

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

RESET
Breath

Vagus Nerve
Stimulation

overwhelmed
internal paralysis
inability to respond

Shame

ME

Survival

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

Is Your Brain Online?

Sensory Input

Amygdala

Prefrontal
Cortex



KINDNESS · CARING · COMPASSION