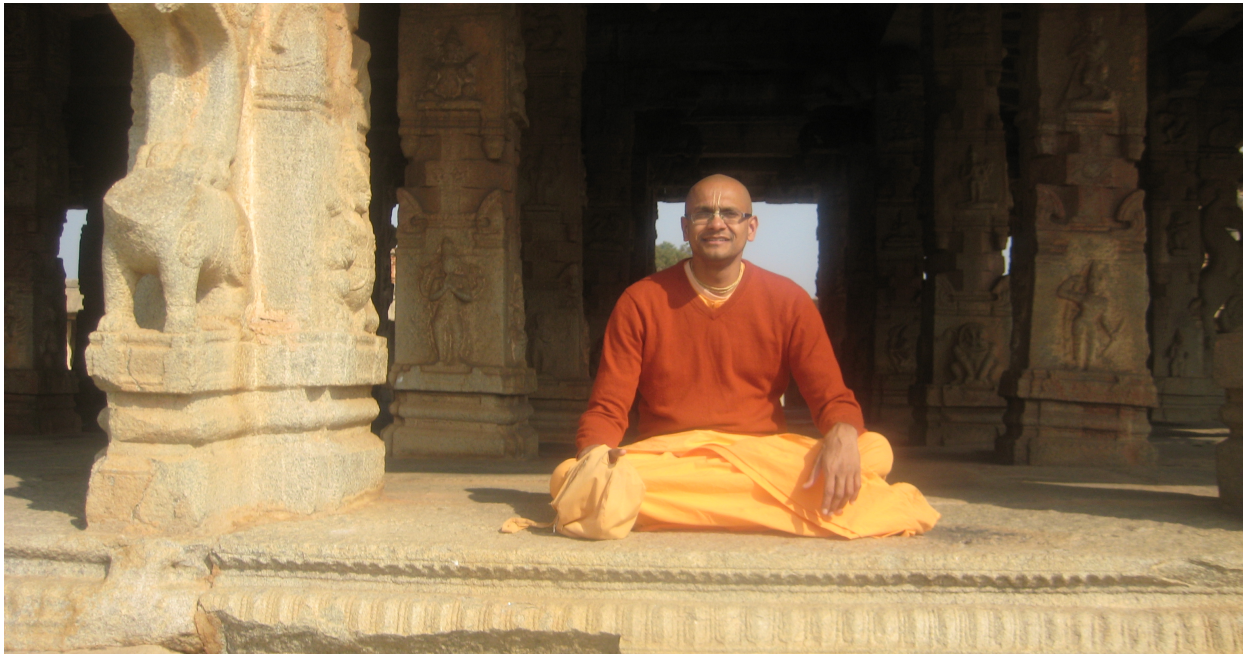


Mindfulness and Resilience During a Time of Social Distancing

Pandit Dasa

Monk

(1999-2014)



Developing Resilience

You can't connect the
dots looking
FORWARD;
you can only connect
them looking
BACKWARDS.



Learn from the past, prepare for the future.

