

BUILDING RESILIENCE IN UNCERTAIN TIMES

Colorado Community Health Network
Kristen Race, Ph.D.



3 BREATH MICRO PRACTICE

1. Take a deep breath, as you exhale relax.
2. Take a deep breath, breathe out tension.
3. Take a deep breath and ask yourself, “**What is the most important thing right now?**”



HOUSEKEEPING



Meet our Chief Operating Officer:
Kenny Reisman



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NEUROSCIENCE

MINDFULNESS

SMALL CHANGES

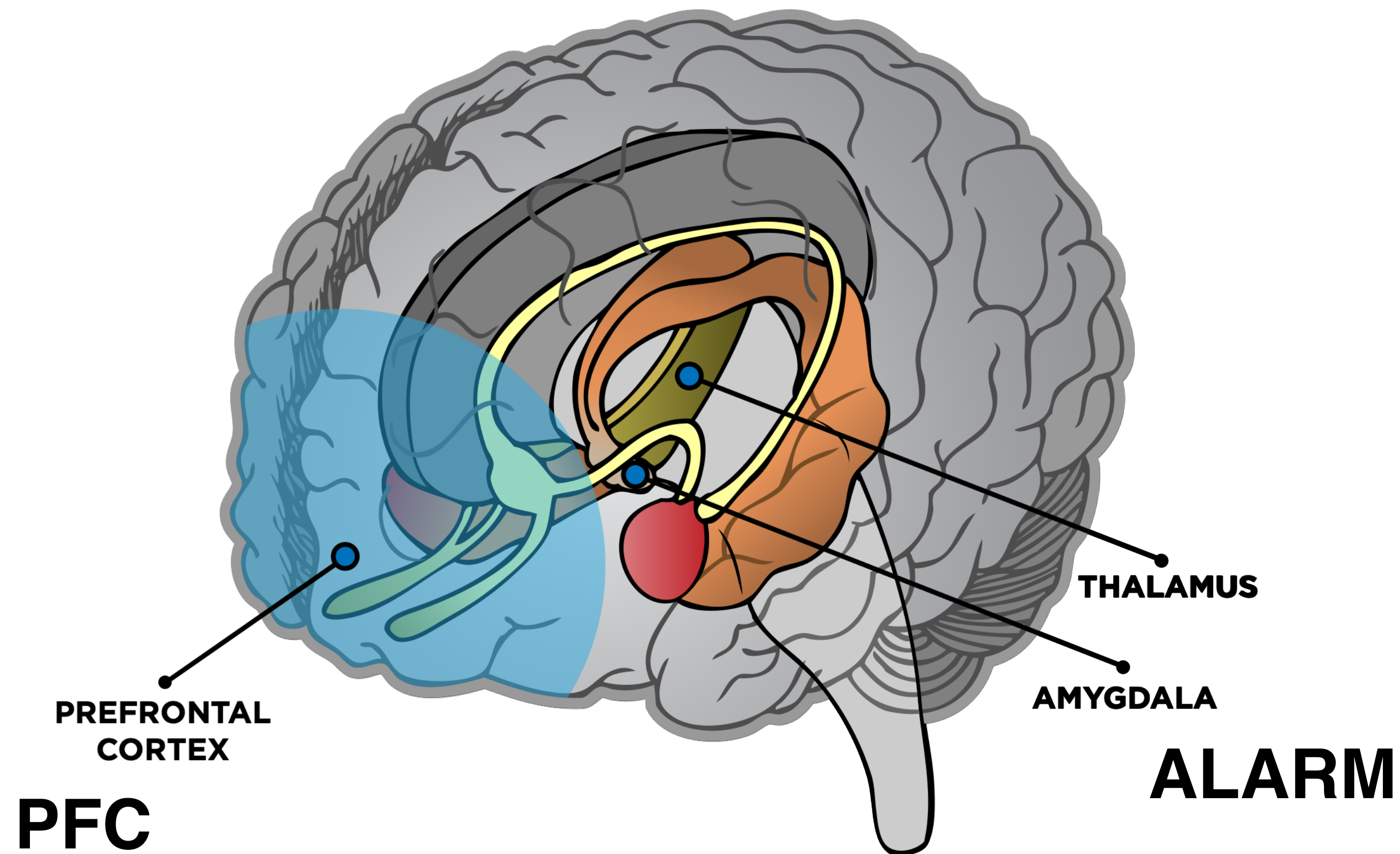
