

BRINGING BALANCE, PRODUCTIVITY AND A CONNECTION TO PURPOSE AT THE WORKPLACE

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HARTMINDBODY
SOLUTIONS

A large Saguaro cactus stands prominently in the foreground, its two arms reaching upwards. The background features a desert landscape with rolling hills and numerous smaller cacti under a bright blue sky with scattered white clouds. The lighting suggests a clear, sunny day.

BEGIN WITH A MOMENT OF MINDFULNESS

TODAY'S AGENDA

The Energy Dynamic

Understanding the Neurophysiology of Stress

Mindfulness at Center

The Disconnections

The Reconnections

Valuable Take-Aways/Resources

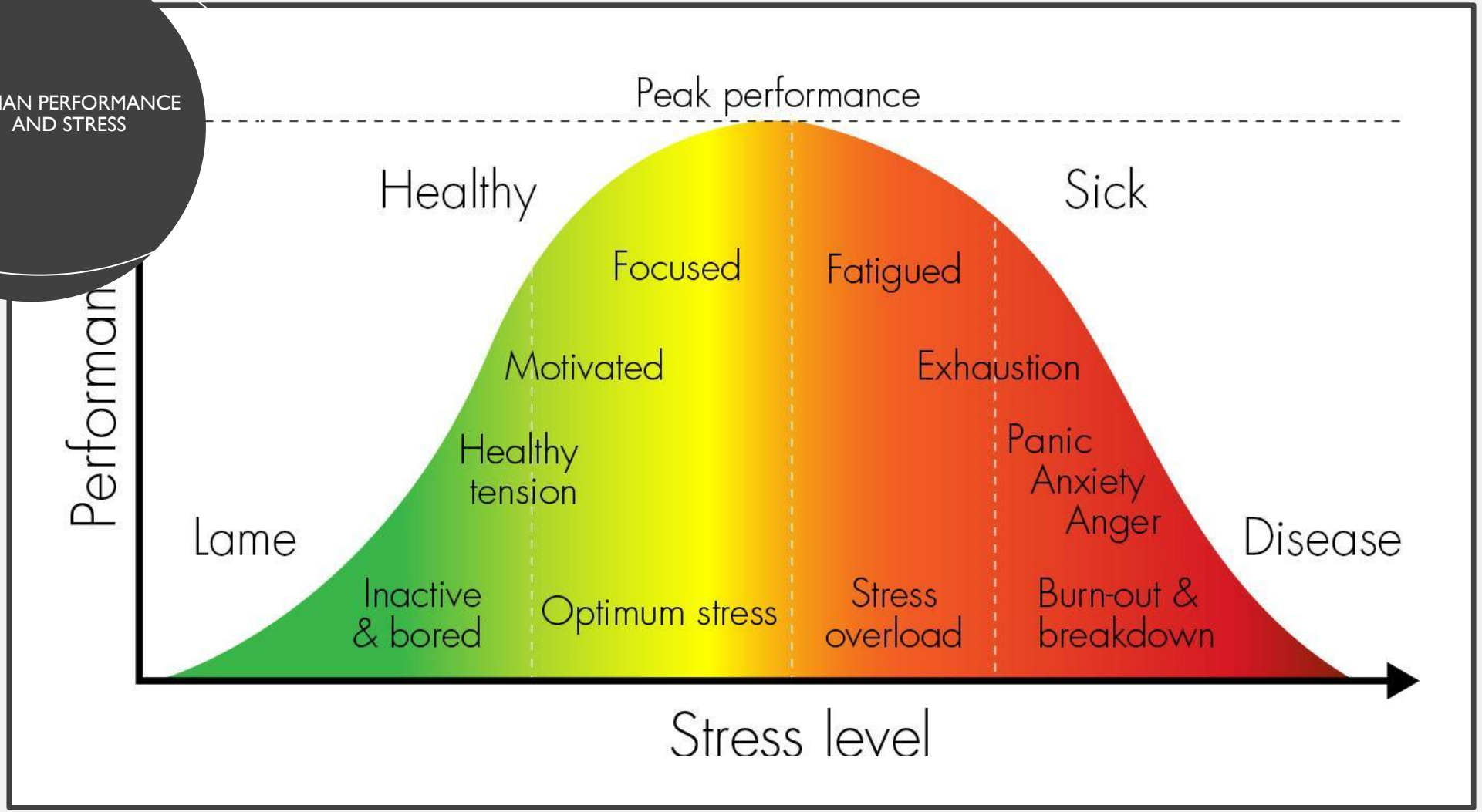
VALUE
YOUR
ENERGY

IT
STARTS
WITH
YOU

A QUICK WAY TO
RECOGNIZE YOUR
OWN ENERGY



HUMAN PERFORMANCE AND STRESS



Performance

Peak performance

Healthy

Sick

Focused

Fatigued

Motivated

Exhaustion

