

**NOVA  
BROWNING  
RUTHERFORD**

EXPLORING MINDFULNESS & PRIORITIZING SELF-CARE

# THE COMPLAINTS

- Not Enough Breaks
- Working While Sick
- Difficult People
- Lack Of Control
- Environment

## THE STATS

**87%** of employees are not engaged at work

### UK

**STRESS** contributes to **105** million lost workdays per year

### Germany

**STRESS** is **#1** cause of early retirement, **\$10** billion a year

### Canada

**1** in **4** workers claim work as **#1 source of stress**

**I DON'T EVEN KNOW**



**WHO I AM ANYMORE**

# SEEING THE SIGNS

[BREAKOUT DISCUSSION]

“ IF YOU DO WHAT  
YOU’VE ALWAYS  
DONE, YOU’LL GET  
WHAT YOU ALWAYS  
GOTTEN.”

- HENRY FORD

**TAKE 5**

## TO PROTECT MY TIME & ENERGY IT'S OK TO...

- CHANGE MY MIND
- TURN MY RINGER OFF
- CANCEL A COMMITMENT / DELEGATE WHEN NOT WELL
- TAKE TIME TO RESPOND TO CALLS / EMAILS
- CREATE A SPACE JUST FOR ME
- FIND ANOTHER OUTLET OF EXPRESSION



## THE SOLUTION?

- **SELF CARE** vs Not Enough Breaks
- **SELF CARE** vs Working While Sick
- **SELF CARE** vs Difficult People
- **ASSERTIVENESS** vs Lack Of Control
- **SELF CARE** vs Environment

# PRIORITIZING SELF-CARE

## PHYSICAL

Sleep In - Naps - Early Bedtime - Walks -  
Cardio - Strength Train - Playing Sports -  
Dance - Yoga - Massage - Breath Work - Sex

## EMOTIONAL

Family/Friendships - Pet Care - Journaling -  
Crying - Time to Grieve - Funny/Sad Movie -  
Practicing Self-Forgiveness - Meditation

## MENTAL

Reading - Writing - Making Music -  
Puzzles - Cooking - Purging - Creating  
Art - Knitting - Video Games - Gardening

## SPIRIT

Fellowship - Prayer - Meditation -  
Kids/Elderly - Mentoring - Gratitude -  
Volunteer - Reflective Time In Nature

*“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”*

- Jon Kabat-Zinn, Professor/Founder of MBSR

# TOP 10 TOOLS

breathe mindfully  
listen deeply  
cultivate insight  
nurture mutual respect  
practice compassion

limit reactivity  
express gratitude  
build integrity  
foster leadership  
be peace

# THE PRACTICE

ENVIRONMENT - BODY - THOUGHTS

# WHY PRACTICE MINDFULNESS?

Mindfulness is good for our bodies: after just eight weeks of training, practicing mindfulness meditation boosts our *immune system's* ability to fight off illness.

Mindfulness is *good for our minds*: increases positive emotions while reducing negative emotions and *stress*.

Mindfulness *changes our brains*: increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.

Mindfulness helps us focus: Studies suggest that mindfulness helps us *tune out distractions* and improves our *memory and attention skills*.

Mindfulness *enhances relationships*: couples more satisfied with their relationship, makes each partner feel more optimistic and relaxed, and makes them feel more accepting of and closer to one another.

# WHY PRACTICE MINDFULNESS?

Mindfulness is good for *parents*: results in being happier with their parenting skills and their relationship with their kids, and their kids were found to have better social skills.