YOUR BRAIN ON FIRE

The overt & covert stressors that lead to survival mode

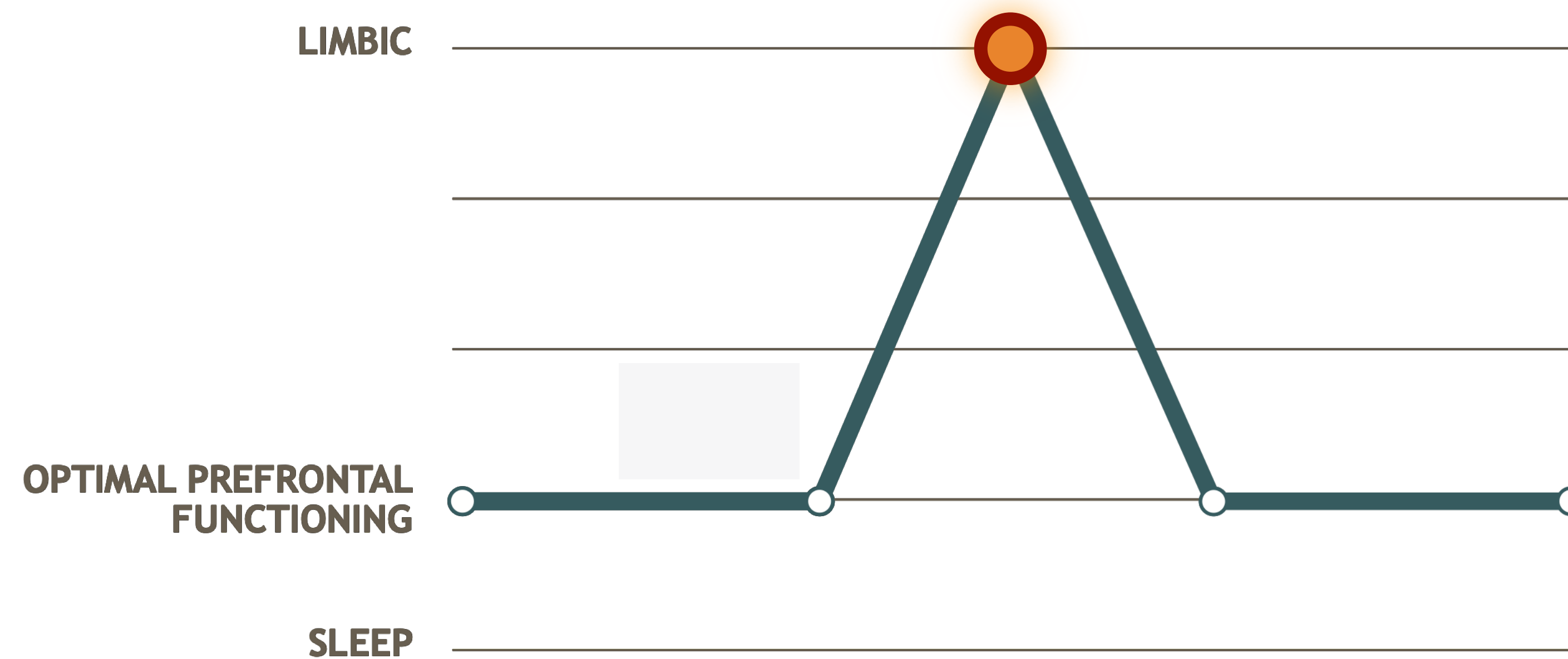


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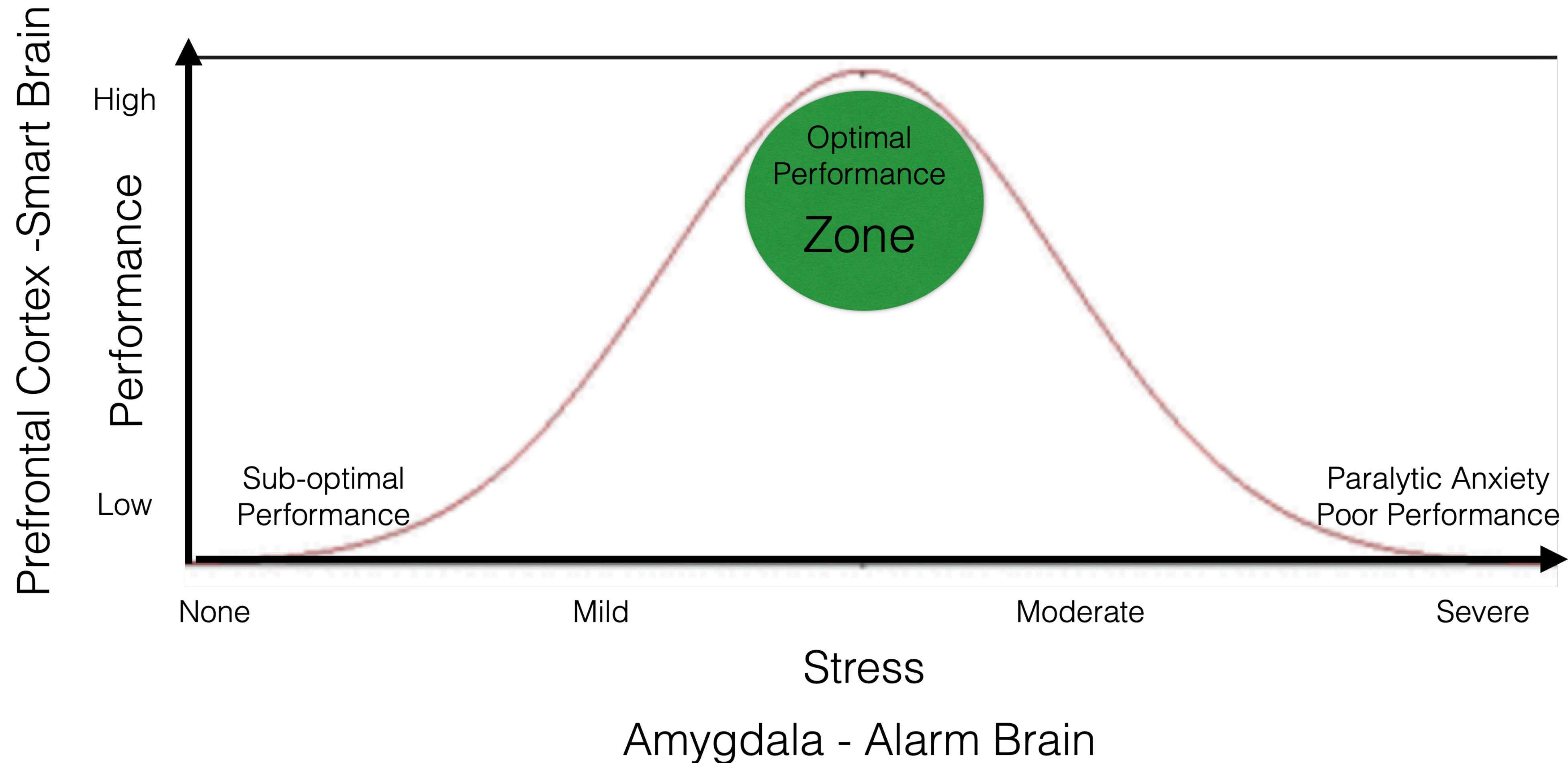
BRAIN FUNCTIONING