Healthy tension

Panic
Anxiety
Anger

Lame

Disease

Inactive & bored

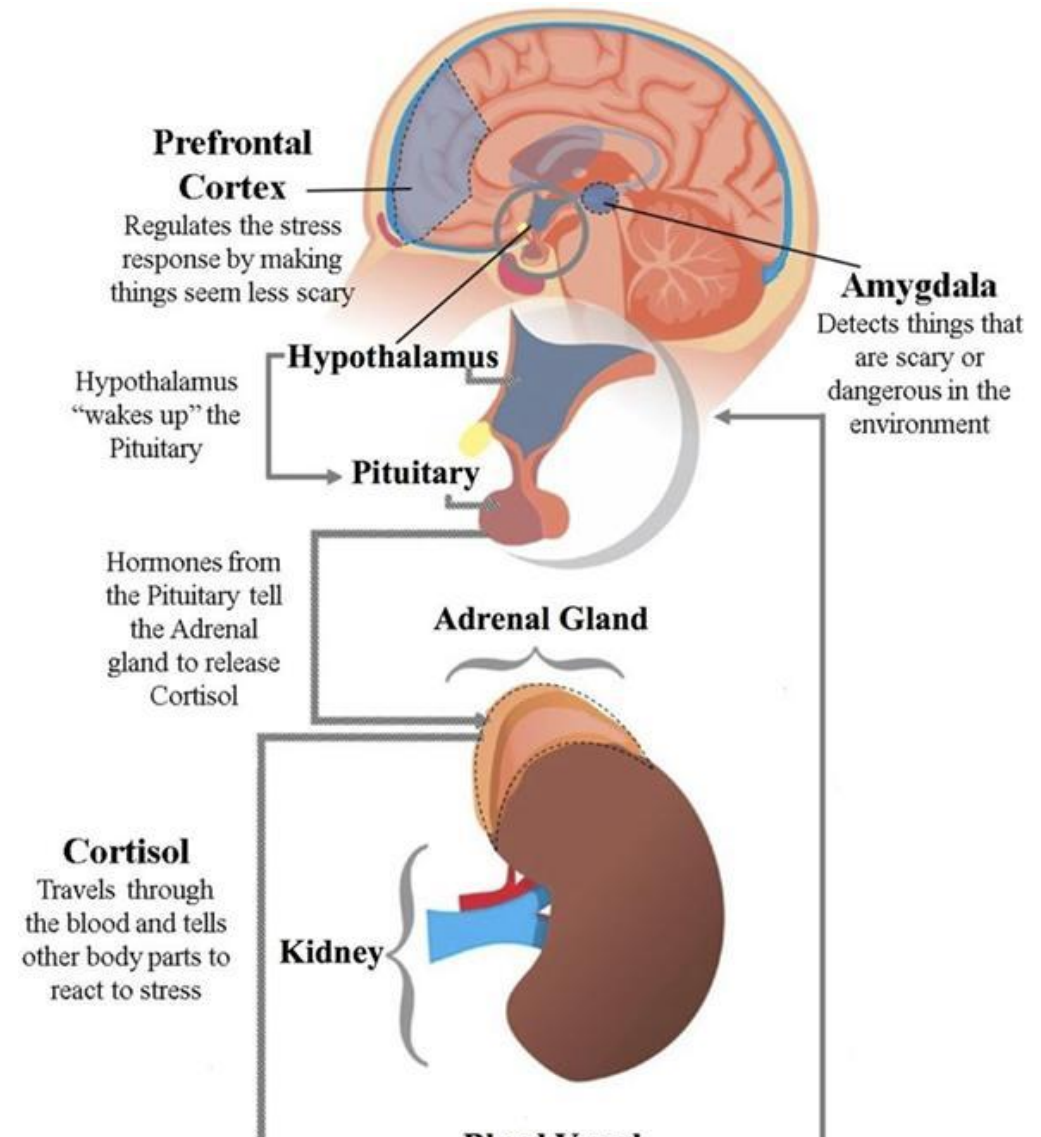
Optimum stress

Stress overload

Burn-out & breakdown

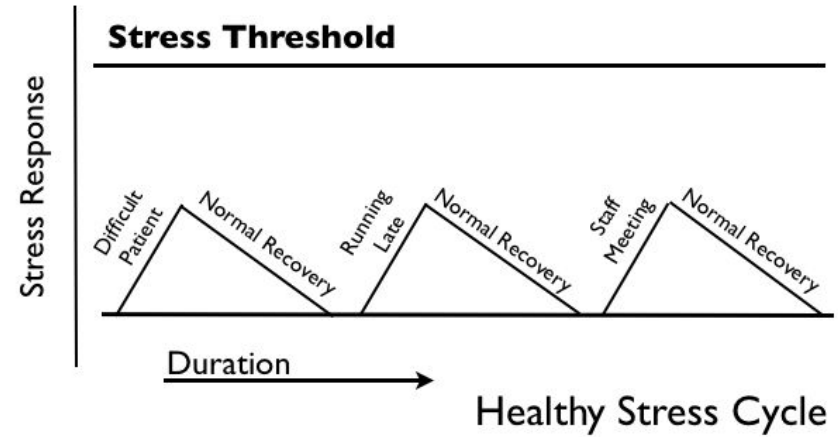
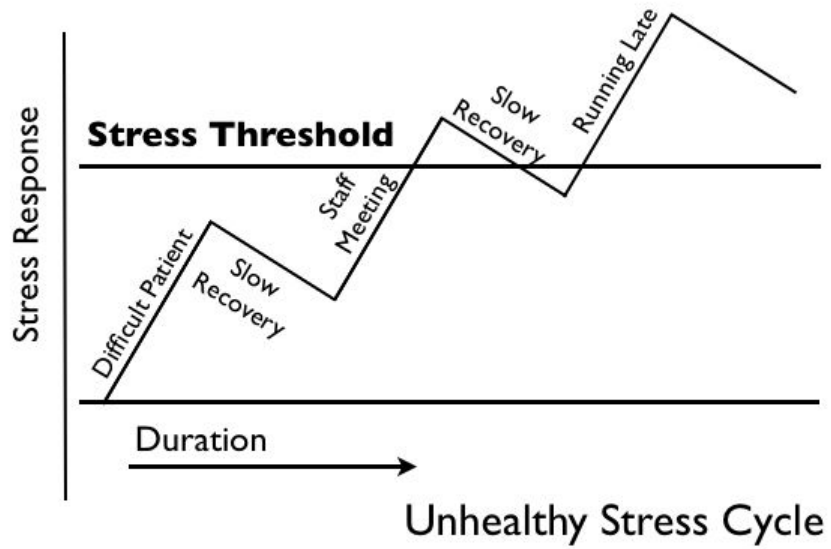
Stress level

WHAT IS
HAPPENING
UNDER THE
HOOD



BETWEEN STIMULUS AND RESPONSE THERE IS ALWAYS A SPACE. IN THAT SPACE IS THE POWER TO CHOOSE OUR RESPONSE. IN OUR RESPONSE, LIES OUR GROWTH AND OUR FREEDOM.