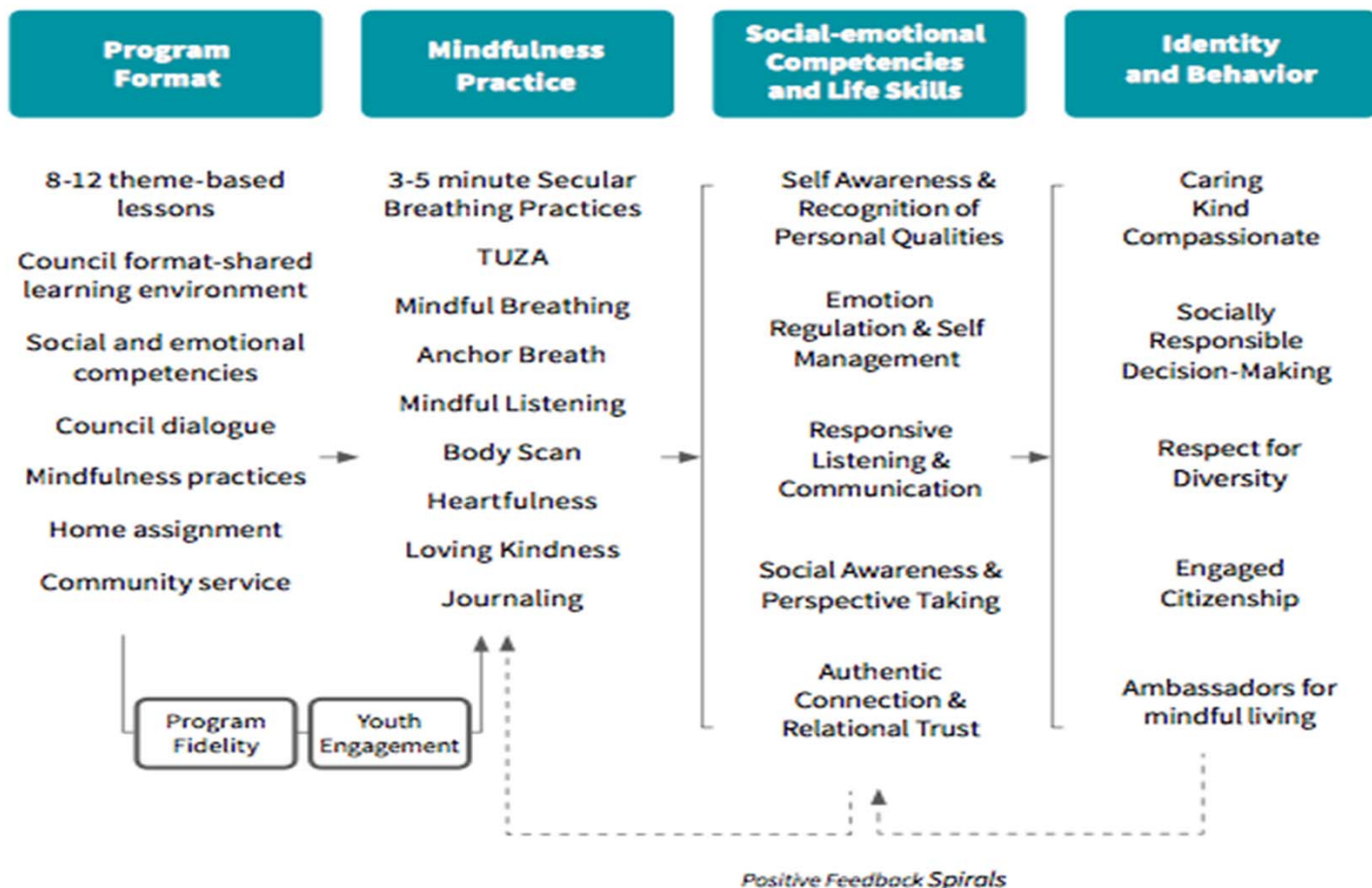
*Mindfulness helps schools*: reduces behavior problems and aggression among students, and improves their happiness levels and *ability to pay attention*.

*Teachers* trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and greater compassion and empathy.

Mindfulness helps *health care professionals* cope with stress, *connect with patients*, and *improve their general quality of life*. It also helps *mental health professionals* by reducing negative emotions and anxiety, and increasing their positive emotions and feelings of *self-compassion*.

Mindfulness *fights obesity*: Practicing “mindful eating” encourages healthier eating habits, helps people lose weight, and helps them savor the food they do eat.

## Program Goals and Outcomes





# OBJECTIVES & FINDINGS

## PROGRAM OBJECTIVES

- ✓ Regulate emotions and behavior
- ✓ Manage stress and anxiety
- ✓ Build a daily breathing practice
- ✓ Strengthen communication skills
- ✓ Foster peer-to-peer connections
- ✓ Build empathy & compassion
- ✓ Develop resilience
- ✓ Build focus and concentration

## RESEARCH FINDINGS

- ✓ Coping with challenges
- ✓ Working with others
- ✓ Improving their relationships
- ✓ Managing stress or anxiety
- ✓ Being calm and relaxed
- ✓ Coping with sadness
- ✓ Communicating more effectively

# TRUSTING CLIENTS INCLUDE



Canadian Mental  
Health Association  
*Mental health for all*



CPP  
INVESTMENT  
BOARD



Elementary Teachers'  
Federation of Ontario

ECONOMIC CLUB  
●●● OF CANADA



# MEDIA APPEARANCES

Bell  
Media



THE  
HUFFINGTON  
POST

**CHATELAIN**

THE WALRUS

**DAY ONE**  
**ONE DAY**