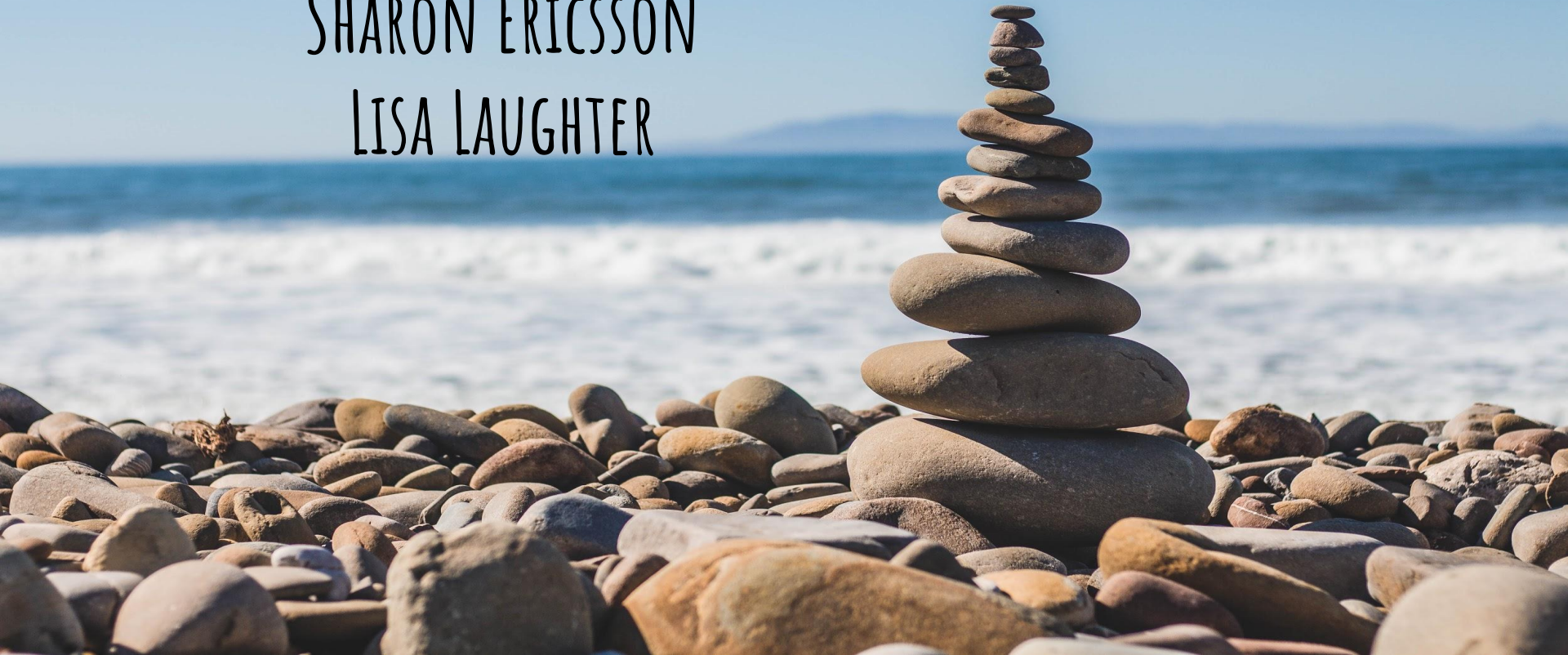


MINDFULNESS & ADVISING

SHARON ERICSSON

LISA LAUGHTER



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

- Write three things down on a piece of paper
- Type one of the things in a private chat to Lisa or Sharon





OBJECTIVES FOR TODAY'S SESSION

RECOGNIZE THE IMPORTANCE OF MINDFULNESS

&

IMPACT ON YOUR ADVISING PRACTICE

LEAVE WITH 3 PRACTICES TO SUPPORT YOU

mindfulness

BOUNDARIES







VALUES

MINDSET & MANTRAS

MANTRA 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.

- Write down two to use during stressful times.
- Type one in the ask questions feature above to share with others.

Breathe

Life.

BOX BREATHING



WHAT IS WORKING FOR YOU?