– **VICTOR FRANKL**



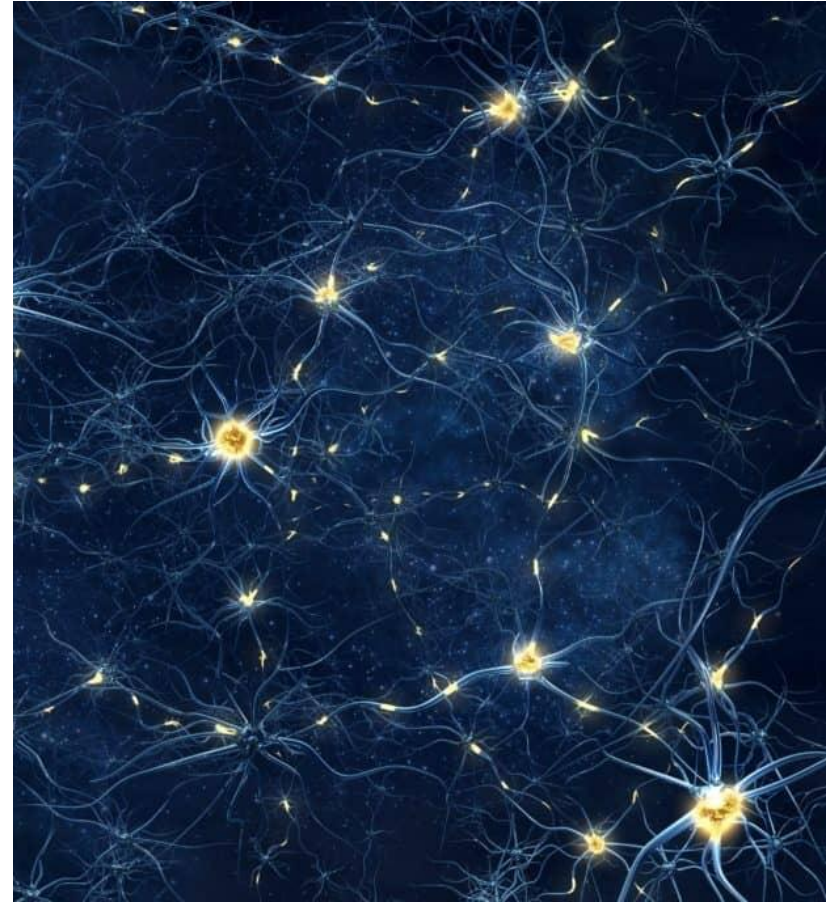
STRESS IS A CYCLE WE MUST COMPLETE

WHAT WE NEED TO
DISCONNECT MORE FROM

WORK

TECHNOLOGY

STRESS





HOW DO WE DISCONNECT FROM WORK?





WHO OPENS AND CLOSES YOUR
GATE?

A person wearing a wide-brimmed hat and a light-colored t-shirt is sitting on a wooden deck, looking out over a tropical beach. The scene is bathed in the warm, golden light of a sunset. Several palm trees are scattered across the landscape, and two beach umbrellas are visible in the distance. The water of the ocean is calm, reflecting the sky. The overall mood is peaceful and relaxing.

HOW MANY OF YOU TAKE YOUR
VACATION DAYS?

HOW DO WE DISCONNECT WITH OUR TECHNOLOGY?

•Ask Yourself....

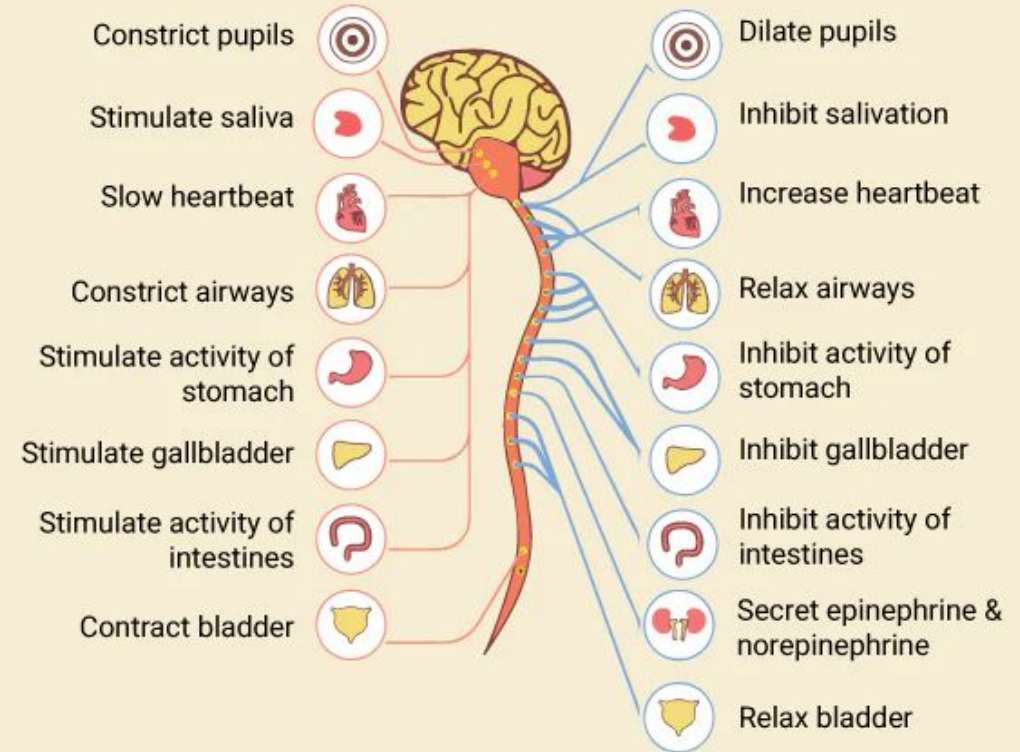
- **W** What For ?
- **W** Why Now?
- **W** What Else?