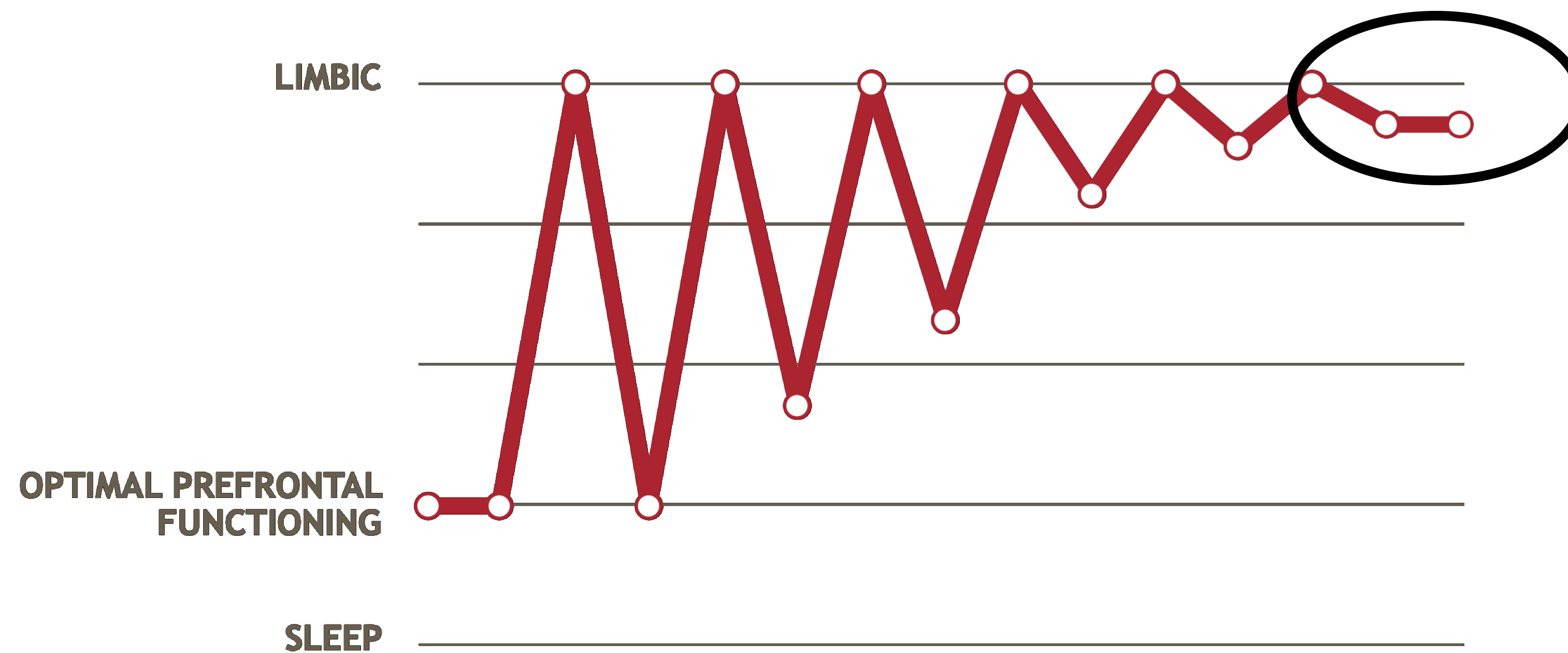
CLASSIC STRESS RESPONSE



CHRONIC STRESS



CHRONIC STRESS



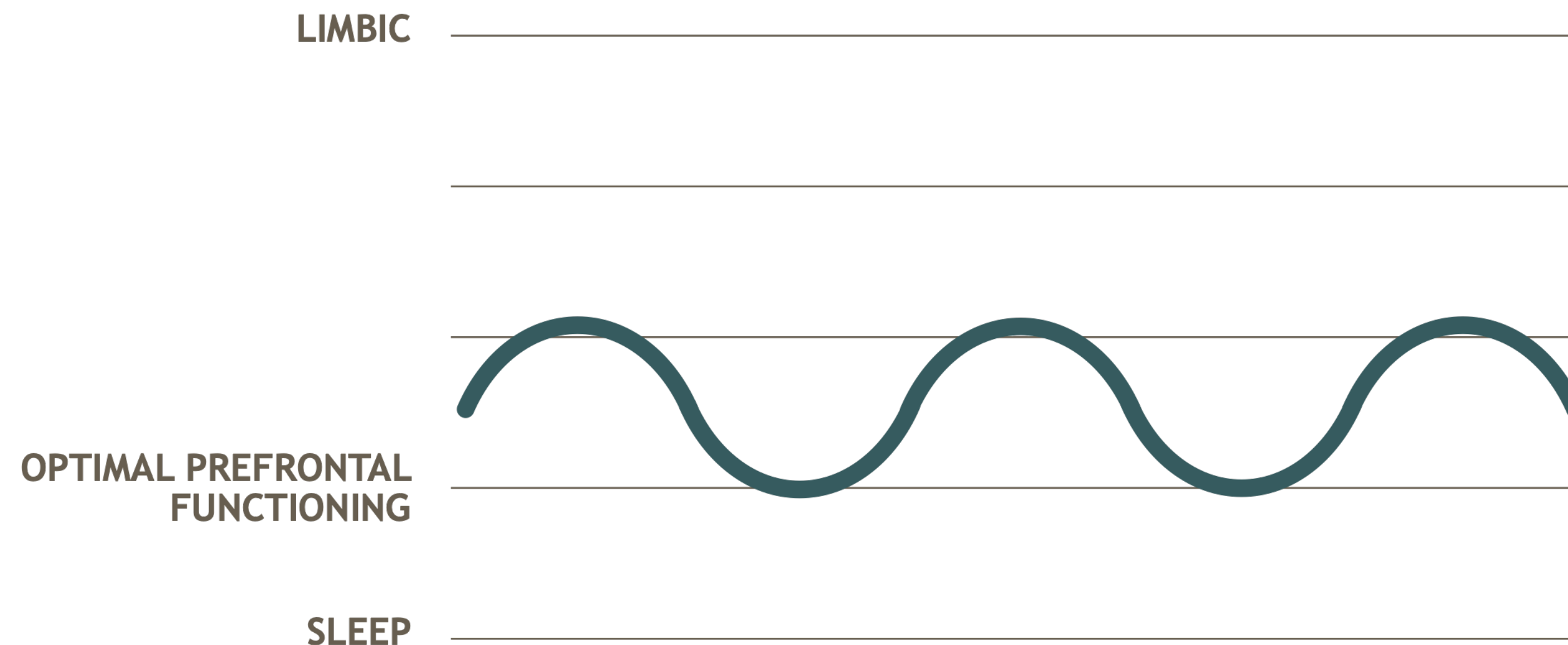


Mindful Leadership



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How Mindfulness Helps



Mindfulness

The ability to know what is going on in our head without getting carried away by it



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MINDFULNESS

FORMAL VS INFORMAL



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“

Life is 10% what happens to me
and 90% how I react to it.

Pastor Chuck Swindoll



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STRESS THRIVES ON UNCERTAINTY

Focus on the things you can control



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YOUR MORNING MATTERS!

