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2023 | NATIONAL WELLNESS CONFERENCE

Mindset Matters

Self-Mastery Through Mindfulness Meditation

David Reveles, CWP

Thank you for joining
me today!

David Reveles

- Has been practicing for over 26 years. Teaching informally for 15 years and formally for 9. He used mindfulness meditation and related techniques to overcome mental health struggles, learning disorders, physical ailments, burnout and life stress. Origins Unity's methods are tried and tested as well as evidence-based and support the NWI Competency Model.



The Wellness Wheel





Control Your life

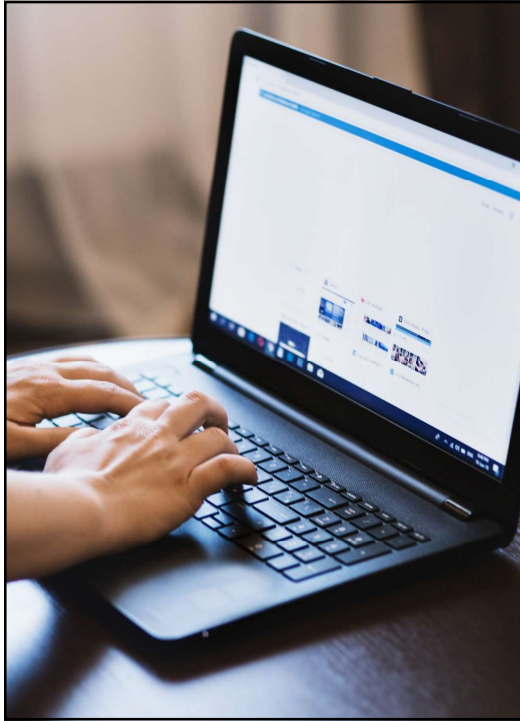
Description

Mindfulness Meditation for Self Mastery enables employees to make effective decisions in their organizations and career by cultivating a rational, clear and calm mind that can observe what is at hand, and bring objectivity to every situation despite stress and adversity. Through the training, attendees will enhance emotional intelligence, self control, resiliency, and communication skills. The progress will be monitoring either by the Mindfulness Based Attention Scale (MAAS) or the Five Facet Mindfulness Questionnaire (FFMQ).

Major Take-Away Benefits

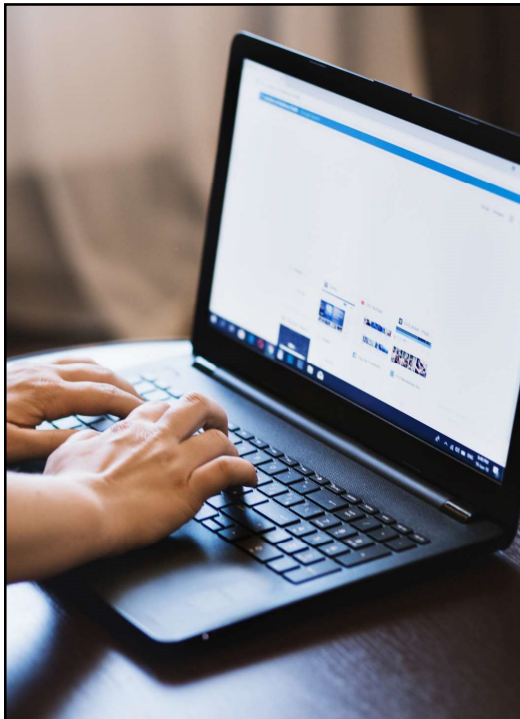
- Reduced anxiety, stress, bias and prejudice
- Improved resilience, mood, and energy levels
- Improved ability to accomplish goals
- Increase creativity and ability to innovate beyond self-imposing limits
- Improved listening and communication skills
- Enhanced confidence and ability to work with others
- Supports overall health, wellness, and quality of life

Core Concepts



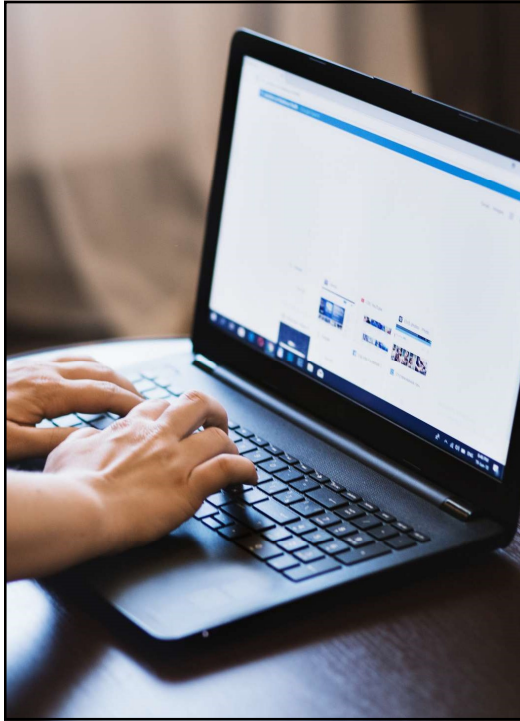
Tranquility

Tranquility is the quality or state of being tranquil; that is, calm, serene, and worry-free.



