



Mindfulness: Everyday Strategies Anyone Can Implement

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Before we start...

Stand up and stretch.

Relax your face.

Lower your shoulders.

Loosen your jaw.

Take a big breath.





Today's Intention

Keep it simple! Keep it practical!

1 - Define

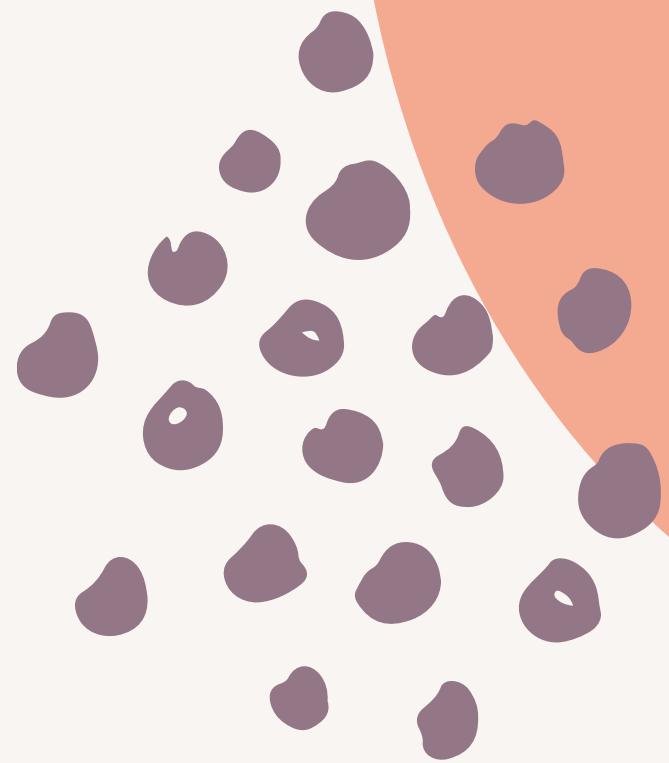
2 - Experience

3 - Discuss

Find what works for you!



Why are you here?





Benefits of Mindfulness

- 1 - Cognitive Improvement
- 2 - Reduced Anxiety & Stress
- 3 - Better Physical Health
- 4 - Improved Relationships
- 5 - Increase in Productivity

Do any of these things interest you?





Mindfulness

Paying attention to something on purpose and without judgment.



Jon Kabat-Zinn

Mindfulness-Based Stress Reduction

Began in 1979

University of Massachusetts Medical School



Neuroplasticity:

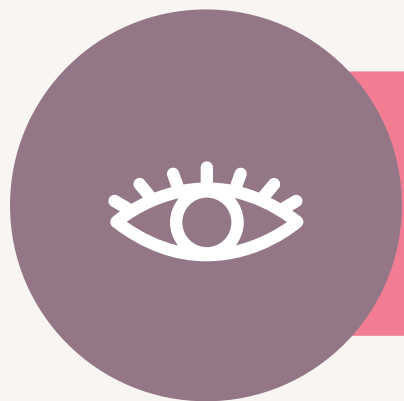
The ability of neural networks in the brain to change through growth and reorganization.



Practice What We Preach



Create new habits.



Be present.