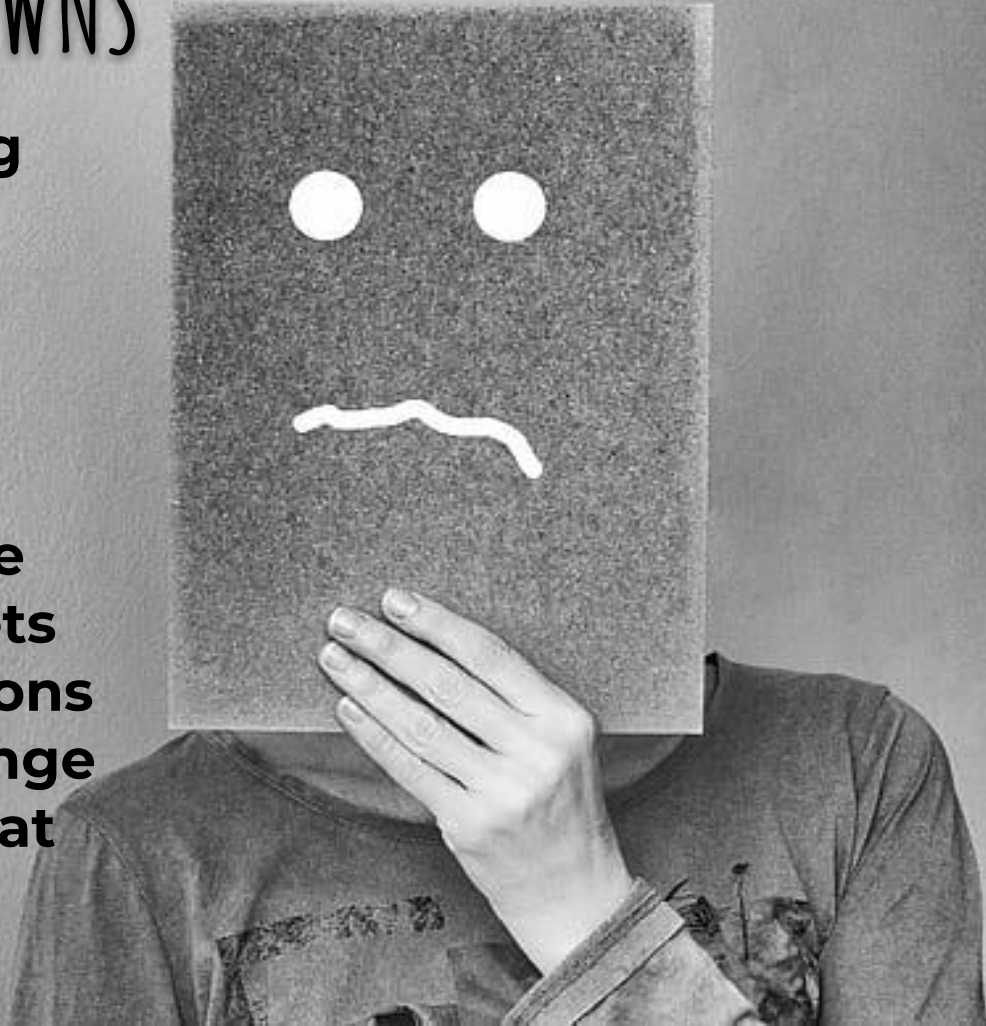
Type one practice/tool that works for you in the ask questions feature above to share with others.

F'ING FIRST TIME



MANAGING MELTDOWNS

1. **Listen without interrupting**
2. **Offer sincere empathy**
3. **Validate distress**
4. **Support coping**
5. **Express non-dismissive confidence**
6. **Offer to help problem solve**
7. **Divide problem into buckets**
8. **Brainstorm possible solutions to the things that can change**
9. **Support acceptance of what cannot be changed**





BODY SCAN

ZOOM IN AND OUT MINDFUL EXERCISE



A close-up photograph of a hand holding a camera lens. The lens is held in a way that a small, circular view of a landscape with a road and trees is visible through the center. The background is blurred, showing more of the hand and the camera body.

Z - ZOOM OUT OF THE SITUATION

O - OBSERVE YOUR THOUGHTS AS JUST THOUGHTS

O - OPEN UP TO YOUR FEELINGS

M - MEANINGFUL ACTION

WHAT ARE YOUR KEY INSIGHTS?



WHAT WILL YOU DO DIFFERENTLY MOVING
FORWARD WITH THIS INFORMATION?

YOUR PLAN


- List three things you learned today
- One activity/tool to incorporate into your advising practice

MAY THIS PLAN BRING EASE TO YOUR WORK



GRATITUDE

- List one thing you are grateful for today in the chat!

A pink notebook with a rose gold pen and green fern leaves. The notebook is open, showing a blank page. The pen is lying on the right side of the notebook. The fern leaves are placed around the notebook, with one leaf extending from the top right and another from the bottom right.

TODAY
I AM
GRATEFUL

SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	   DID A HOBBY
used a coping skill	   LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

@ALYSERURIANIDESIGN

THANK YOU! LISA LAUGHTER & SHARON ERICSSON

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

