

What's Good  
Today?





# The Magic Of Mindfulness

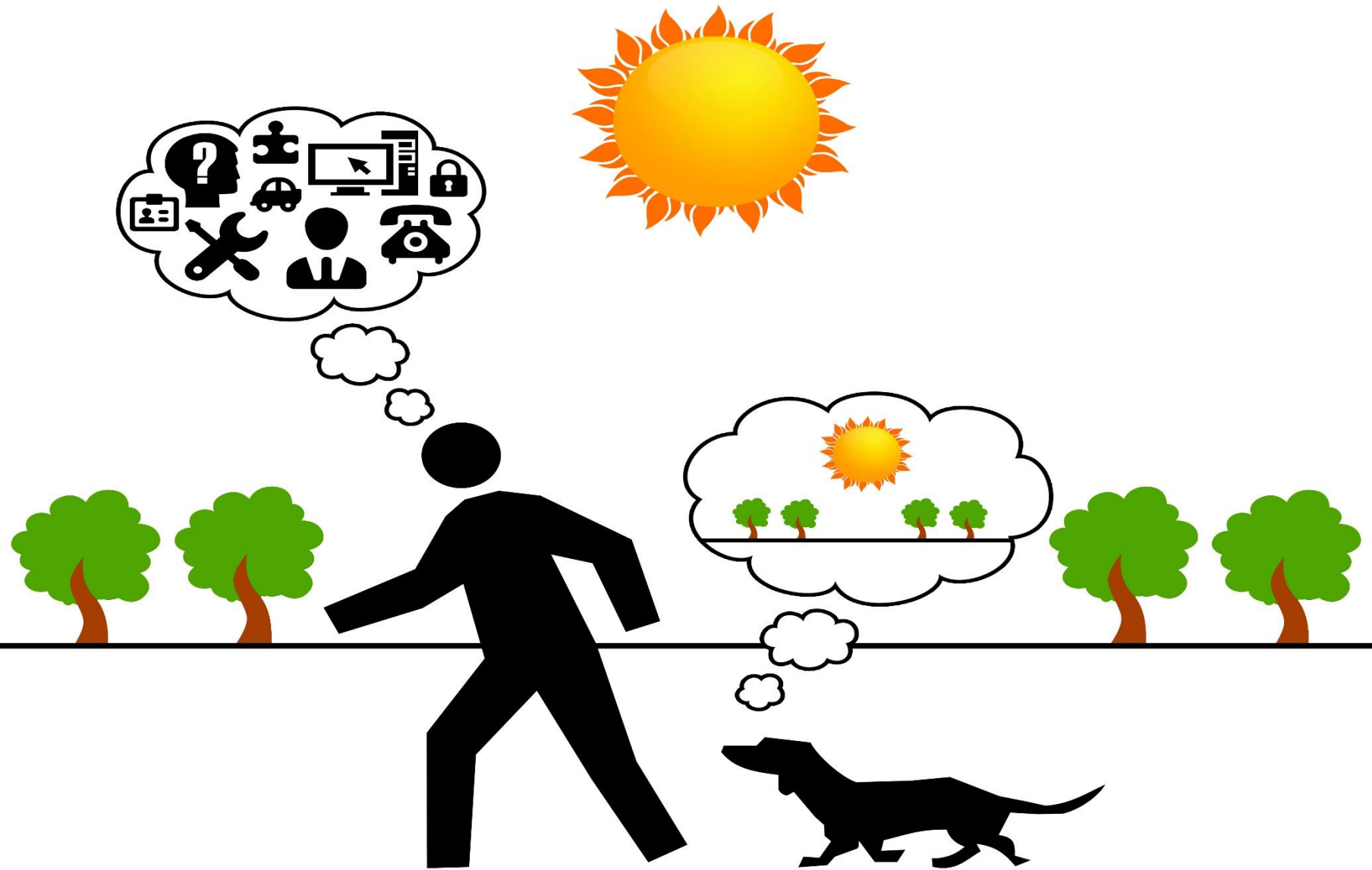