•*Source- Katherine Price “How to Break Up with Your Phone”








THE GAS & THE BREAKS

Sympathetic VS Parasympathetic Nervous System



DISCONNECT FROM
STRESS BY
ELICITING YOUR
THE RELAXATION
RESPONSE

Human Brainwaves

Gamma 35+ Hz		Heightened Awareness
Beta 13 - 35 Hz		Problem-Solving
Alpha 8 - 13 Hz		Relaxed Reflection
Theta 4 - 8 Hz		Meditation & Creativity
Delta 0.5 - 4 Hz		Deep Sleep

RELAXATION

Parasympathetic
nervous system

Switches on your:
Relaxation Response

Making you feel more:

relaxed



STRESS

Sympathetic
nervous system

Switches on your:
Stress Response

Making you feel more:

stressed

Using relaxation
techniques and
activities can help you
to find balance in your
life if you're too
stressed.



FINDING THE EDGE WHEN YOU HAVE FALLEN OFF

POWERFUL WAYS TO RE-REGULATE YOUR NERVOUS SYSTEM

PAUSE

- Am I breathing?
- Am I listening?
- Where are my feet?
- HALT Check-in (hungry, angry, lonely, tired?)
- Are my basic needs met?

PROCEED

- Power of a Sigh (is a life saving antidote)
- Tense & Release (release stress systematically from head to toe)
- Escape Hatch in a chair (fold forward with elbows on thighs)
- Countdown Breath (count your exhales 10 to 1)

HOW ELSE DO WE DISCONNECT FROM STRESS?