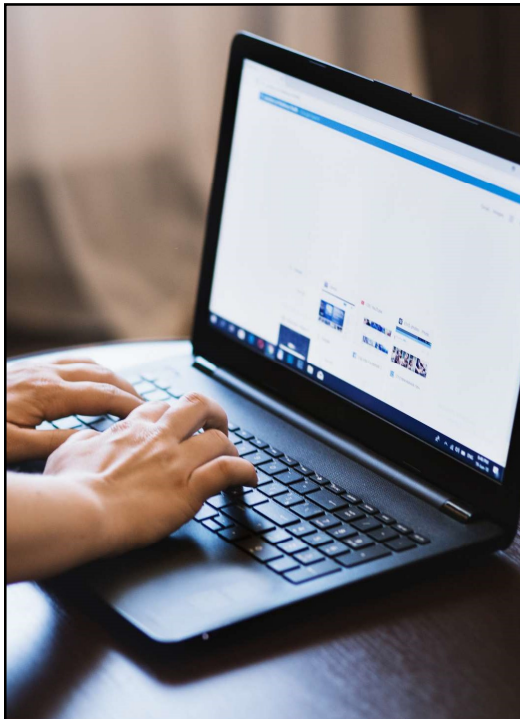
Equanimity

Equanimity is a state of psychological stability and composure which is undisturbed by experience of or exposure to emotions, pain, or other phenomena that may cause others to lose the balance of their mind.



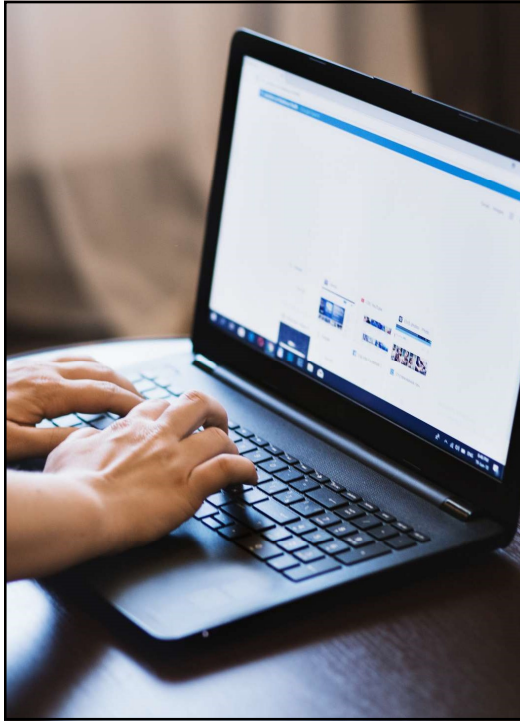
Self-Mastery

It is the process of analyzing your thoughts, beliefs, actions, and emotions to help you determine your values and principles. The more you understand yourself, the more control you will have over yourself and your life. Self-awareness leads to the accumulation of self-knowledge.



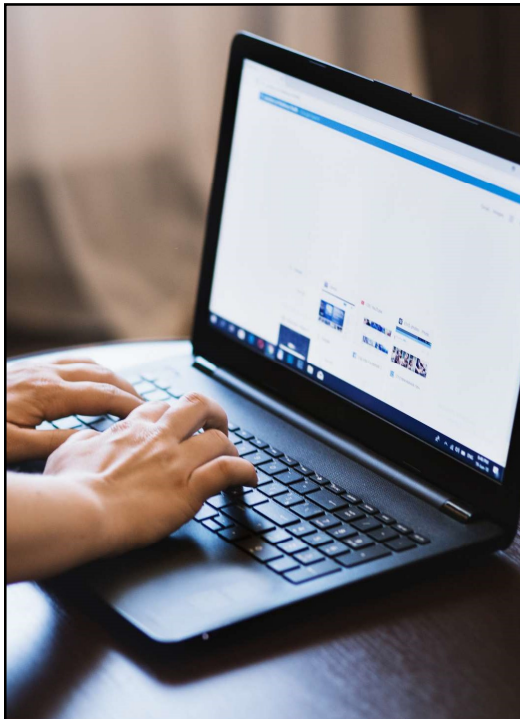
Resourcing

This is the idea of drawing from our resources when we exit our window of tolerance (stress threshold) and are required to respond to chaotic, disruptive, or changing circumstances. An example would be practicing self-compassion when making a mistake, forgiveness when pardoning someone, acceptance when a challenge arises or unsatisfactory outcome occurs.



Resiliency

It is the process of analyzing your thoughts, beliefs, actions, and emotions to help you determine your values and principles. The more you understand yourself, the more control you will have over yourself and your life. Self-awareness leads to the accumulation of self-knowledge.



