



Building a flexible mindset during troubled times.

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My strengths :

What is one major strength that you hold that you / your friends would say about you ?



Mind blocks!...

- ▶ Frustration at blah 'ness' of language – e.g. 'Moving forward', 'are you one of us, on the bus', deep dive,
 - ▶ Efficient and useful meetings ?
 - ▶ Perceived (un)fairness and (in)equity matters
 - ▶ Allocation of too much/too little (interesting)work
 - ▶ Being 'over /under' managed
 - ▶ Being judged and under valued
 - ▶ Toxic work/Team environments
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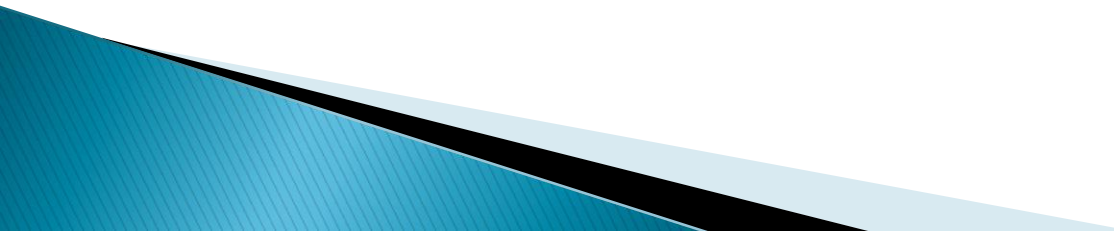
attitude
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Examine your attitude:

- ▶ Being non-judgemental
- ▶ Being patient
- ▶ Adopting a 'beginners' mind
- ▶ Being accepting
- ▶ Letting go
- ▶ Remember practice really can make it [near] perfect

(p. 52-53, Mindfulness at Work Essentials for Dummies, Alidina S & Adams J, 2015)



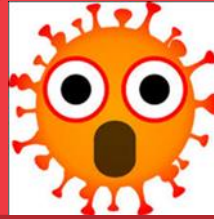
Mindfulness exercise #1

Notice 3 things



In a COVID-19 world ...

Be present



Open up

Do what matters

Open up – turn
towards the struggle,
acceptance rather
than avoidance

Be present, stay
connected in the now,
balance out good and
bad news, keep
perspective

Do what matters to
you – stay close to
your values, get sleep,
rest, practice
optimism

Remember the ABC:



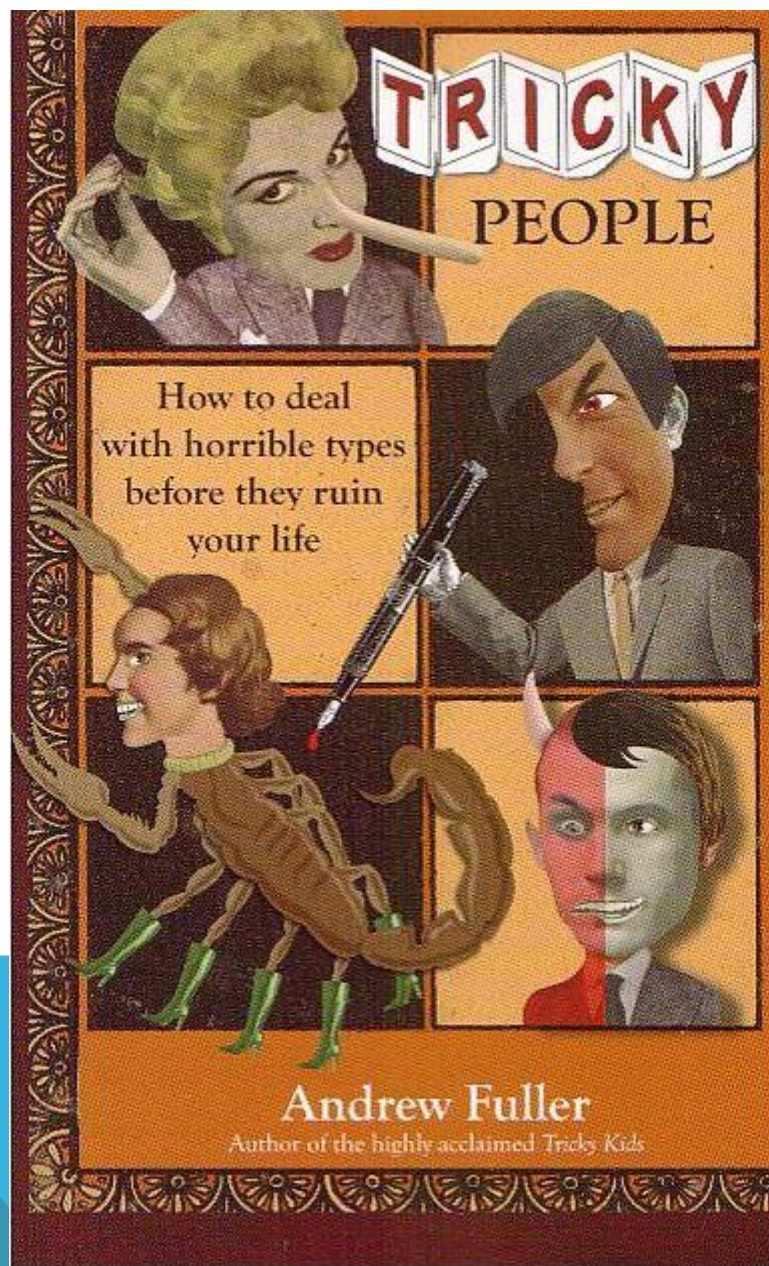
- ▶ A is for awareness, become aware of what you are thinking
- ▶ B is for 'being' with your experiences
- ▶ C is for choice – by seeing things as THEY ARE not as you usually react

