



Welcome to Base Camp Well-Being Webinar 3

Webinar 3 – Mastering the Mind During Challenging Times

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Energy Boost! Super Brain Yoga

- An easy three minute a day workout used to stimulate neural pathways in the brain by activating the breath and acupuncture points on the earlobes.
- A gentle practice to harmonize the left and right hemispheres of the brain.
- Studies have indicated improvements in memory by assisting brain function and cell activity.
- *Breathe in through nose on way down and out through mouth on way up*

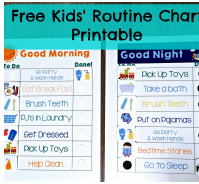




2

What's working?

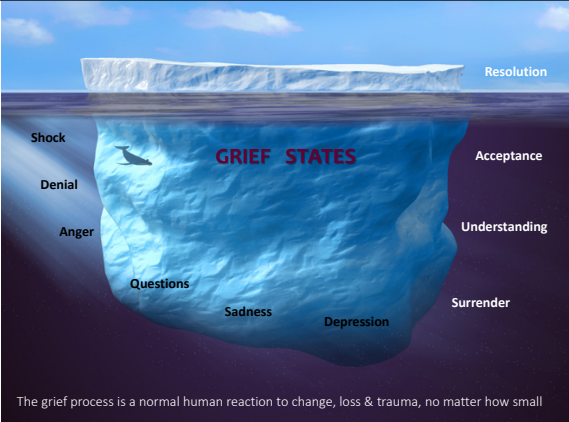
What's not?








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GRIEF STATES

The grief process is a normal human reaction to change, loss & trauma, no matter how small



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balance is the key
CENTRAL NERVOUS SYSTEM

SYMPATHETIC
(GAS PEDAL)

- Fight or flight response
- Protection and survival
- Stress response
- Adrenal (stress) glands activated

PARASYMPATHETIC
(BRAKE PEDAL)

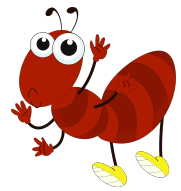
- Rest
- Digest
- Relax
- Growth & development

*"You can't be in growth and protection at the same time."
Dr. Bruce Nipton*




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ANTS & PETS



Automatic Negative Thoughts



Performance Enhancing Thoughts



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ANTS & PETS

ANTS
Automatic Negative Thoughts

- My whole day is ruined!
- This always happens to me!
- I'm hopeless at Maths
- Everyone else has their act together
- It's all my fault

PETS
Performance Enhancing Thoughts


- My best is always good enough
- Everyone has to learn somehow
- Perhaps I've missed something?
- Maybe I'll ask a question about that
- Plan A didn't work, lucky the alphabet has 25 other letters!



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MINDSET


Fixed Mindset	Growth Mindset	Benefit Mindset
Every day experts who seek perfection and avoid failure	Everyday achievers who seek success and mastery	Everyday leaders who seek to 'be well' and 'do good'
Focus on production, questioning what they do	Focus on productivity, questioning how they do it	Focus on purpose, questioning why they do it
Mostly individualistic , ego system benefit	Mostly individualistic , ego system benefit	Individual and collective , ego and eco-system benefit
Feels threatened by the success of others and achieves less than their full potential	Finds lessons in the success of others, to reach ever-higher levels of personal achievement	Discover their strengths and meaningfully contribute to a future of greater possibility



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MINDSET

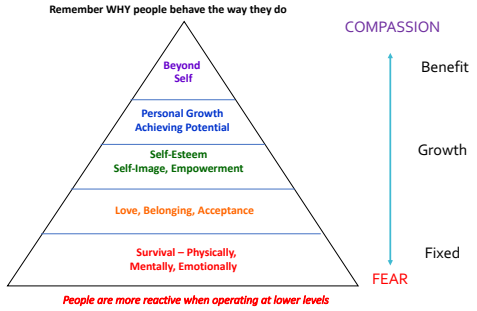
- **Fixed Mindset** – tendency to avoid challenges, give up in the face of obstacles, be averse to constructive feedback
- **Growth Mindset** – more likely to embrace challenges and persist in the face of setbacks, learn from feedback and think: how will this have a positive impact on me and what can I learn from it?
- **Benefit Mindset** – beyond my growth, what are some of the potential beneficial outcomes of this current situation on our organization / more globally?




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Why do people behave the way they do?

Remember WHY people behave the way they do



People are more reactive when operating at lower levels




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DISTRACTIONS

A **DISTRACTION** is anything that moves us away from what we really want/need:

- We need to **Master the Internal Triggers** – our thoughts, and feelings – this is best done through thought mindfulness practices, awareness and modification
- We also need to **Hack Back External Triggers**
- Disengage from **social media** except at certain times
- Be mindful not to get hooked into **news updates**
- Pings and **notifications** are all triggers to take us off task – turn them off, silence your devices, remove Apps you don't need, make your front page with only 6-8 Apps, use a clock or watch for the time
- Use the **10 minute rule & Surf the Urge!**




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TRACTIONS

TRACTIONS are those things which move us towards what we really want/need

- Having a handle on what's important to us – our **priorities** – helps us to manage our time effectively – we all have the same amount of time – it's **how we use** it that counts
- **LIFE DOMAINS: Self / Relationships / Work**



- Time-boxing – carving out time for focused work and communicate that to others





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STAYING CONNECTED

- i. Wherever possible, raise the level of connection from a text or email to a phone-call or video-link...
- ii. Agree on a time for morning tea and share a cuppa...
- iii. Shared lunches – UBER eats delivery to a group...
- iv. Send a random note of gratitude, or validation to a co-worker...
- v. Set-up a buddy system / accountability partner for checking in...
- vi. Celebrate birthdays...
- vii. Virtual after-work drinks!
- viii. Pizza party!
- ix. Add your own ideas.....

Social distancing doesn't have to mean disconnection!

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RITUALS

A daily RITUAL is a way of saying "I'm voting for myself: I'm taking care of myself." Mariel Hemingway

- Tea / coffee ritual
- Shower ritual
- Morning ritual
- Exercise
- Candles, essential oils, fire
- Journalling
- Sensing meditation
- Sunrise, sunset
- Forgiveness, Release and Gratitude
- Card sets, insight tools



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