The Mind

- Smart Device
- Psychology Today
 - 25-50,000 thoughts per day

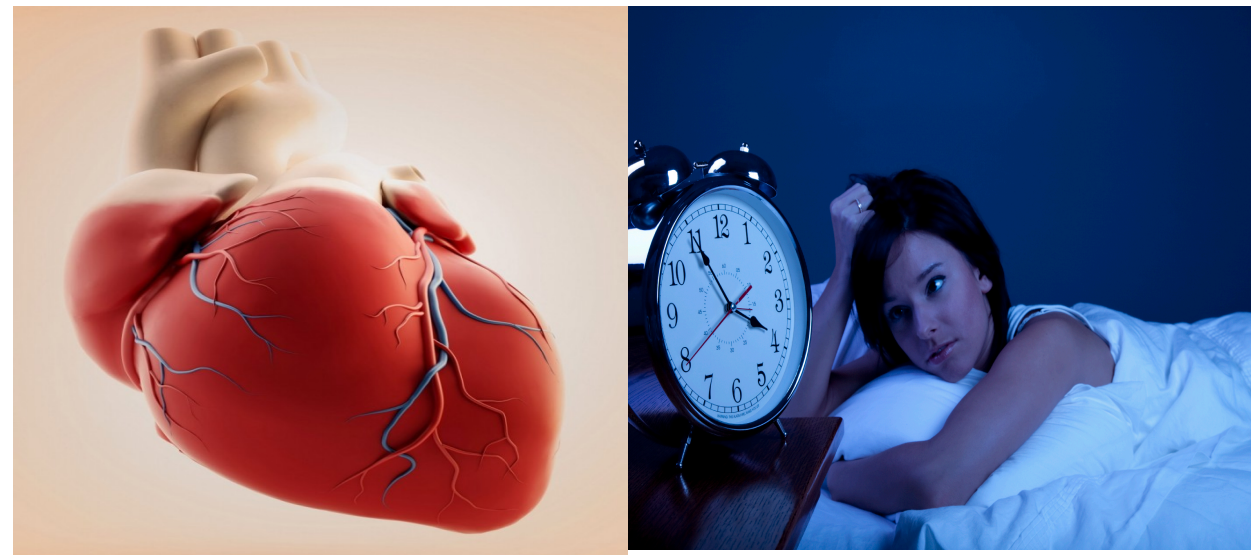


Thoughts



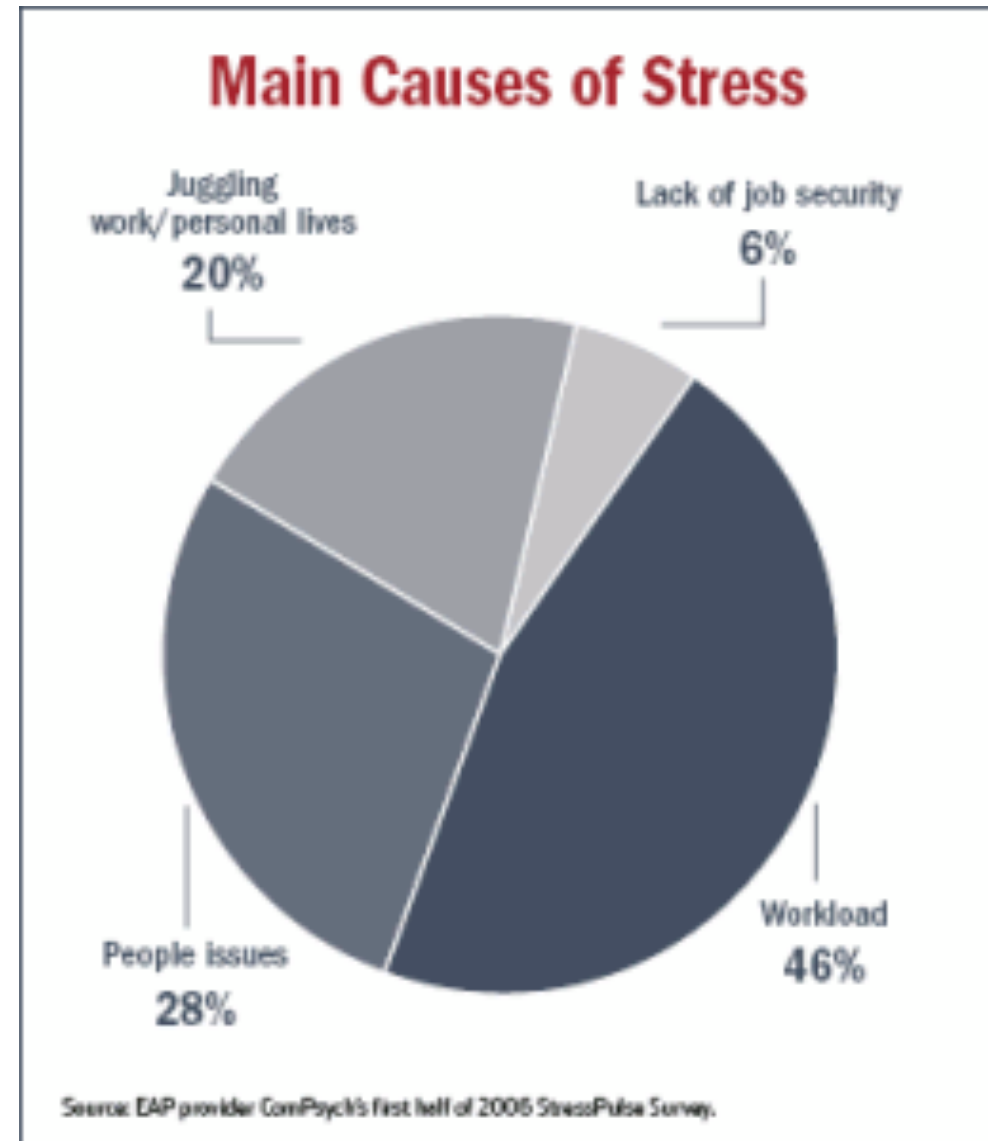
Mind's Impact on Body

- Positive stress – adrenaline boost; accomplish goals
- Stress & Anxiety
 - High blood pressure
 - Insomnia
 - Heart Attack
 - Stroke