Values-Based Decision Making

When we make decisions and take actions that honor our values, we are best able to maximize our feelings of satisfaction and fulfillment. When we make decisions that do not honor or might conflict with our values, this can cause discontent and dissatisfaction. The training will allow us to make decision and life choices based on who we are while honoring the whole person.

Mental Organization

The one thing we have control over is our mindset.

Seven Skills of Self-Mastery

- Self-Awareness
- Self-Discipline
- Emotional Intelligence
- Positive Thinking
- Goal Setting
- Time Management
- Stress Management



Self-Awareness

- It is the ability to understand one's own thoughts, feelings, and behaviors.



Self-Discipline

- It is the ability to control one's own behavior and impulses, and involves setting clear boundaries, prioritizing tasks, and avoiding procrastination.



Emotional Intelligence

- The ability to recognize, understand, and manage one's own emotions, as well as the emotions of others.



Positive Thinking

- It involves focusing on the positive aspects of a situation, rather than dwelling on the negative. Seeing the good and learning lesson in what's happening.



Goal Setting

- It is the process of identifying specific, measurable, achievable, relevant, and time-bound goals and setting forth in achieving them.



Time Management

- It involves prioritizing tasks, scheduling activities, and allocating time effectively and not wasting it.

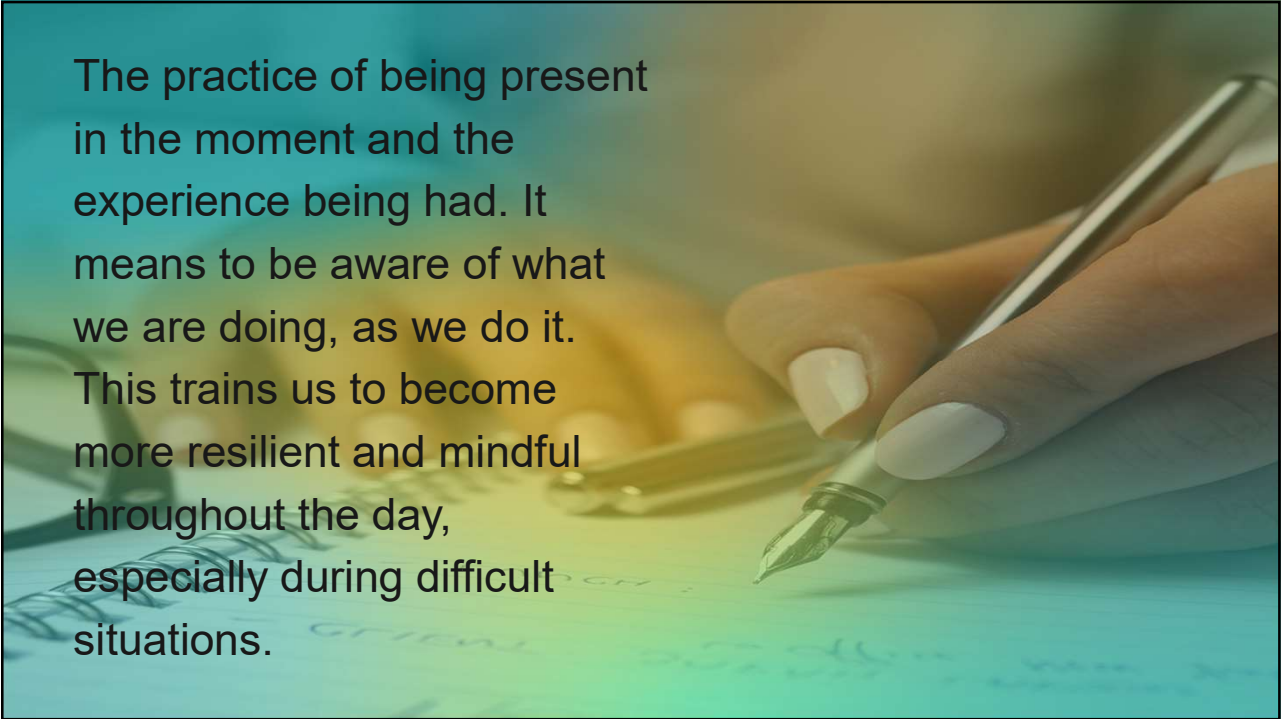
Stress Management



- It involves identifying sources of stress and developing strategies to cope with them. It helps individuals maintain their emotional well-being and avoid burnout.

