

MINDFULNESS & ADVISING

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WHAT ARE THE TOP THREE
THINGS THAT ARE
STRESSING YOU OUT
RIGHT NOW?!





RECOGNIZE THE IMPORTANCE OF MINDFULNESS &
IMPACT ON YOUR ADVISING PRACTICE

LEAVE WITH 3 PRACTICES TO SUPPORT YOU

mindfulness

Breathe

TASK SWITCHING ACTIVITY

MULTITASKING IS A COMMON MYTH

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

MINDSET & AFFIRMATIONS

AFFIRMATIONS WRITING ACTIVITY





I RELEASE ANXIOUS THOUGHTS.

AS I EXHALE, STRESS LEAVES MY BODY.

TODAY I CHOOSE JOY.

I TRUST MYSELF TO DEAL WITH WHATEVER ARISES.

I CHOOSE HEALTHY WAYS TO DEAL WITH STRESS.

TODAY, I EMBRACE SIMPLICITY.

I'M DOING THE BEST I CAN.

I SEE CHALLENGES WHERE OTHERS SEE DIFFICULTIES.

I AM STRONG AND CONFIDENT.

PEACEFUL ENERGY IS RADIATING OUT FROM AROUND ME.

I RECLAIM MY OWN POWER.


DO YOU REGULARLY TAKE A LUNCH BREAK AWAY FROM YOUR DESK?



BOUNDARIES



GRATITUDE

A pink notebook with a rose gold pen and green fern leaves. The notebook is positioned in the lower center of the frame. A rose gold pen lies diagonally across the bottom right corner of the notebook. Two green fern fronds are placed behind the notebook, extending from the top right towards the bottom right.

TODAY
I AM
GRATEFUL

HOW OFTEN DO YOU EXPRESS
GRATITUDE IN YOUR
WORKPLACE?



GRATITUDE CHALLENGE



WRITE ABOUT YOUR FAVORITE PART OF YOUR WORKDAY



30 Days of Gratitude Challenge



Day 1

Write down three things that you are thankful for.

Day 2

Express gratitude to at least one important person in your life.

Day 3

Go one full day without complaining.

Day 4

Meditate for 10 minutes.

Day 5

Make an effort to smile more throughout the day.

Day 6

Engage in a random act of kindness.

Day 7

Spend 30 minutes practicing self-care.

Day 8

Send flowers to someone you care about.

Day 9

Write thank-you notes to five people in your life.

Day 10

Go outside and appreciate the beauty of nature.

IT TAKES A VILLAGE!



WHAT DO YOU RECALL/
CAUGHT YOUR ATTENTION
FROM TODAY?



WHAT WAS MOST EXCITING ABOUT
WHAT YOU LEARNED?

WHAT WERE YOUR FEELINGS DURING
& AFTER THE ACTIVITIES?

WHAT WAS YOUR KEY
INSIGHT?

WHAT WILL YOU DO DIFFERENTLY MOVING
FORWARD WITH THIS INFORMATION?



WHAT OPPORTUNITIES ARE THERE TO
TRY THE ACTIVITIES?

YOUR PLAN

A photograph of a window sill or nook. A large, soft red cushion is propped against the window frame. In front of it, on a white furry rug, sits a wooden tray. On the tray is a white mug with chocolate foam and sprinkles, a lit candle in a glass jar, a matchbox, and a notebook. Another lit candle is visible on the left side of the window sill. The window looks out onto a street with parked cars and buildings.

May this practice bring ease to my work

THANK YOU! LISA LAUGHTER & SHARON ERICSSON

[HTTPS://TINYURL.COM/MINDFULADVISORS](https://tinyurl.com/mindfuladvisors)