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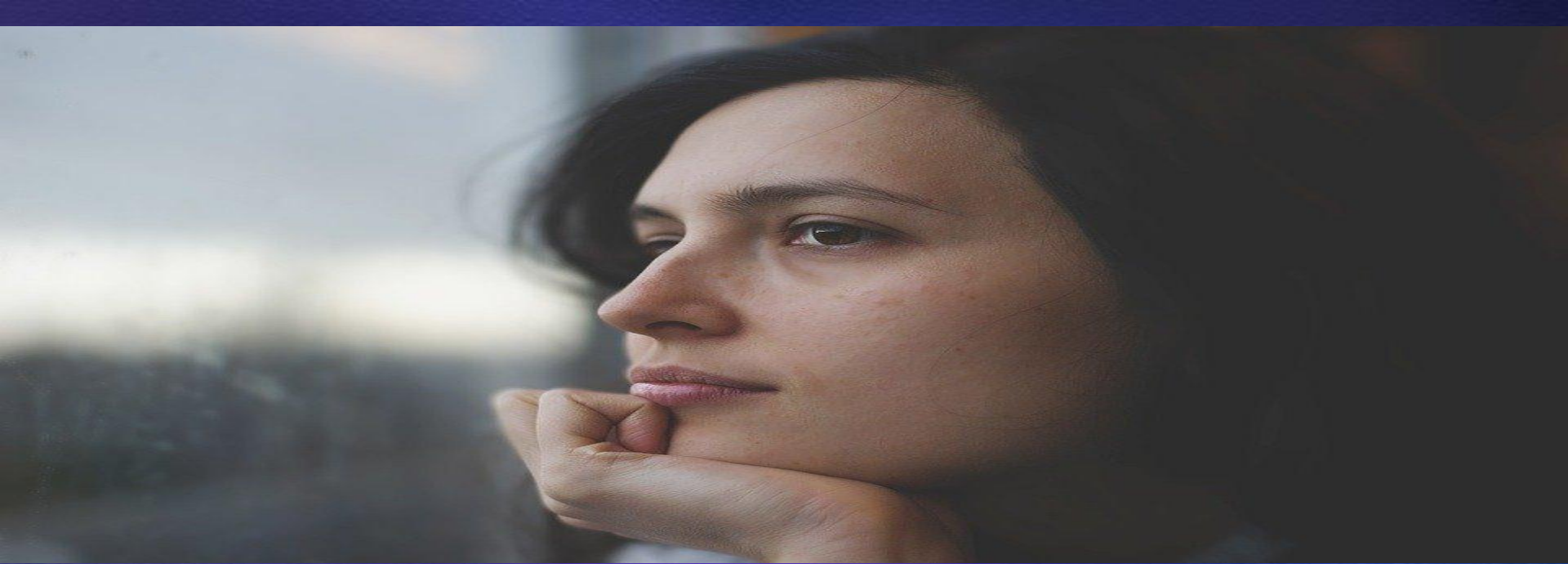