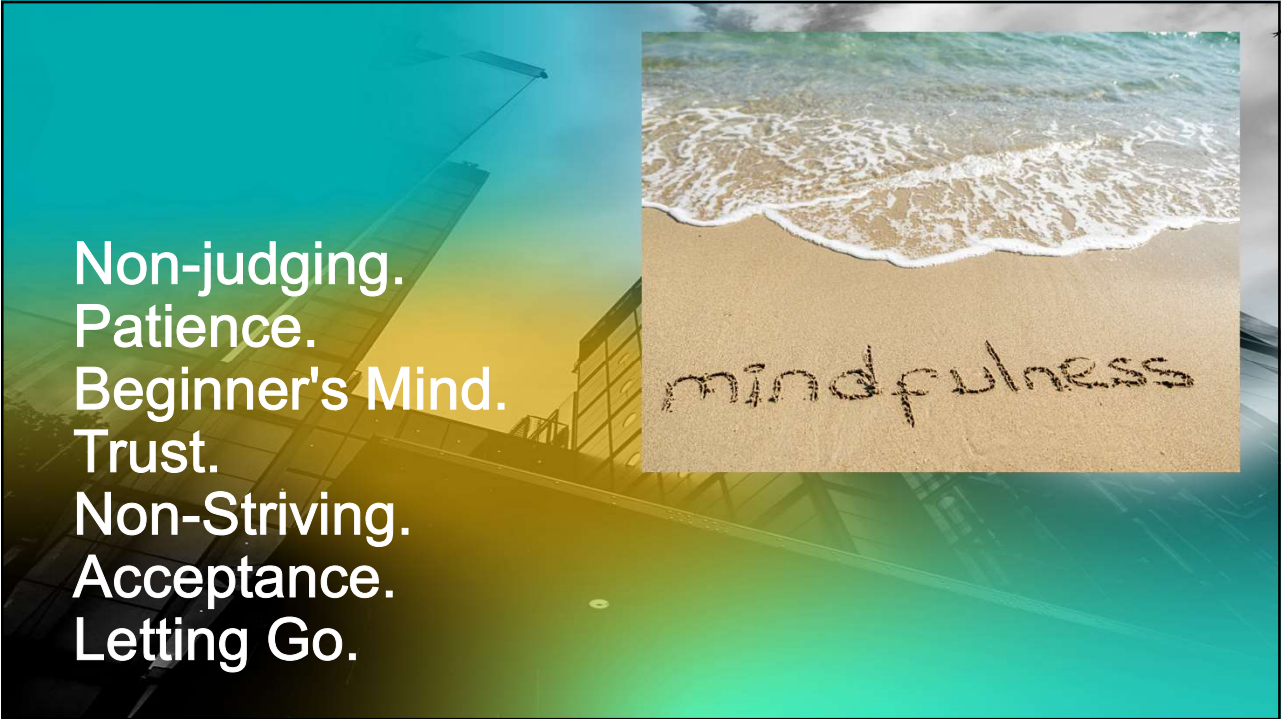
Mindfulness





The practice of being present in the moment and the experience being had. It means to be aware of what we are doing, as we do it. This trains us to become more resilient and mindful throughout the day, especially during difficult situations.

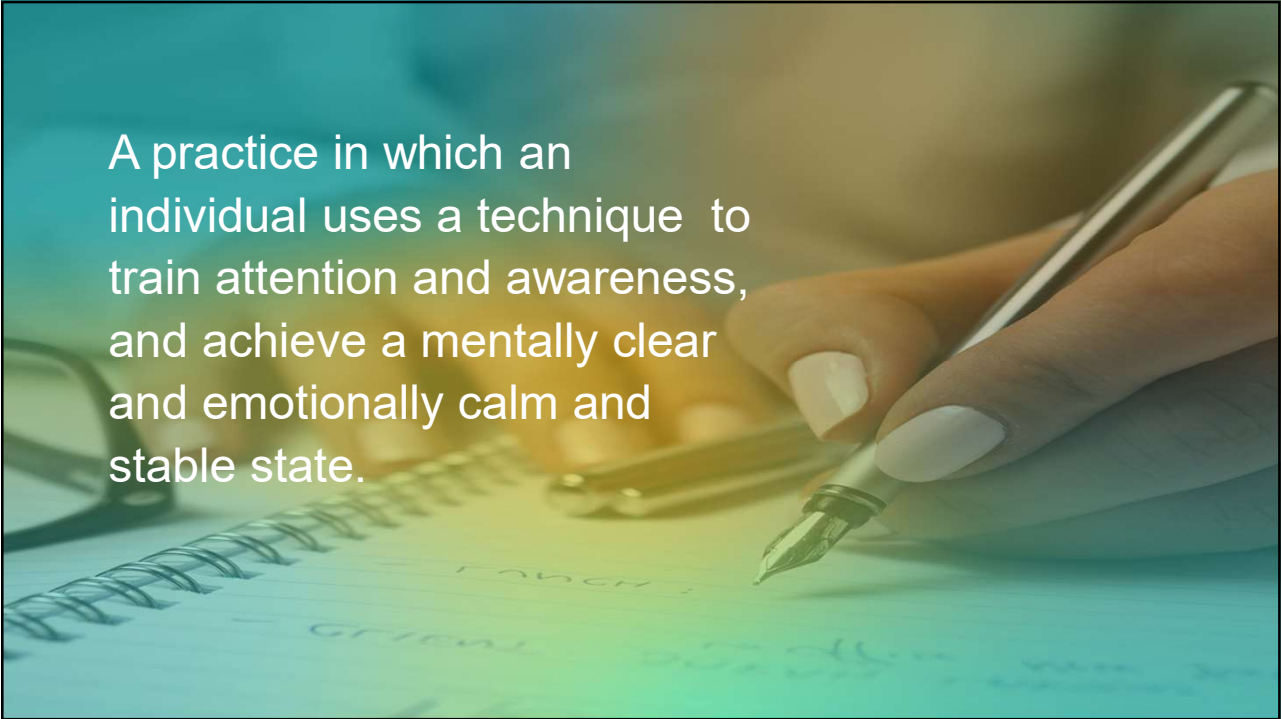
Seven Key Attitudes of Mindfulness (Jon Kabat-Zinn, MBSR)