American Institute of Stress

- 46% - Workload
- 28% -- People issues
- Job stress costing over \$300 billion



Keys for Work-Life Balance

- Exercise/Yoga



- Personal Hobby



- Positive relationships

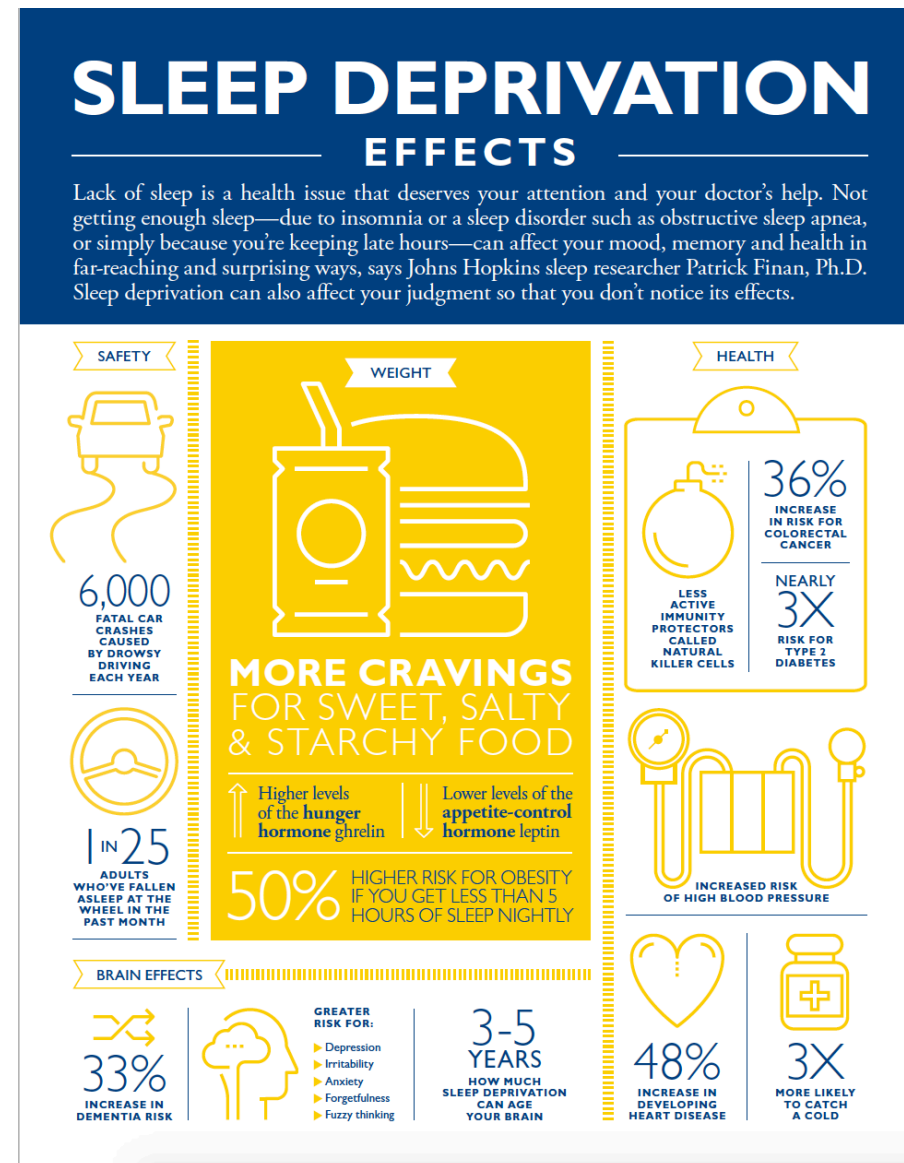


- Sleep



John Hopkins Medicine – Patrick Finan, Ph.D.

“Lack of sleep ...can effect your mood, memory...health... and your judgment...”



48% increase in developing heart disease

50% higher risk for obesity

36% increase in risk for colorectal cancer

Nearly 3X the risk for type 2 diabetes

33% increase in dementia risk

Healthy Diet for Stress Reduction

- **World Health Organization** – “Red Meat was classified as Group 2, probably carcinogenic to human beings. Processed meat was classified as carcinogenic to humans (Group 1).”
- **National Cancer Institute** – “People whose diets are rich in plant foods such as fruits and vegetables have a lower risk of getting cancers...diabetes, heart disease, and hypertension.”

NYC.GOV

ARE YOU POURING ON THE POUNDS?

You're drinking 68 PACKETS OF SUGAR in just 4 sugary drinks a day.

23oz. Sweetened Tea + 20oz. Sports Drink
+ 40oz. Large Lemonade + 20oz. Soda

All these extra calories can bring on obesity, type 2 diabetes and heart disease. To learn more, call 311.

NYC Health | Michael R. Bloomberg, Mayor
Thomas Farley, M.D., M.P.H., Commissioner

“All these extra calories can bring on obesity, type 2 diabetes, and heart disease.”

Mindfulness and Meditation...

"...makes you more productive."

Forbes

"...can enhance creativity, memory..."

The New York Times

"...decreases anxiety, depression and stress."

Psychology Today

"...boosts emotional intelligence."