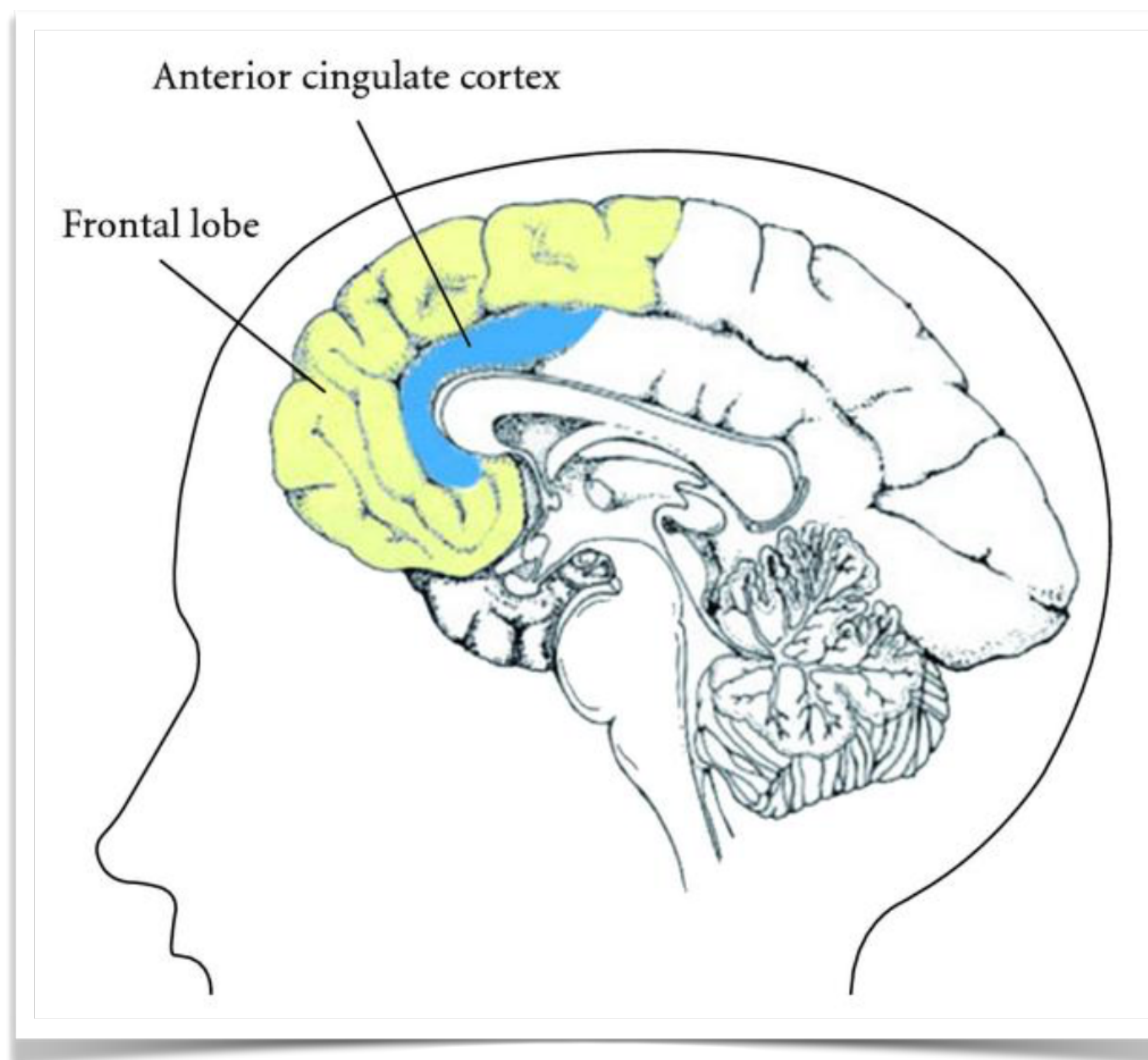


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MEDITATION

BREATHE



BOX BREATHING



BOX BREATHING



BOX BREATHING



BOX BREATHING



Tools to Calm Your Mind When You Feel Triggered



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PBR

PAUSE
BREATHE
RESPOND WITH INTENTION



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Habit Stacking



While Washing Your Hand

1. Integrative relaxation breathing
2. Inhale for 4, exhale for 6, repeat
3. Recite a helpful mantra



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The background features a stylized illustration of a person's head in profile, facing left. Inside the head, there is a dense, tangled mass of yellow lines representing a brain or neural activity. To the right of the head, there are several geometric shapes, including triangles and polygons, in shades of purple and blue, some appearing to be floating or breaking apart. The overall color palette is muted, with light greens, purples, and blues.

UNDERSTANDING ANXIETY



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A person with their hair in a bun is seen from behind, sitting in a meditative pose on a sandy beach. They are looking out at the ocean under a bright, hazy sky, likely during sunrise or sunset. The overall mood is peaceful and contemplative.

ANXIETY MEDITATION

Getting Curious About Your Anxiety



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A woman is shown in profile, looking out a window. Her hand is resting on the window frame. The scene is softly lit, suggesting a calm, contemplative mood. A dark blue horizontal band is overlaid across the middle of the image, containing the title text.

SELF-ACCEPTANCE

You can't calm the storm...so stop trying. What you can do is calm yourself. The storm will pass.

