



Rooted Together:

Practical Mindfulness to Ground, Protect & Renew

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Opening Exercise

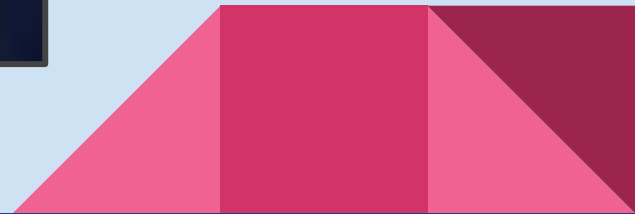
Feet

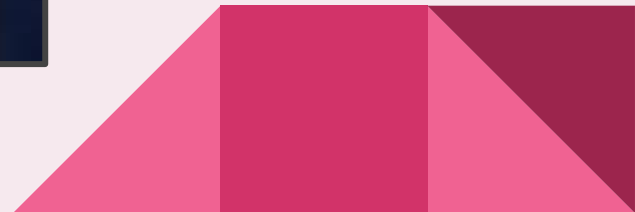
Hands

Shoulders

Breath







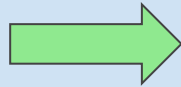


Indulgence



Essential
Maintenance

Just OK



Essential
Professional
Skill

Mindfulness is...

Training our mind

In a very specific way



Paying attention to what's happening right now

Without unnecessary judgment.

How does it work?

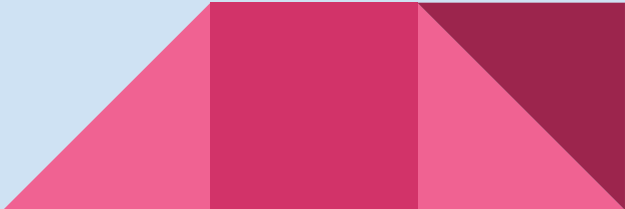
Mindfulness is the process of



- directing attention to an anchor
- noticing distraction
- bringing attention back
 - ◆ Kindly, gently, patiently



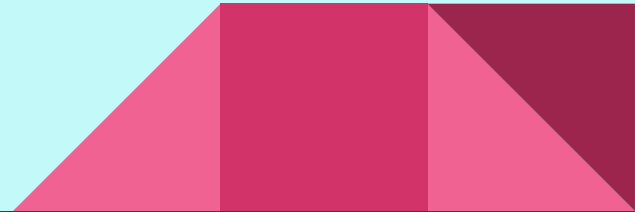
Trauma sensitivity

- Choice & Self Care vs. Directive
 - Light & Practical vs. Emotionally Intense
 - Nonjudgmental
- 

Exercise

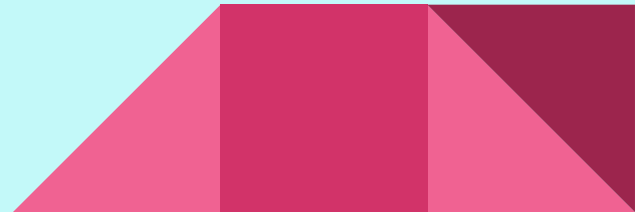


5 Finger Breathing



Exercise

Counting 5 breaths



Exercise

1 Conscious Breath





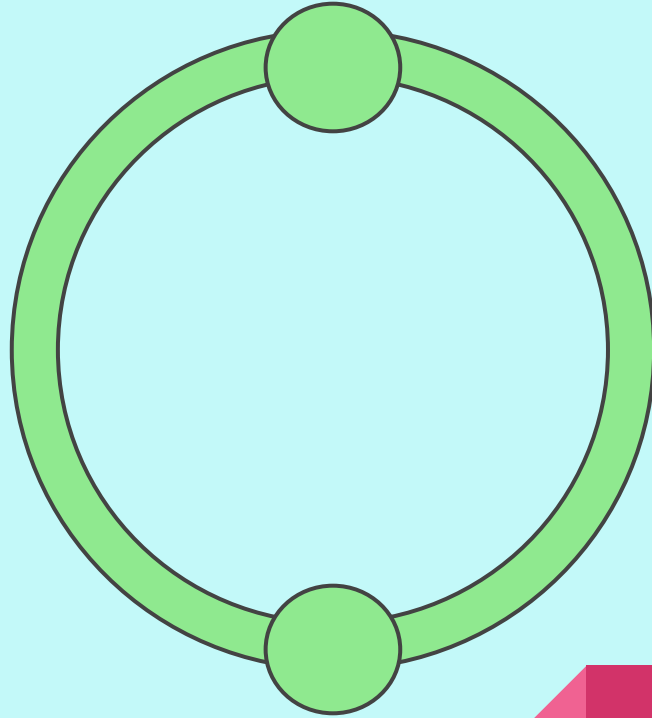
The Power of the Pause



Exercise

Circle

Reset



Why this approach?



- Anyone, Anytime, Anywhere
- Transferable cognitive skills
- Offer a *regulated, attentive presence*

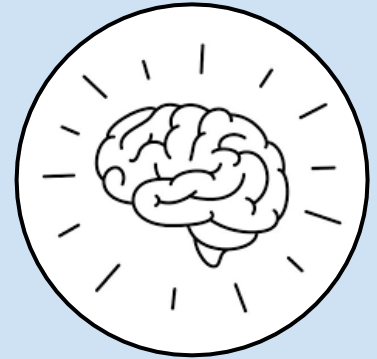
Wellness is *how we do our work*

Mindfulness helps minds work better

Problem solving

More efficient & effective

More creative & innovative



 People love it!!!

Reflection

What seemed
most useful to you?

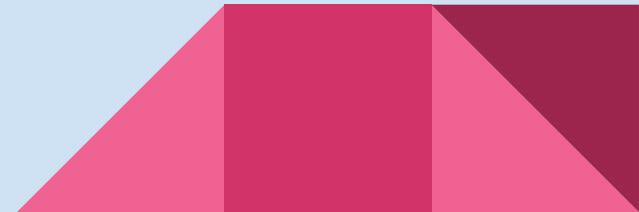


A Mindful Workplace

Working on wellness *together*

A culture that values

- Slowing down to think
- Taking time to regulate
- Pausing and resetting



A Mindful Workplace

~ What you can do



- Start an ongoing conversation
- Lead w a regulated nervous system
- Insert quick practices
- Give opportunities to pause & regulate



You can
Begin again at any time





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