Harvard Business Review

Positive Workplace Connections

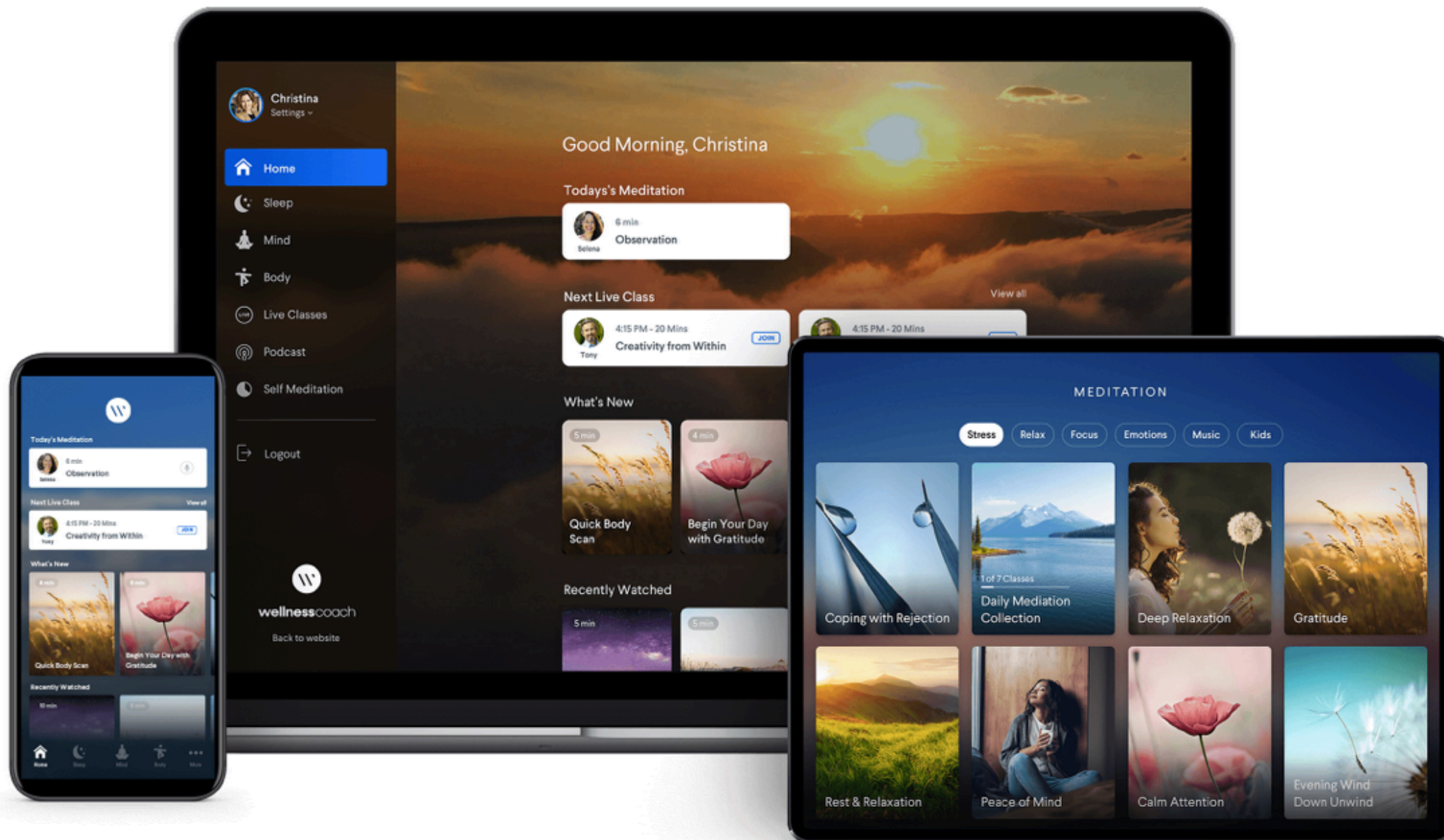
- Appreciate and celebrate the success of others
- **Harvard Business Review** - December 1, 2015
 - “...positive social connections at work produce highly desirable results.”
 - people get sick less often
 - experience less depression
 - learn faster and remember longer
 - display more mental acuity
 - perform better on the job

NOT ONLY FOR MONKS!





wellnesscoach





Get Article on
Mindfulness in
the Workplace!

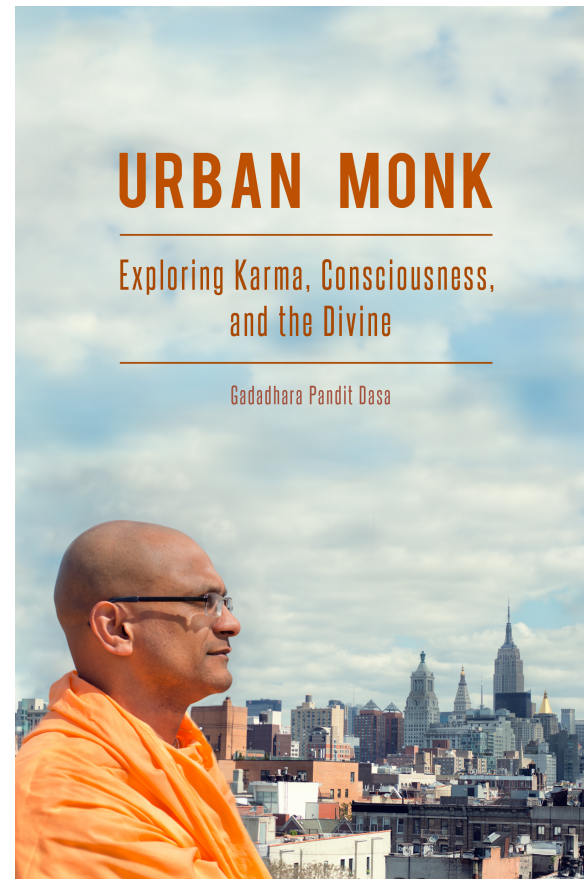
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Mindfulness and Resilience for Managing Stress and Uncertainty



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