

A Moment of Mindfulness

A Source of Professional Well Being
A Mindful Transformation



SNS ← Autonomic Nervous System → PNS



anger
arguing
blaming
attacking
defending

delay
retreat
absence
avoidance

overwhelmed
internal paralysis
inability to respond

RESET

Breath

Vagus Nerve
Stimulation

Calm, Clarity
Decision Making

3
Intention
Attention
Attitude
2
1

RESET

Breath

WE

Compassion
Connection
Community

Is Your Brain Online?

Sensory Input
Amygdala
Prefrontal
Cortex

Exhalation Count 3, 2, 1...
Exhale through your nose or mouth
Count 3 – Feel your upper chest deflate
Count 2 – Feel your outer ribcage deflate
Count 1 – Feel your abdomen deflate

Inhalation Count 1, 2, 3...
Inhale through your nose
Count 1 – Feel your abdomen expand
Count 2 – Feel your outer ribcage expand
Count 3 – Feel your upper chest expand

Inhalation Count 1, 2
Inhale through your nose
Place your left hand underneath your
belly button (Position 1)
Count 1 – Feel your abdomen expand
like you are blowing up an abdomen balloon
Place your right hand on your outer
right ribcage (position 2)
Count 2 – Feel your outer ribcage expand

Exhalation Count 2, 1
Exhale through your nose or mouth
Count 2 – Feel your outer ribcage deflate
Count 1 – Feel your abdomen deflate

Shame

ME

Survival

Guilt

Start Here

Inhalation Count 1, 2

Inhale through your nose

Place your left hand underneath your
belly button (Position 1)

Count 1 – Feel your abdomen expand
like you are blowing up an abdomen balloon

Place your right hand on your outer
right ribcage (position 2)

Count 2 – Feel your outer ribcage expand

Exhalation Count 2, 1

Exhale through your nose or mouth

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate

Inhalation Count 1, 2, 3...

Inhale through your nose

Count 1 – Feel your abdomen expand

Count 2 – Feel your outer ribcage expand

Count 3 – Feel your upper chest expand

Exhalation Count 3, 2, 1...

Exhale through your nose or mouth

Count 3 – Feel your upper chest deflate

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate



KINDNESS · CARING · COMPASSION