Non-judging.
Patience.
Beginner's Mind.
Trust.
Non-Striving.
Acceptance.
Letting Go.

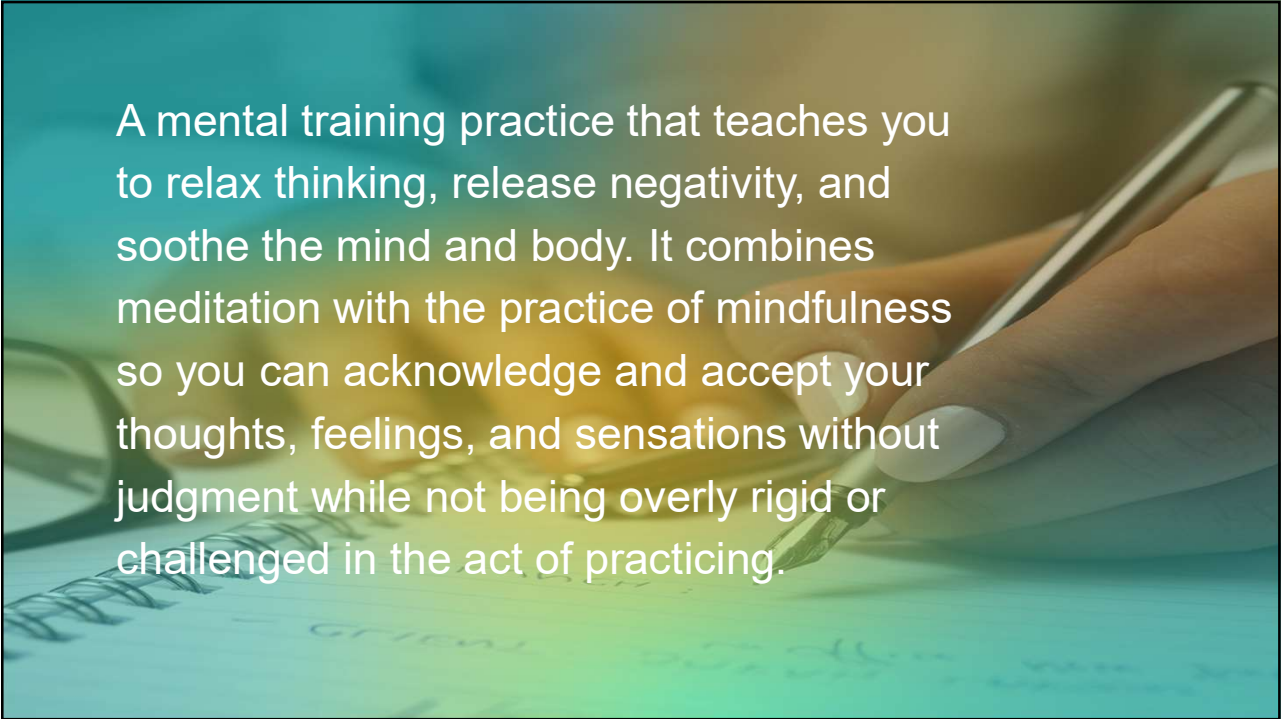
mindfulness

Meditation

A close-up photograph of a hand with light-colored nail polish holding a silver fountain pen, writing in a spiral-bound notebook. The notebook has blue lines and some faint, handwritten text. The background is blurred, showing a pair of glasses and a pen resting on a surface. The image has a soft, teal and yellow color overlay.