Relationships (definitely)
matter !

Authenticity

- ▶ Genuineness
- ▶ Be real
- ▶ In line with your values
- ▶ What do you stand for





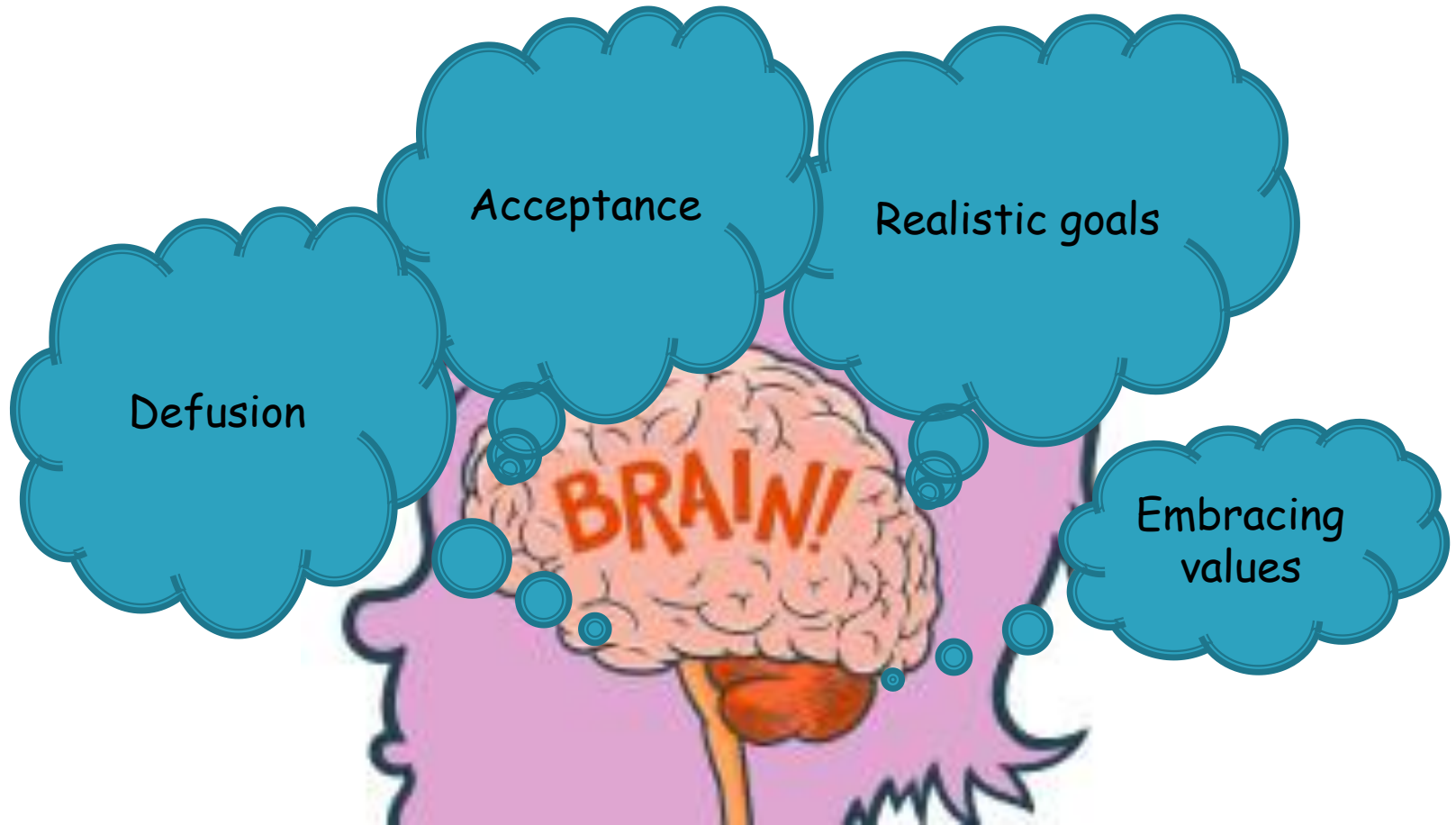
Coping and confronting change (New skill –consider)



