



Welcome to the Joyful Approach

Change begins with the words inside your head.

Mindfulness is a gateway to become aware of the many thousand thoughts that wizz through your mind on a daily basis. It's said we have between 60 - 70,000 thoughts everyday! Most of which are the same thoughts as yesterday... and will be the same as tomorrow, unless we do something to shit out of autopilot and wake up to the possibilities of the present moment.

We can do this through mindfulness and meditation.

Ready to get started?

Week 1: Curiosity

"If you want to know what your future life will be like, look at your life right now"

We begin this mindfulness journey with a lens of curiosity. We adopt a "beginners mind" to help see things differently. Thoughts become habits, which shape our character and everyday life

**"Mindfulness means
paying attention
in a particular way:
on purpose,
in the present moment,
non - judgementally"**

- Jon Kabat - Zinn

COAL

C = curiosity / **O** = openness / **A** = acceptance / **L** = love

The way we approach mindfulness is important. Ultimately, it's a practice to cultivate more compassion and joy in your life. A good way to learn this is through **COAL**

Week 2: Openness

This week is about openness and non judgment

It's easy to create habits that keep our thinking narrow, closed and stuck in our thought patterns. This week we notice where in our life it's easy to be open and non judgemental, and where it may be a little more difficult (partners, parents etc)

Openness can be a physical thing (standing tall, shoulders back, open heart) and also a state of mind. Sometimes it's easy to close, which keeps our ego safe in it's comfort zone.

When we adopt a beginner's mind we are open to learning and new possibilities. We accept that being open may involve trying something new and risk failing.

ACTION: We can practice openness when making a meal, speaking to a friend or when taking on a new project.

MINDFULNESS IS NON JUDGEMENTAL

Mindfulness gives us the ability to notice with curiosity leading to openness and non judgment of our thoughts, emotions and environment

You can't do it wrong. All you need to do is notice.

By practising mindfulness and non-judgement, we become more self accepting, resilient and confident.

When we become more accepting of ourselves, we become more accepting of others too. Improving our relationship with partners, friends and at work.

Mindfulness reveals our unconscious judgments.

Meditation helps us bring our unconscious thoughts into conscious awareness.

Week 3: Acceptance

This week we bring in the theme of **acceptance** - "insightful recognition of the way things are" and explore the workings of our mind. We also explore our stress response and tendency to be on autopilot 48% of the time. Research shows we are happiest when in the present moment, focused on one thing, rather than our habitual multi-tasking. It's easy to get lost in our thoughts, so we use the practice of mindfulness to bring us back to the present moment.

RESEARCH

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ARTICLE TWO

integrating in-house mindfulness-based programs into the workplace. These initiatives are in response to the unequivocal research in the past fifteen years that link participation in mindfulness-based practices to a significant decrease in stress-related ailments resulting in major reductions in health care costs and increased productivity. These pioneering companies are setting the stage for health care and educational organizations to take a leadership role in developing and integrating mindfulness based-programs.

An article published in *Personnel Today* (2012), documents a mindfulness program called "Ride the Wave" launched at Transport London in the UK. From 2009 to 2012, 600 employees participated in a six-week mindfulness-based program. Qualitative evaluation indicated the following:

- Employees, who attended the course, saw a significant decrease in their number of days off attributed to stress and

integrating large-scale based programs into

depression: days off fell by 71% over the following three years.

- Absences for all conditions dropped by 50%.
- 80% of the participants reported an improvement in their relationships.
- 79% improved their ability to relax.
- 64% indicated an improvement in sleep patterns.
- 53% reported an improvement in happiness at work.

"On average, not only is there a significant improvement in the first year, but there are further slight improvements in years two and three, sustained much beyond intervention," says Alison Dunn, head of treatment services, Transport for London.

In another study, eight U.S. Marine infantry platoons partic-

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48%

OF THE TIME WE'RE ON AUTOPILOT

Week 4: Relationships (Loving awareness)

This week we focus on our relationships - which includes how we speak to ourselves and others. Through mindfulness and meditation, we can bring awareness to relationships - with ourselves and those closest to us. We can learn how to speak with kindness, respond with love and shift from autopilot habitual responses and reactions.

We practiced a "Metta" (Loving Kindness) meditation where we send well wishes to ourselves, someone we love, a neutral person and a challenging person.

And we use the phrases: :

May I / you be happy

May I / you be well

May I / you be free from suffering

May I / you live life with ease

With this practice we cultivate kindness and compassion for ourselves and others, which reminds us that we're all doing our best and have a need to love and be loved.

**“ The mind is a
beautiful servant
but a
dangerous master ”**

Week 5 - Gratitude

All of the research supports an association between gratitude, happiness and our well-being (2017 Harvard Journal article) :

- Gratitude helps to strengthen our relationships
- Improves our physical and mental well-being
- Helps us refocus on what we have, instead of what may be lacking
- Trains our brain to be more optimistic

And lastly, years ago when I lived in Melbourne I read this quote on a wall and it resonated with me so much I've never forgotten it.

"Nothing new can come into your life unless you are grateful for what you already have"

- Michael Beckwith

May your week be filled with joy and gratitude!



Week 6: Where to from here?

- **Time to practice:** It's easier said than done. In our busy lives, it can seem counterintuitive to slow down when there's so much to tick off the to do list. Start small. Schedule a mindful moment in our day or week, even 5 minutes of meditation or 5 slow breaths can make a difference.
- Remember to remember. Life gets busy and autopilot kicks in. We have to make a conscious effort to pause, breathe and smile. It's a practice, a habit that we can foster.
- Where do you think you could bring mindfulness into your everyday moments? Brushing your teeth, doing the dishes, driving the car, walking, running, the list is endless!
- Ongoing support is available, be it with continued training or 1:1 sessions.

**"We are what we think. All that we are arises from our thoughts.
With our thoughts we make the world.**

**Your worst enemy cannot harm you as much as your own mind,
unguarded.**

**But once mastered, no one can help you as much.
As the shadow follows the body, as we think we become"**

- Buddha