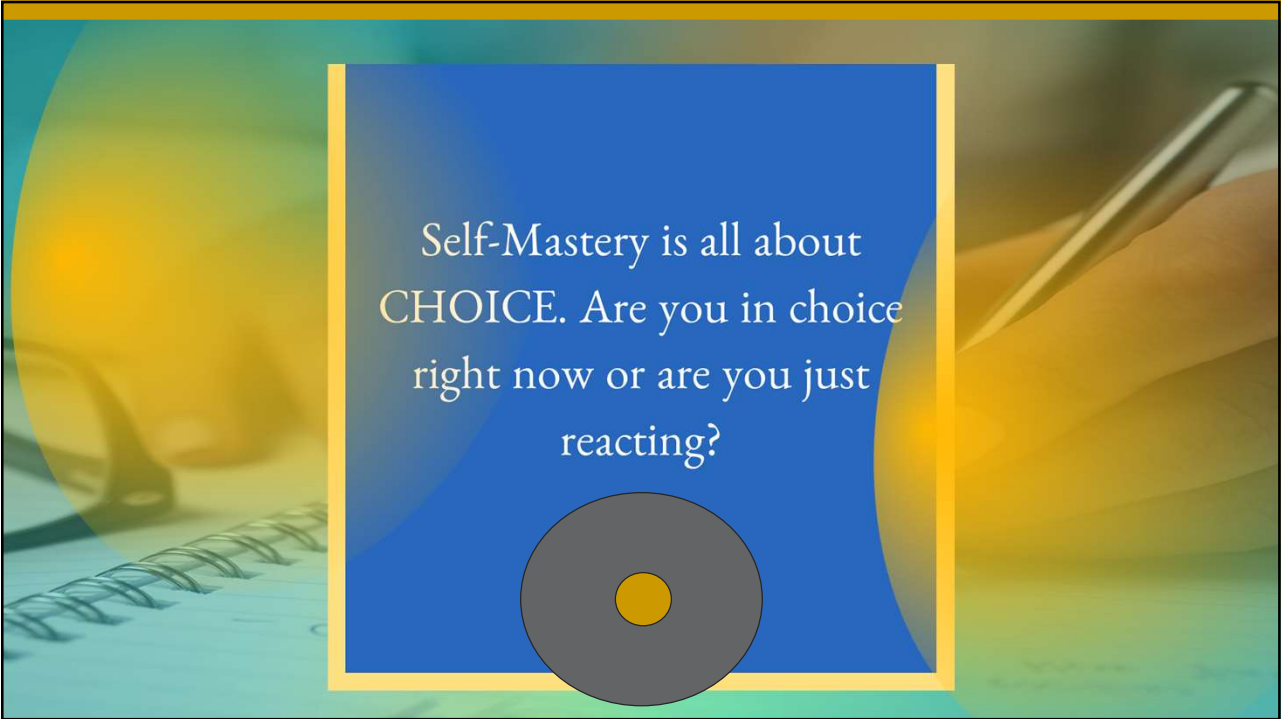
A practice in which an individual uses a technique to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Mindfulness Meditation



A mental training practice that teaches you to relax thinking, release negativity, and soothe the mind and body. It combines meditation with the practice of mindfulness so you can acknowledge and accept your thoughts, feelings, and sensations without judgment while not being overly rigid or challenged in the act of practicing.

Values Based Decision-Making

A hand holding a pen is positioned over a spiral-bound notebook. A blue rectangular box with a yellow border is centered on the page, containing white text. Below the text is a gray circle with a yellow center.

Self-Mastery is all about
CHOICE. Are you in choice
right now or are you just
reacting?

Exercises



Body Scan

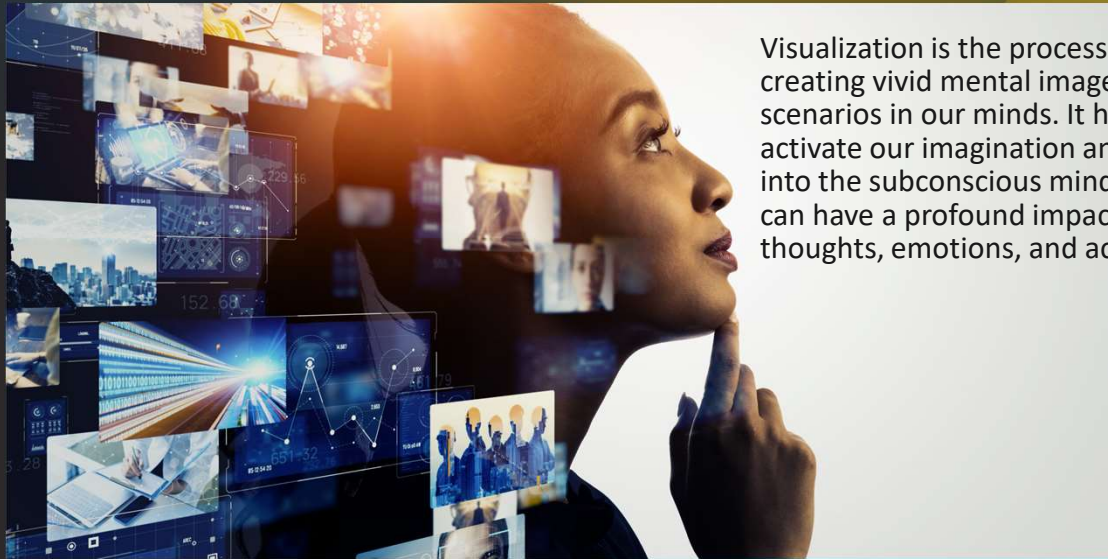
Embodiment is the main goal of many mindfulness and meditation practices and there are many ways to do so. To become fully present and aware within your physicality. A great way to do that is through “biofeedback” or body awareness. We do so through body scanning.