Try

- ▶ To expect change, turn your dial up
- ▶ Embrace it, make friends with it rather than fear it
- ▶ Anchor in the present

Adopting a healthier mindset



D.A.R.E. revealed



- ▶ Defuse -Name the story (poor me), let the thoughts move on by
- ▶ Acceptance strategies - Name the feeling, breathe into it, make room for it
- ▶ Realistically set goals - make it smaller, possible and achievable
- ▶ Embrace your values - 'connect' with what matters, is it moving you in the direction you want?

a Mindful exercise ... #2



Take some time to bring to your Awareness a pleasant and happy memory or event.

Notice the happy event and sit alongside it, make room for it notice its form and start to define the relationship that you have with this positive memory/event.

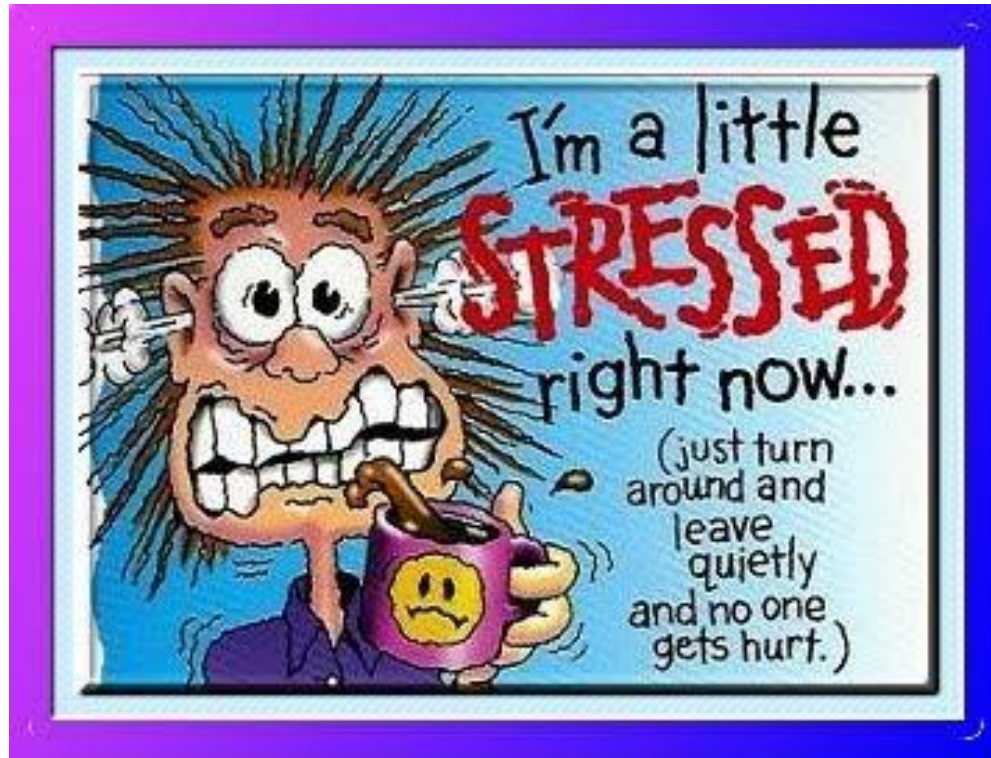


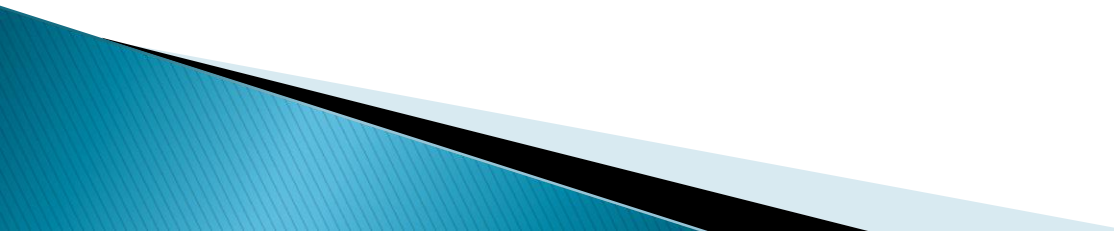
Where does your mind
go when it does not
have to go anywhere ?

Remember sometimes ...

" don't just do something, sit there"

Tips to manage stress



- ▶ Check for warning signs (headaches, teeth grinding, poor attention)
 - ▶ Identify triggers (what are yours?)
 - ▶ Get A routine (regularity, structure)
 - ▶ Self 'health' care (do things you enjoy)
 - ▶ Catch your 'self talk' (is it too critical, negative?)
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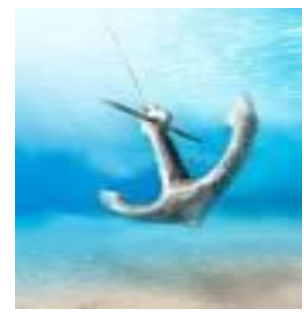
Available tools and resources for busy lives and optimum living₃



Identifying your values

- ▶ Values in Action
- ▶ <http://www.viacharacter.org/www/The-Survey>

Drop Anchor



- ▶ Plant your feet on the floor
- ▶ Push them down –notice the floor beneath you
- ▶ Notice the muscle tension in your legs as you push down
- ▶ Notice your entire body, especially the feeling of gravity flowing down through your head, spine, legs into your feet
- ▶ Now look around and notice what you can around you