SELF CARE

DEEPER CONNECTION

COMPASSION

MORE NATURE

ATTITUDE OF GRATITUDE

SAVORING

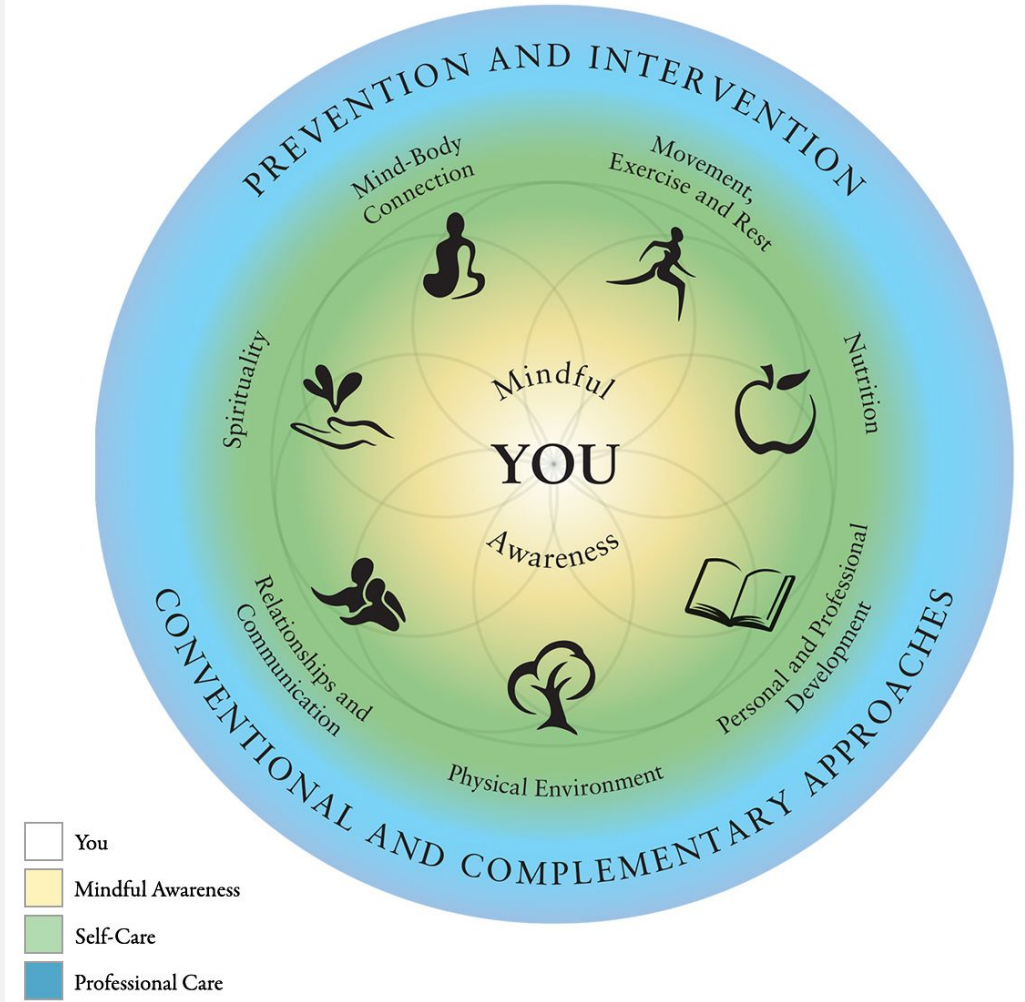
LAUGHTER



Self Care Has Layers



WHEEL OF HEALTH



 **Duke** Integrative Medicine

KEEP YOUR STOOL BALANCED

- SLEEP
- NUTRITION/HYDRATION
- EXERCISE
- COMMUNITY



OUR EPIDEMIC OF LONELINESS AND ISOLATION



a 29% increased risk of heart disease;



a 32% increased risk of stroke



a 50% increased risk of developing dementia for older adults.



BUILD BELONGING

ACTIVE LISTENING

- Eye Contact
- Paraphrase
- Ask questions
- Express empathy
- Use engaged body language
- Avoid judgment
- Avoid giving advice



SOCIAL RELATIONSHIPS AT WORK

The presence of high-quality connections in the workplace has been demonstrated to improve mood, decrease stress and anxiety, boost performance, employee retention and even increase workplace learning.

High Quality Connections (HQC) are short-term, dyadic and positive interactions



PRACTICING SELF
COMPASSION

MINDFULNESS

COMMON
HUMANITY

KINDNESS

MAKE PEACE WITH “PERFECT”

- Let go of all-or-nothing thinking
- Do what you can, when you can
- Set small, manageable goals
- Take action to feel more in control