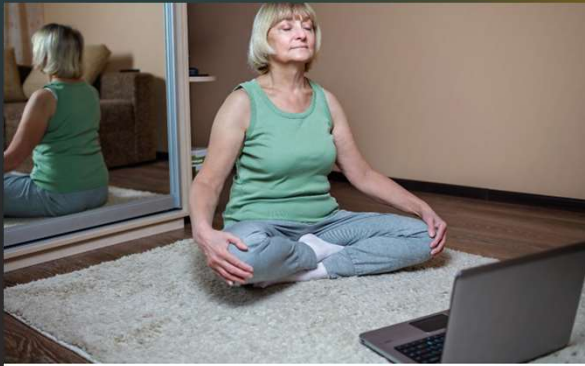
Breathing Techniques

Breathwork is a preparatory practice for meditation and induces a meditative, mindful state, among its other benefits. It is also an easy way to induce calmness and take hold of the mind state quickly. While meditating or practicing mindfulness you can do a short breathwork practice to stay present minded.

Visualization



Visualization is the process of creating vivid mental images or scenarios in our minds. It helps to activate our imagination and tap into the subconscious mind, which can have a profound impact on our thoughts, emotions, and actions.



Guided Meditation

During guided meditation, participants are led through a series of visualizations, breathing exercises, and body awareness techniques. The instructor's voice soothes and helps create a calming atmosphere and guides individuals through the meditation process. It is very accessible for all levels and especially when in distress or distracted.



Concentration Training: Breathing Focal Point or Continuous Refocus

A study from Dr. Wen Suzuki's lab was performed on non-meditators and showed significant improvement in focus and concentration ability as well as other aspects of cognitive performance., improved mood and reduced stress. By performing a daily 13 minute meditation over 8 weeks the benefits were realized. The activity is simply focusing on breathing or training our attention to return to focal point and hold concentration for a set amount of time each day. The goal is to continuously refocus and hold attention on a fixed object (your breath).



Standing Meditation

In standing meditation, the practitioner remains still and upright, focusing on their posture, breath, and internal energy. It is used when tired, sore, or as a preferred form. The primary goal of standing meditation is to cultivate and harmonize the flow of vital energy or "awareness" within the body.



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Assessment

The Five Facet Mindfulness Questionnaire (FFMQ)
The Mindful Attention Awareness Scale (MAAS)



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Assessment

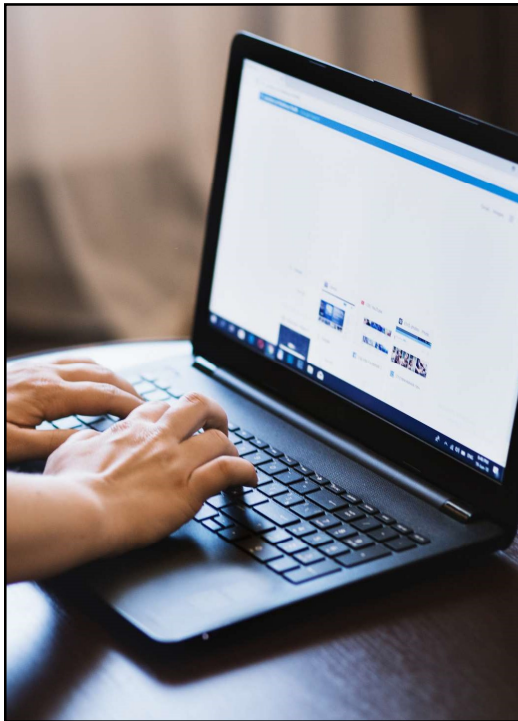
The Five Facet Mindfulness Questionnaire (FFMQ)

The goal is to assess and increase abilities of:
Observation, Description, Acting with Awareness, Nonjudging, Nonreacting.

Assessment

The Mindful Attention Awareness Scale (MAAS)

The MAAS measures one's tendency toward mindfulness or mindlessness. Scores of the MAAS strongly correlate with self-consciousness, rumination, and self-reflection. It measures the frequency of open and receptive attention to and awareness of ongoing events and experience.

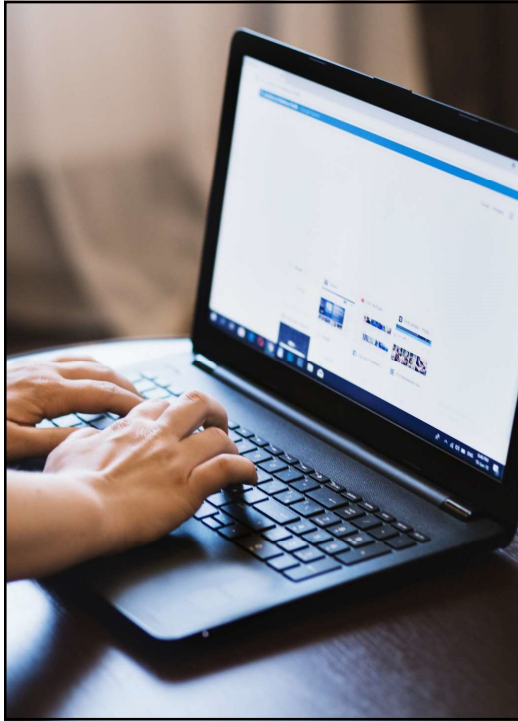


Research

[Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators - ScienceDirect](#)

