

**WELCOME!
PLEASE GET SETTLED AND
DO NOW!**

**PLEASE WRITE YOUR NAME AND YOUR
CHOSEN SUPERPOWER ON A POST-IT
NOTE.**

**THEN FOLD IT TWICE AND PUT IT IN
THE WOODEN BOWL.**



Strategies in Mindfulness

Tools and Understanding for Work and Life

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Where are you?



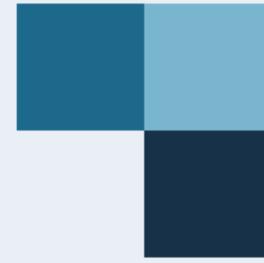
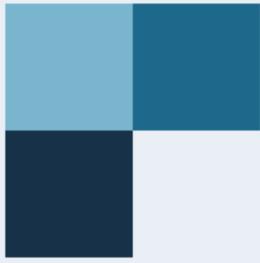
What is one word to describe Mindfulness?

🖥️ Respond at PolleEv.com/toniacrosby594

📱 Text **TONIACROSBY594** to **22333** once to join, then text your message

🕶️ Answers to this poll are anonymous





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1

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What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Tools to take with you.

Strategies and activities for teaching mindfulness in the educational environment.

Techniques for communicating mindfully in professional and personal relationships.

PRACTICES FOR ONGOING SELF-CARE IN A STRESSFUL WORLD.

Mindfulness Starts with an Understanding of Human Existence





Where, when and how does our
culture and society engage with our
Koshas?

How do my layers of existence interact in the world?



Mindful Communication

**THE ABILITY TO BE AWARE OF
BOTH YOURSELF AND OTHERS.**

AND then, respond with grace.

Exercise # 2 - The Talking Medium Scroll

Mindful Communication has the
ability to create **ONE VOICE**,
with many tones.

ONE VOICE, many tones.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of [existence] that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Self-Care is so ELUSIVE!

LET'S MAD LIB
ABOUT IT!

WHERE DID IT COME FROM?



The Power of Breath to Relieve.



Tools and Strategies to take with you.

Grounding Meditations.

Body Scans.

WHERE ARE YOU?

Crowd Sourcing for understanding.

Clear Definitions.

Kosha Dolls.

Society and Layers of Existence

Personal Kosha Worksheet.

I'm Talking To You.

Social Media Scroll.

One Voice Group Read.

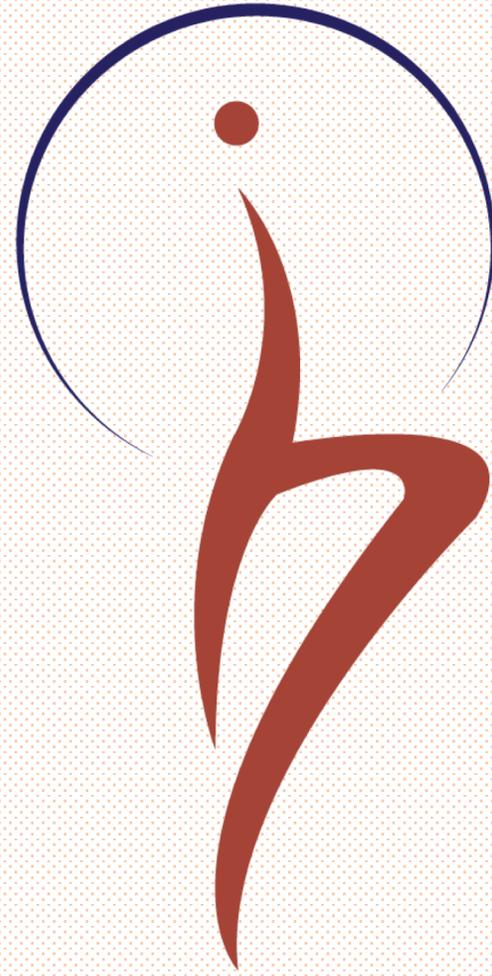
Self-Care Madlib.

**MINDFUL CONSUMPTION
MEDITATION.**

Breathing into Pain.

**What's your Superpower Name
Game.**

In Closing...



The Joy Body.