**NOBODY'S PERFECT,
SO DONT TRY TO BE**

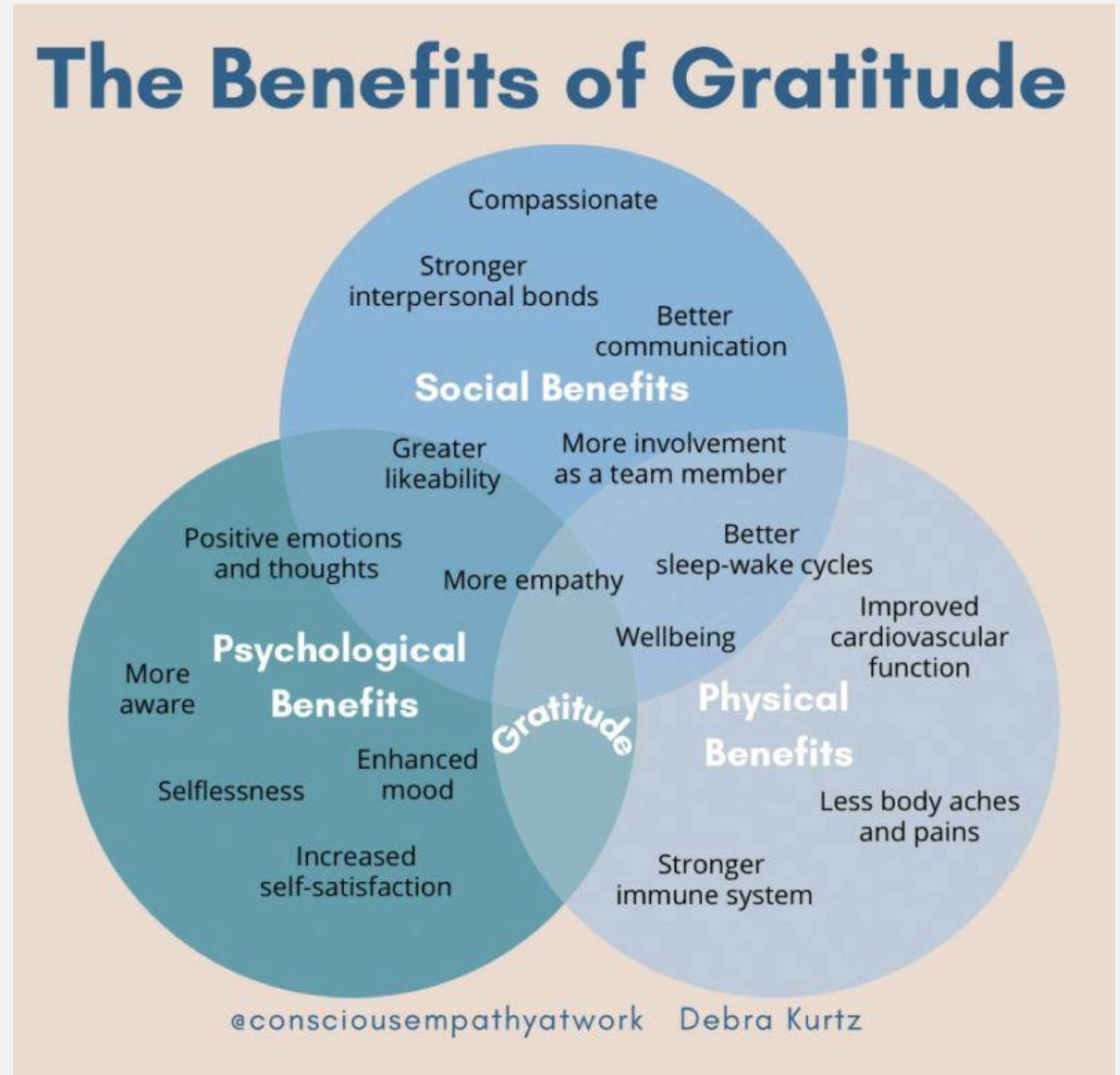
NATURE
DOES
NURTURE



How Does It Work?

Psychologists break down gratitude into three phases:

1. **Appreciation**
2. **Goodwill**
3. **Expression**



SAVORING



THE HELPER'S HIGH

•“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.”

•-Chinese Proverb





LAUGHTER IS THE
BEST MEDICINE



VALUABLE TAKEAWAYS

YOUR ENERGY IS YOUR GREATEST COMMODITY!

BEING PRODUCTIVE IS NOT NECESSARILY TIED TO WELL-BEING

HAVING A MINDFUL EDGE RELATES TO A SERIES OF DISCONNECTIONS AND RECONNECTIONS

THE COMPLEXITY OF OUR NERVOUS SYSTEM AND ITS EFFECT ON BEHAVIOR, AFFECT, COGNITION AND LIFELONG HEALTH CANNOT BE UNDERSTATED.

