

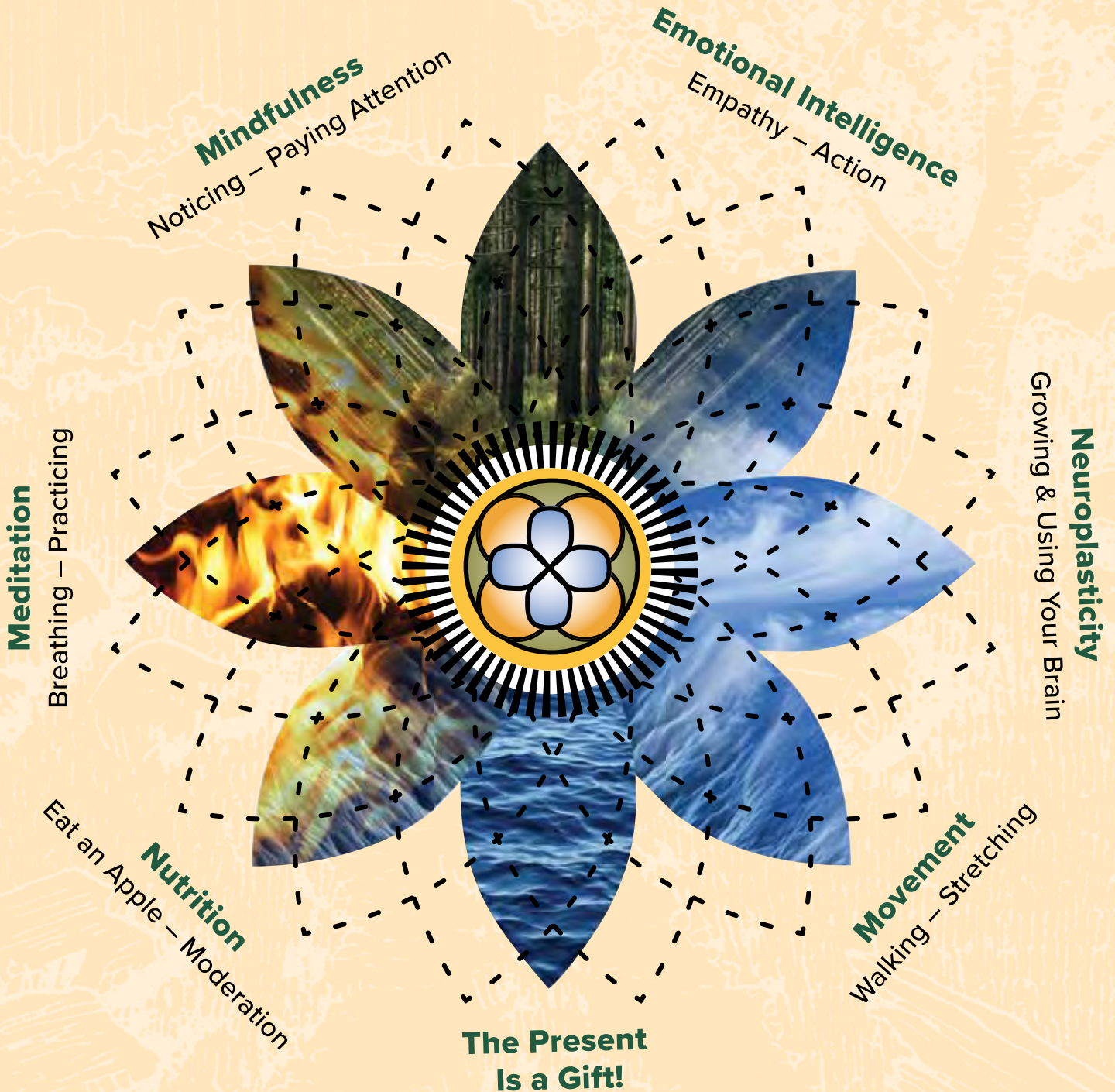


# Wellbeing@Work



COOPERATIVE STRATEGIES

It's a Volatile Uncertain Complex Ambiguous World;  
What **You** Do Makes a Difference at work, at home,  
and everywhere as you lead your life.





## Enjoying Your Life

Interconnecting Meditation, Mindfulness, Emotional Intelligence, Neuroscience, Movement, Nutrition and bringing it to life is as simple as paying attention in the present. The present, it's a gift. Focusing on your breathing, even one inhalation and exhalation at a time, changes your mind, body and spirit for the better. At work, at home, in life – let it flow.