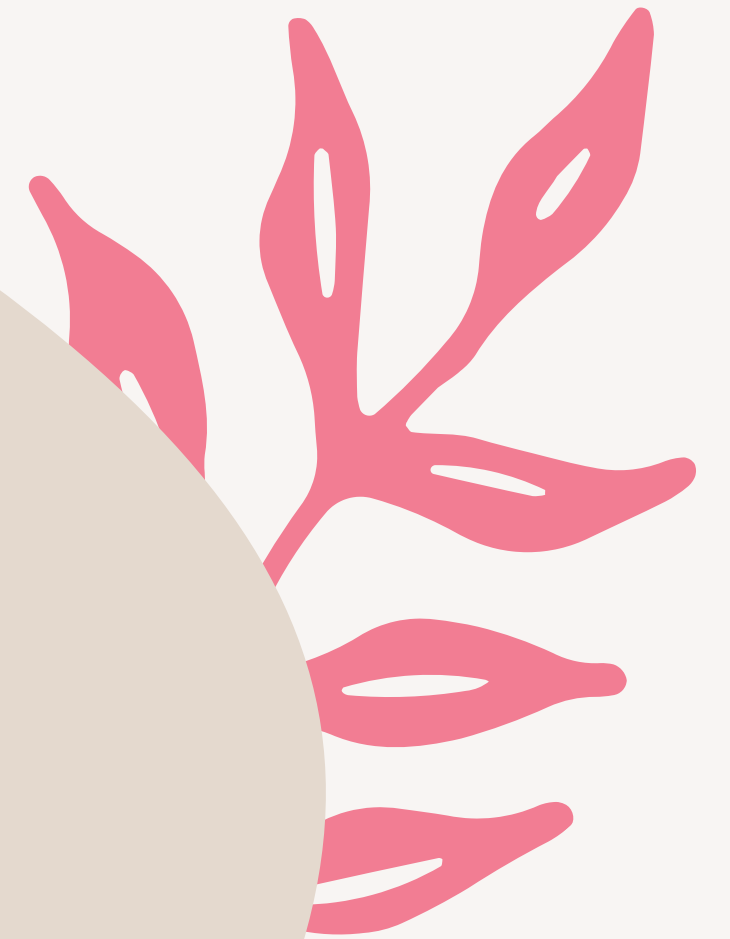


Have courage & step outside the box.



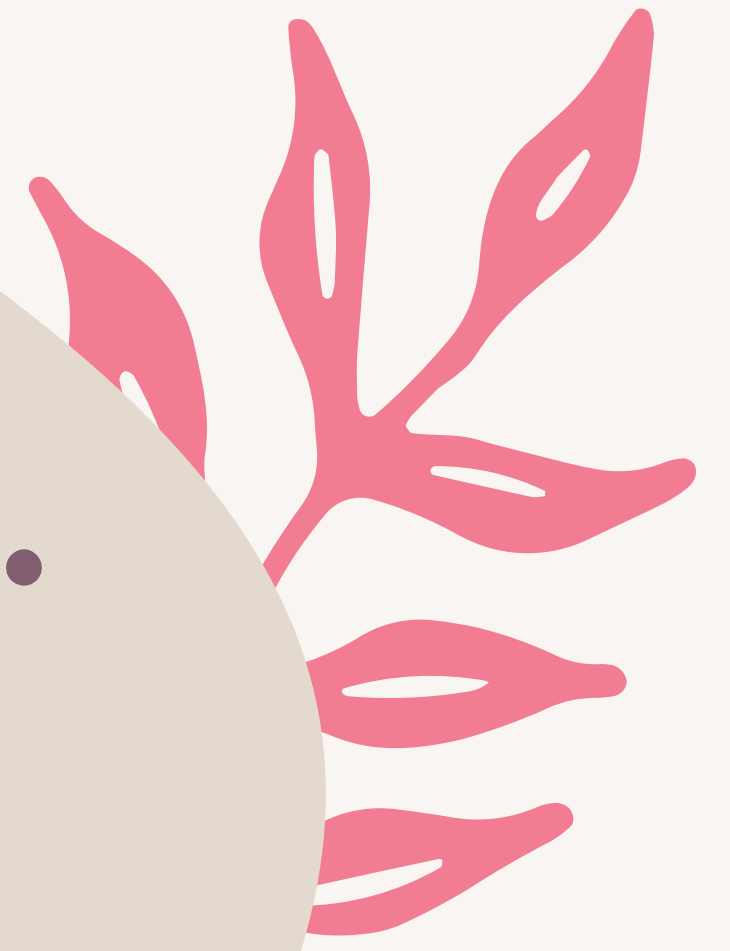
1. Breathe

Parasympathetic Nervous System



2. Get grounded.

Use your senses.