HAPPY EMPLOYEES ARE MORE FOCUSED, PRODUCTIVE, CREATIVE, CONNECTED AND HAVE MORE ENERGY

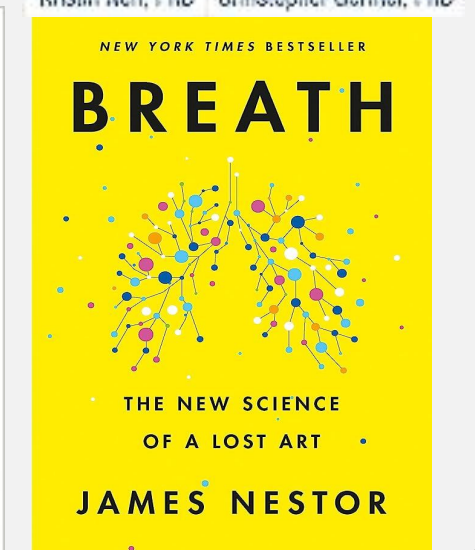
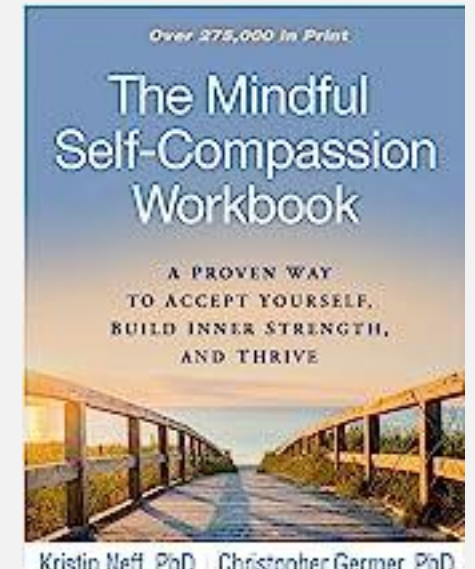
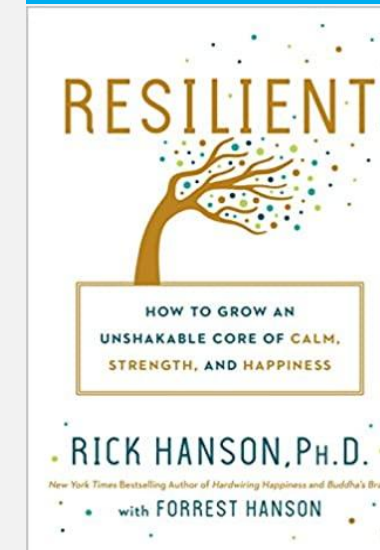
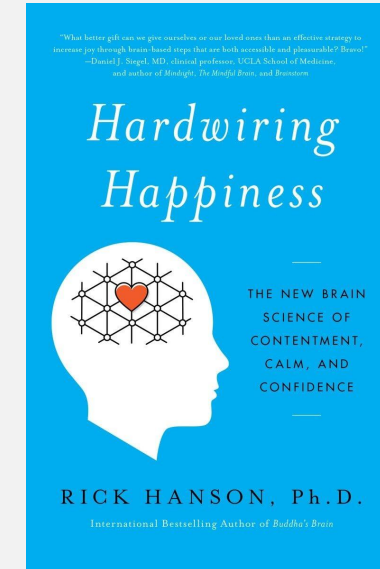
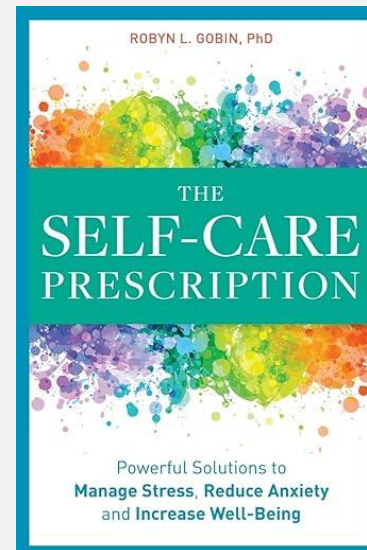
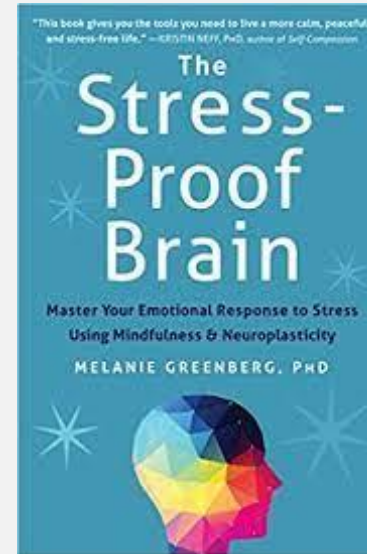
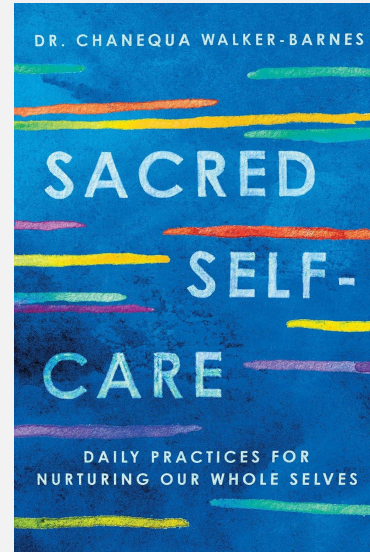
Valuable Resources

Apps:

- Insight Timer
- Calm

Websites:

- Psychology Today
- Harvard Business Review
- Huberman Lab
- Dr. Mark Hyman



HACKING HAPPINESS

HAPPINESS CHEMICALS

GET YOUR DAILY D.O.S.E

DOPAMINE:

FOR REWARD + MOTIVATION

New experiences
Meditation
Exercise

OXYTOCIN:

FOR LOVE + CONNECTION

Acts of kindness
Socialize
Hugs

SEROTONIN:

FOR GOOD MOOD

Nature walks
Gratitude
Sunshine

ENDORPHINS:

FOR PAIN + STRESS

Dark chocolate
Laughter
Exercise