(Russ Harris, 200www.actmadesimple.com)

The three N's


Name it

Notice it

Neutralise it



How to neutralise ?


- ▶ Explore what you are avoiding including unpleasant thoughts and feelings
 - ▶ Let the thoughts move on by (like leaves on a stream)
 - ▶ Three deep breaths
 - ▶ Practice expansion
 - ▶ Get some coaching
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STOP

- ▶ **S**low your breathing (anchor you in the present)
- ▶ **T**ake note – notice what you are thinking, feeling and how easy you can be carried away if you allow it
- ▶ **O**pen up –give your thoughts some space, avoid ‘holding’ onto them
- ▶ **P**ursue your values – connect with your values, ‘what do I want to be about’



Positive psychology in the workplace

- ▶ In team meetings check in with people to share one really good thing about them self
 - ▶ Create a place to post and share your gratitude thoughts with a team
 - ▶ Do this each Monday , wipe the board clean and start with a whole new load of gratitude
 - ▶ Notice what people do in a team, express appreciation and promote strengths where possible.
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Five ways to wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

Connect

Be active

Take notice

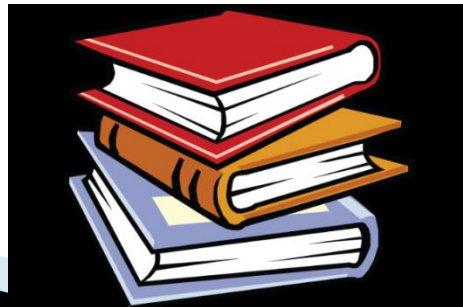
Keep learning

Give

www.neweconomics.org

Very useful readings ...

- ▶ Unlocking Happiness at Work. How a data driven happiness strategy fuels purpose, passion and performance. Jennifer Moss, Kogan Page. 2016
- ▶ Tricky People. How to deal with horrible types before they ruin your life. Andrew Fuller. Finch Publishing Sydney. 2009.
- ▶ The Mindful Leader. 7 Practices for Transforming your Leadership, your Organisation and your life. Michael Bunting. Wiley. 2016.





If you think you are too small to make a difference, try sleeping with a mosquito