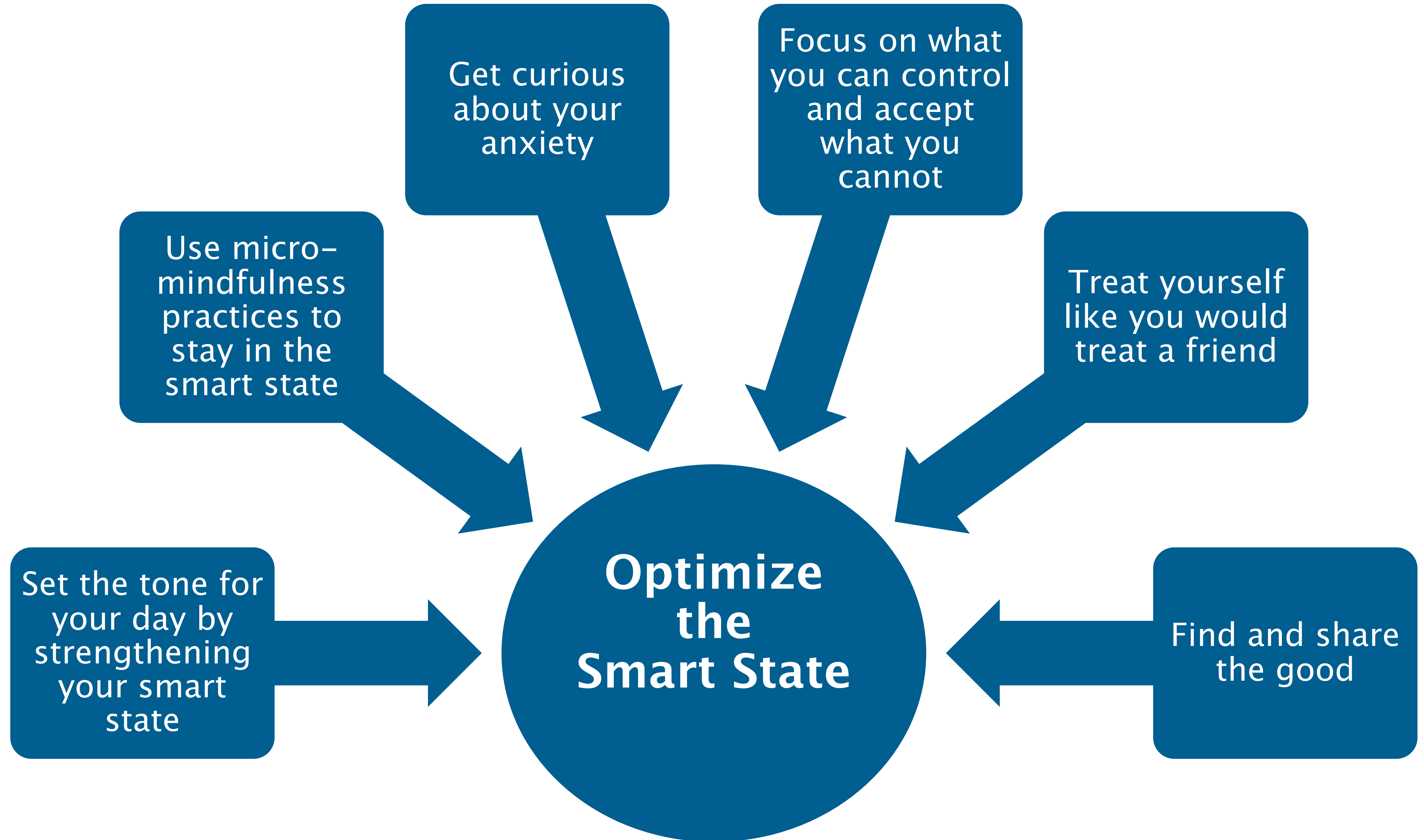
A woman with long brown hair is shown in profile, looking out a window. The scene is softly lit with natural light from the window. A dark blue horizontal band is superimposed across the middle of the image, containing the text 'SELF-COMPASSION' in white, bold, sans-serif capital letters.

SELF-COMPASSION

THREE GOOD THINGS

1. Lower burnout in our jobs
2. Lower depression
3. Increased happiness
4. Better work/life balance
5. Improved sleep quality





QUESTIONS???

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