**MINDFUL, OR MIND FULL?**

The acceptance of  
your moment to  
moment  
experiences  
without  
expectations

**MINDFULNESS**



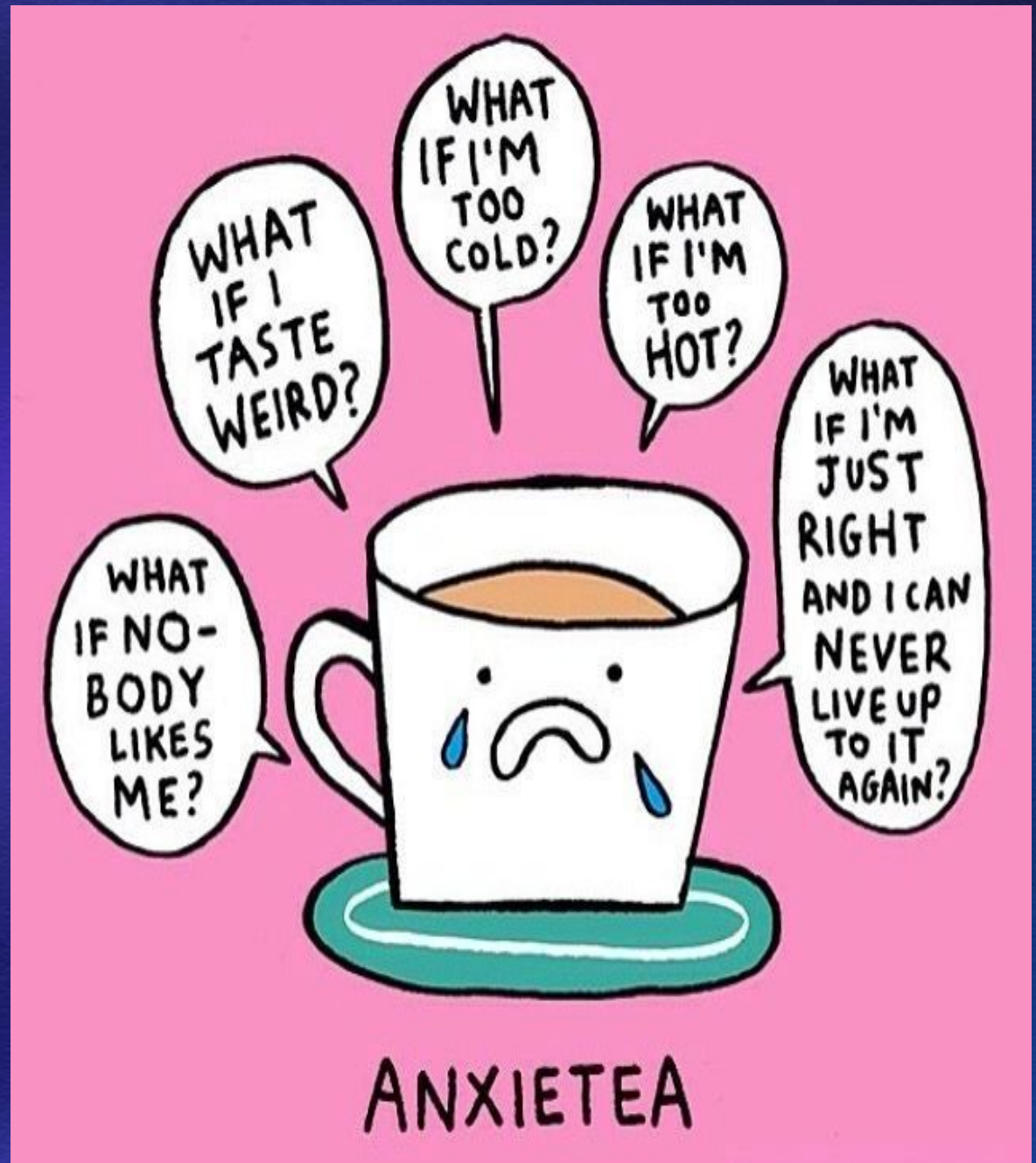


47% of our day, the  
average American is  
**LOST** in thought

**Ruminating - thinking about the  
past.....Leads to  
DEPRESSION**



# Projection





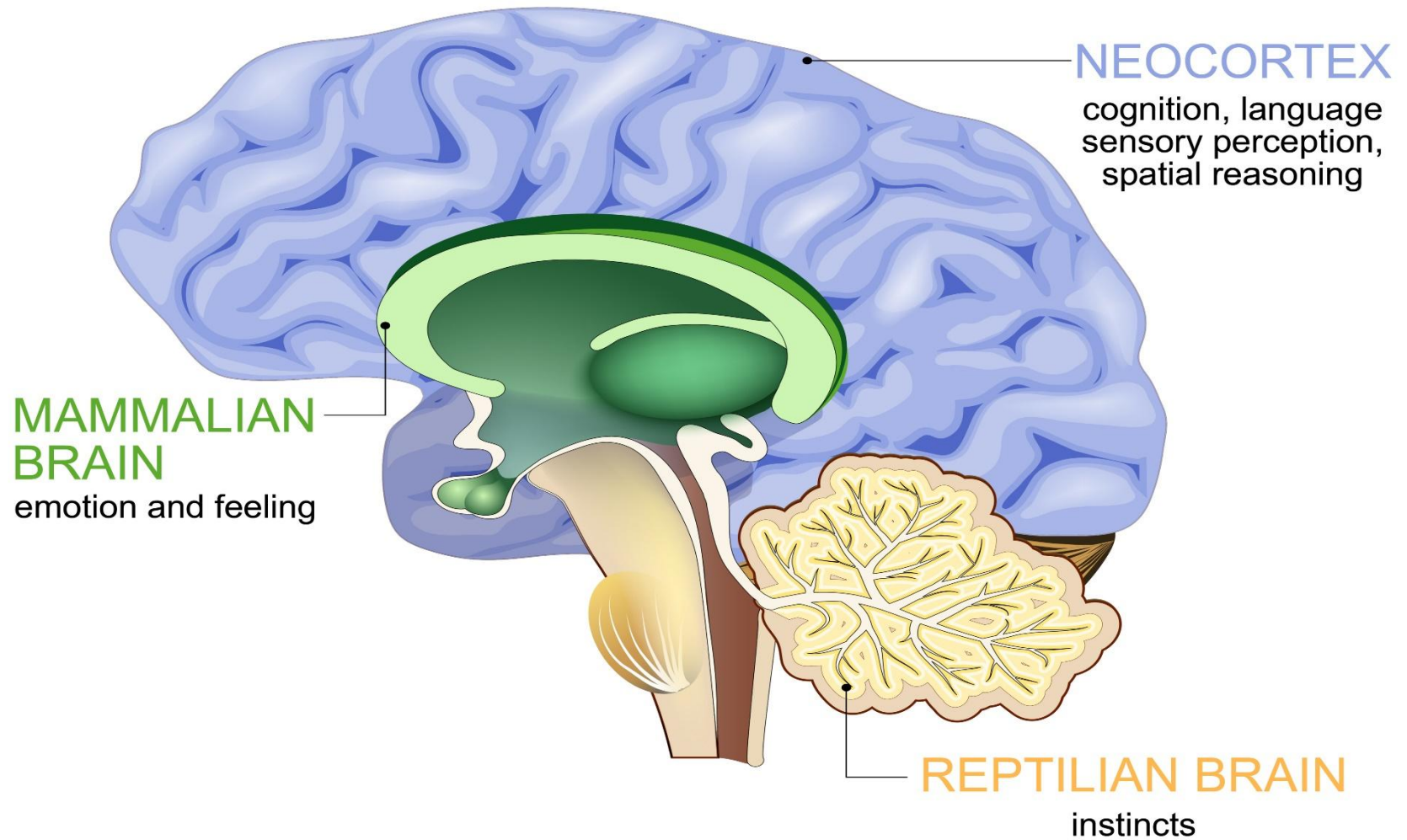


Present =  