**Meditation:** Breathing. Noticing your inhalation and exhalation, possibly counting your exhalations to “10”, is meditation. You can also choose to focus on a word that has meaning to you, like “love” or “kindness.” Meditation can link to your religious faith and practice if that is your choice. Yet, meditation can be “sacred secular,” like appreciating nature, walking, family and life itself. For one breath, one minute or longer, your meditation can be an open-minded, open-hearted practice of quiet and flow. No self-critic!

### **Smriti** (*Sanskrit*)

Remembering. Remembering to come back to the present moment.

There are many ways to meditate. There is no right way or wrong way. At the heart of it, it's a peaceful practice, one breath at a time:

**Inhale – Pause – Exhale – Notice – Allow –  
Inhale – Pause – Exhale – Notice - Allow...**

**Mindfulness:** Staying awake and aware, noticing, using your senses, concentrating.

“The awareness that arises from paying attention, on purpose, in the present moment, non-judgmentally.”

– JON KABAT ZIN

(Mindfulness Based Stress Reduction)

Mindfulness Meditation is following your senses: sight, sound, smell, taste, feeling.

**Emotional Intelligence:** Noticing the cause and effect of your actions helps you understand yourself and others better, *with clarity and equanimity.*

◆ **Self-Awareness:** Knowing yourself, thinking, feeling and noticing your and other's actions. “*To thine own self be true.*”

◆ **Self-Management:** Staying chill and being warm to others. Living your values to be honest, kind and useful. When confronted or stressed take a breath, pause and notice before you respond.

◆ **Empathy:** Understanding others, feeling where they are. Responding gracefully without trying to be a savior.

“The ability to experience and understand what others feel while maintaining a clear discernment about your own and the other person's feelings.”

– DANIEL GOLEMAN

◆ **Interconnectedness:** Living your values, acting honestly, and learning for the good of all.

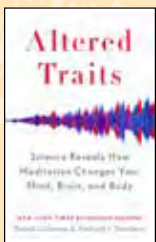
“Emotional Intelligence is knowing one's internal states, preferences, resources and intuitions.”

– DANIEL GOLEMAN



**Neuroscience:** With meditation the brain measurably improves in its functionality. Cortical thickness grows, cognitive function increases. It is called “neuroplasticity”. There have been thousands of studies revealing that with even a slight amount of meditation, many positive results occur. The more you meditate, just like the more you work-out, your wellbeing demonstratively improves, as measured by MRI (Magnetic Resonance Imagery) and by personal experience in:

- ◆ Physical Health
- ◆ Mental/Emotional Health
- ◆ Intellectual Performance
- ◆ Moral/Ethical Action



A seminal book on meditation and neuroplasticity is *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain and Body*, by Drs. Daniel Goleman and Richie Davidson.

Richie is the Senior Research Professor of Psychology and Psychiatry at the University of Wisconsin. He is the founder of The Center for Healthy Minds. Their Free Meditation app is excellent: “Healthy Minds Program.” Another good app is “Headspace.” Other excellent apps are from Tara Brach and Dan Harris.

**Movement:** Simply stretch, stand and walk as much as you can. If your work requires you sitting at a desk with a computer or if your phone has become too much of a friend, get your ass moving!

**Nutrition:** Feed your body and soul well. Enjoy food and drink without guilt. Yet, moderation most of the time is good for you. You know what to do.

**To live and act with equanimity and thoughtfulness** does not require meditation or all of what has been presented here. Yet, doing your best to enhance your overall wellbeing with simple practices helps greatly as we feel the joys yet also feel and rebound from the sorrows and challenges of what has been called a “Volatile, Uncertain, Complex, Ambiguous World” (US Army War College).

**Stuff happens ...** There’s birth, death, and everything in between. This is a precious life and what you do makes a difference. Avoid the self-critic. Let life flow, focus as best you can and enjoy the energy of doing your best. Feel the tough stuff. Let it go through you. Mindfully take a breath and continue to make a positive difference for yourself, your family, your work, your colleagues, the community, your members and all life and all direction.

**One breath at a time.** Don’t forget to smile but go ahead and cry sometimes. Then smile again as you take another breath and another step in the right direction.

“The sun is but a morning star.”

— HENRY DAVID THOREAU



**JESSICA and JOHN PARSONS**, are a father/daughter team who guide “Wellbeing@Work.” **TEDDY the Dog** is a Trusted Advisor.