Basso, J. C., McHale, A., Ende, V., Oberlin, D. J., & Suzuki, W. A. (2019). Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators. *Behavioural Brain Research*, 356, 208–220. <https://doi.org/10.1016/j.bbr.2018.08.023>

- Enhanced: Mood, Attention, Memory, Emotional Regulation

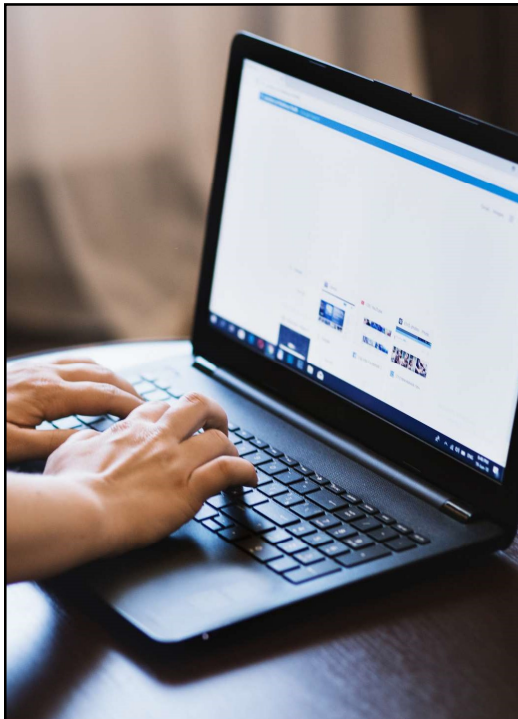


Research

[Brief structured respiration practices enhance mood and reduce physiological arousal: Cell Reports Medicine](#)

Balban, M. Y. (2023, January 17). Brief structured respiration practices enhance mood and reduce physiological arousal. *Cell Reports Medicine*. [https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791\(22\)00474-8](https://www.cell.com/cell-reports-medicine/fulltext/S2666-3791(22)00474-8)

- Daily 5-minute breathwork and mindfulness meditation improve mood and reduce anxiety
- Breathwork improves mood and physiological arousal more than mindfulness meditation
- Cyclic sighing is most effective at improving mood and reducing respiratory rate

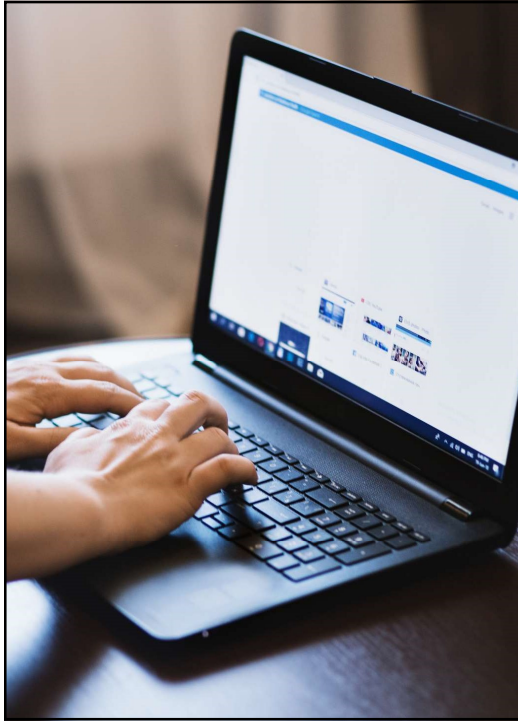


Research

[Frontiers | A Workplace Mindfulness Intervention May Be Associated With Improved Psychological Well-Being and Productivity. A Preliminary Field Study in a Company Setting \(frontiersin.org\)](#)

Kersemaekers, W. (2018, February 28). A Workplace Mindfulness Intervention May Be Associated With Improved Psychological Well-Being and Productivity. A Preliminary Field Study in a Company Setting. *Frontiers*. <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00195/full>

- Mindfulness trainings are increasingly offered in workplace environments in order to improve health and productivity.



Research

[Mindfulness training improves employee well-being: A randomized controlled trial - PubMed \(nih.gov\)](#)

Slutsky, J., Chin, B., Raye, J., & Creswell, J. D. (2019). Mindfulness training improves employee well-being: A randomized controlled trial. *Journal of Occupational Health Psychology*, 24(1), 139–149. <https://doi.org/10.1037/ocp0000132>

- Improved employee wellbeing
- and job performance



This is the Key to Success



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Thank you!

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