**HAPPINESS**

# We train the brain to be mindful



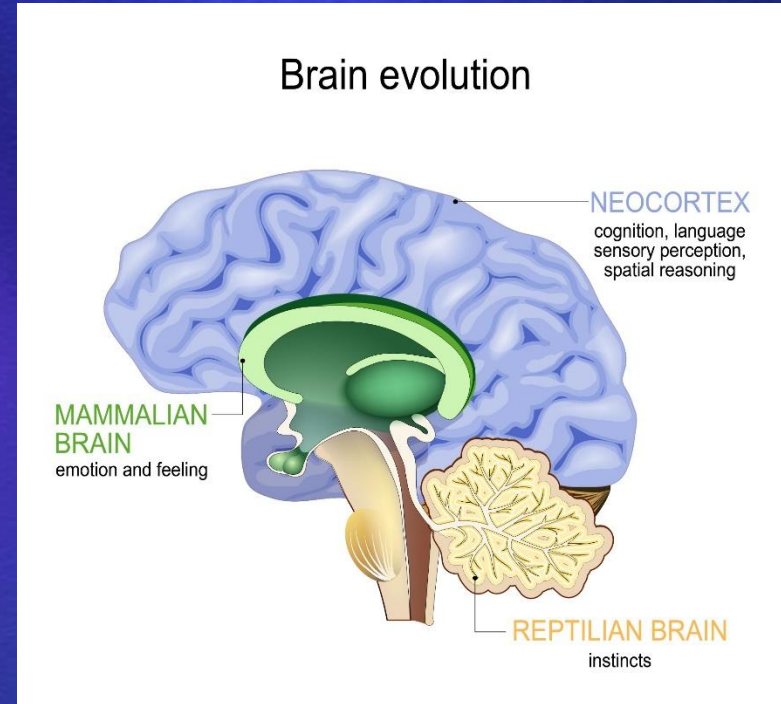
# Brain evolution

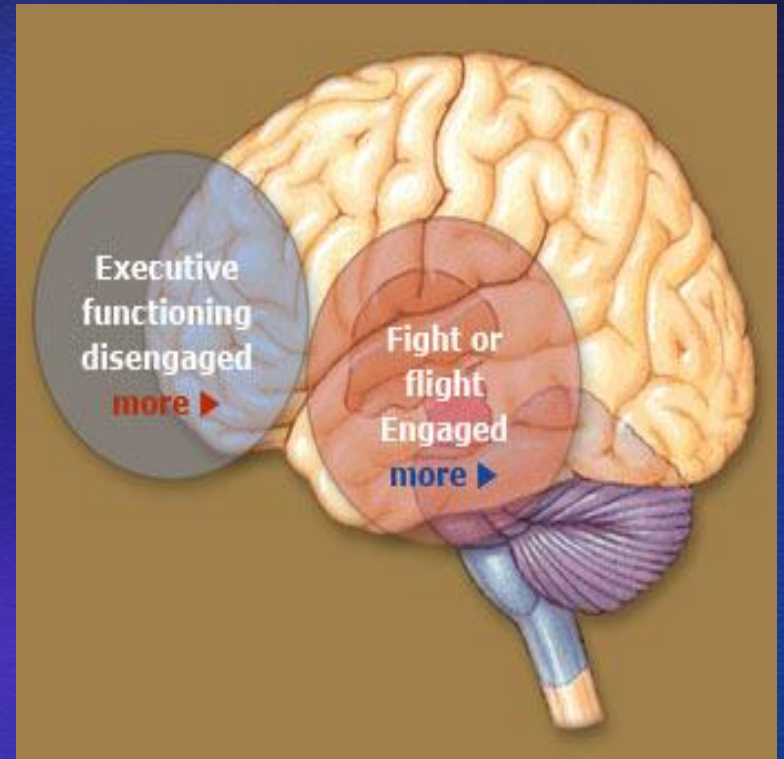


# Parasympathetic – Rest & Digest.....All Body Systems “On”



*Chillin'. In parasympathetic mode.*





# SYMPATHETIC

Fight, Flight or Freeze.....**Digestive  
& Immune System Compromised**



# STRESS

Its not good, its not bad it's  
just.....

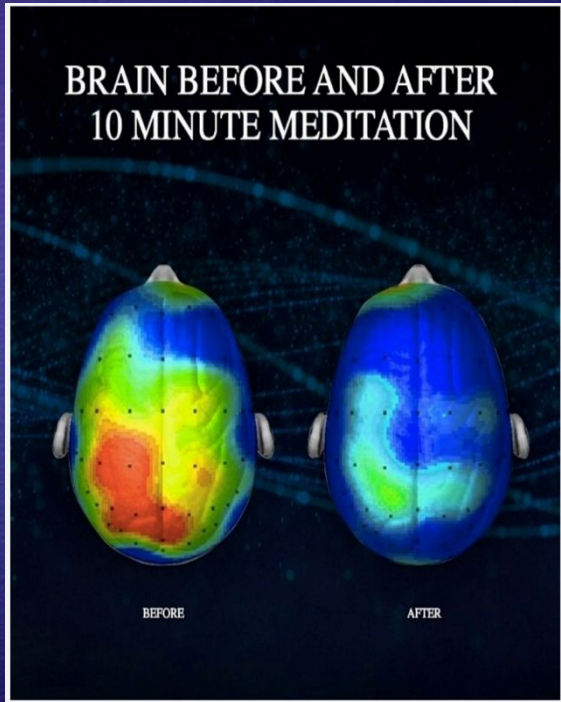


# Paying Attention to the breath formally and informally





# Formal: Daily Meditation



# Somatic (Body) Exercises



# Gratitude



Mindfulness is a **CHOICE**. When you pay attention to your experience you have a choice **to do something or to do nothing.**

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.”

-Viktor Frankl



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