3. Do **ONE** thing at a time!

Multi-tasking is a myth!

Dr. Amishi Jha, author of Peak Mind



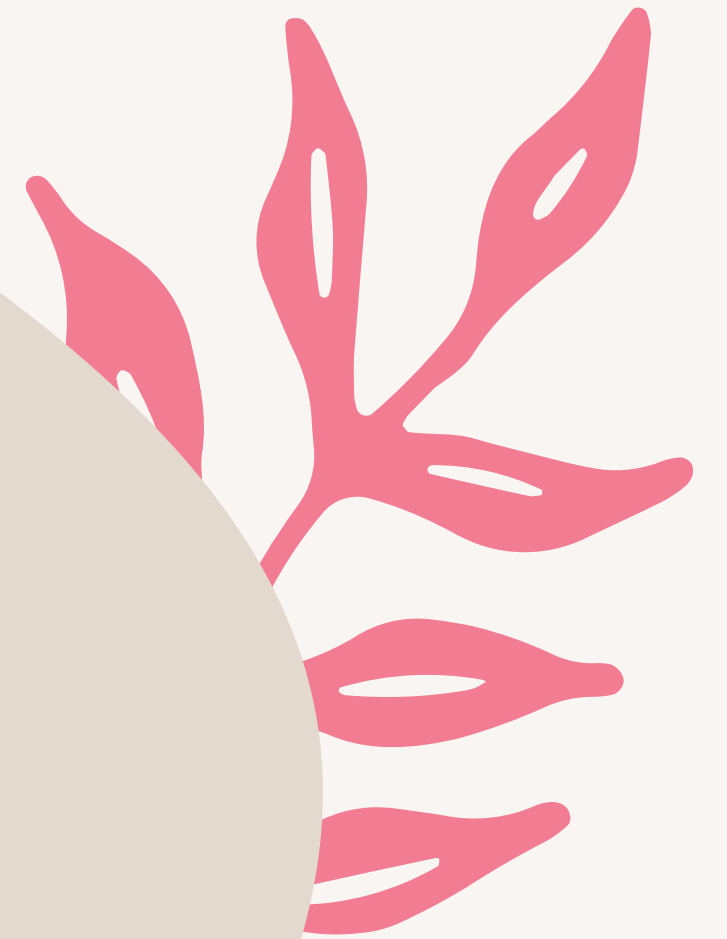
4. Set an intention.

not a goal... not with the end in mind.



5. MOVE!

The body sends signals to the brain.





Thank you, Kiamichi Tech

for encouraging and empowering us to
share mindfulness with our colleagues
and students in Career Tech.





Thank you for your time!

Please feel free to contact me with questions or to request additional resources. Use the QR code to access a fact sheet with links and resources.



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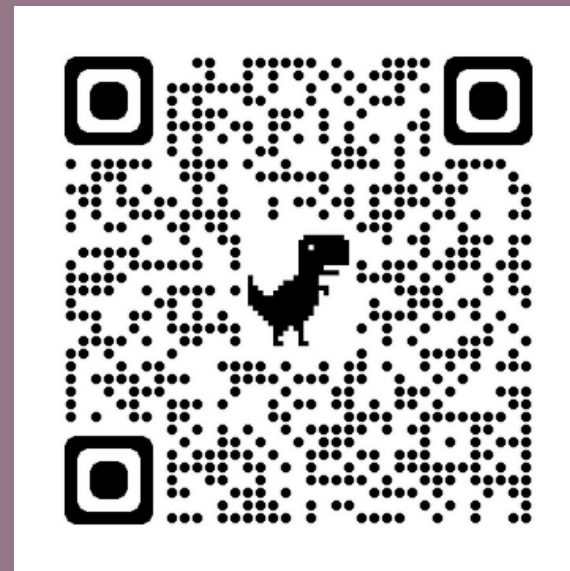


www.songbirdyogaok.com





Please take a moment to give me some feedback.
It's very short...I promise!
I want to improve and share valuable
information. Your input matters to me. Thank you!



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