS