



AYOTTE & BURDGE

MINDIAC

MINDFULNESS FOR THE SUSTAINABILITY PROFESSIONAL

PROBLEM STATEMENT



- Self-Compassion
- Self-Awareness
- Empathy
- Active Listening
- Preventative Self Care

Arnim Wiek & Katja Brundiers (2017)

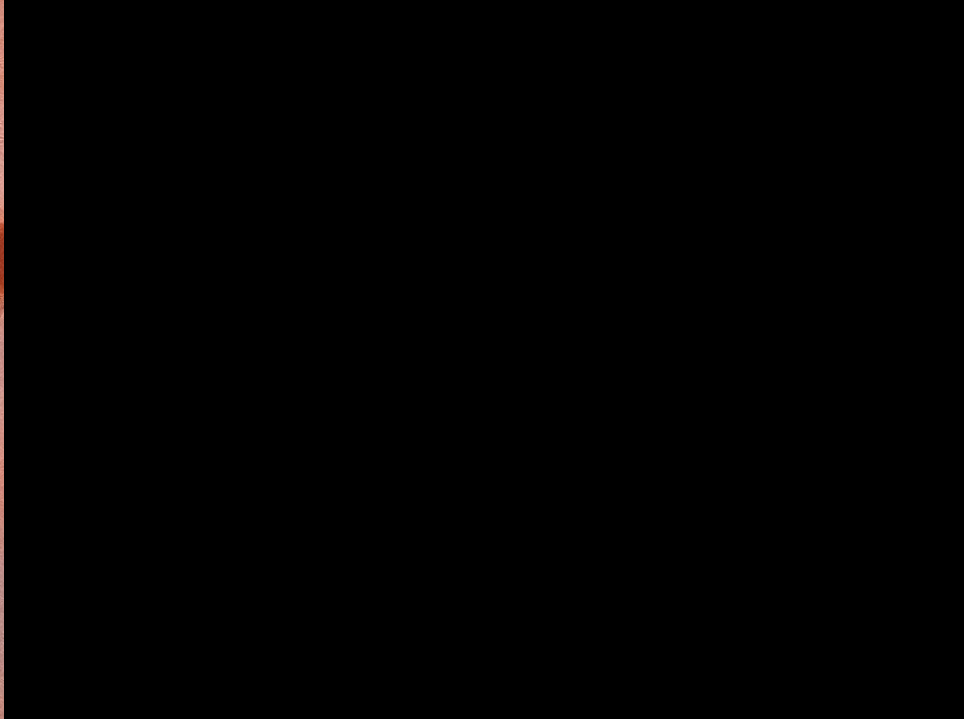
APPROACH

Facet	Mechanism	Brain Area	Exercise	Skill
Non-reactivity	Emotion Regulation	Ventromedial prefrontal cortex (PFC), hippocampus, amygdala	Check the facts & HEAR exercise	Active Listening

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27-45.

Brundiers, K., & Wiek, A. (2017). Beyond interpersonal competence: Teaching and learning professional skills in sustainability. *Education Sciences*, 7(1), 39.

Holzel, B. K., Lazar, S. W., Gard, T., Schuman-Olivier, Z., Vago, D. R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspective on psychological science* 6,(6)537-559.



<https://joom.ag/G9fa>

REFLECTION



Our mind has the ability to process 126 pieces of information every second



FIVE FACETS
Although conceptually straightforward, some steps in the beginning stages of practice may be deceptively complex. This section breaks down these steps into manageable pieces. The five facets are: 1. Focus, 2. Openness, 3. Non-judgment, 4. Awareness, and 5. Action. Each facet is explained in detail, with practical examples and exercises to help you understand and practice each one.



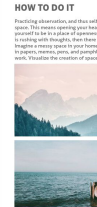
INTRODUCTION
The purpose of this book is to provide a practical guide to mindfulness for professionals. It is designed to be a resource for anyone who is interested in improving their mental health and well-being through the practice of mindfulness.

WHAT IT IS
Mindfulness refers to bringing attention to current experience—thoughts, feelings, sensations, and actions—without reacting to them. It is a state of awareness that allows you to observe your thoughts and feelings as they arise, without getting caught up in them.

The beginner's mind is an attitude



WHY YOU SHOULD DO IT
Increased competence in professional settings, enhanced self-awareness, improved emotional regulation, and increased resilience are some of the benefits of practicing mindfulness. It can help you manage stress, improve your focus, and enhance your overall well-being.



HOW TO DO IT
Practicing observation, and thus self-awareness, starts with coming to your senses. This means paying close attention to your senses, including sight, sound, touch, taste, and smell. It's about being fully present in the moment and observing your thoughts and feelings as they arise, without reacting to them.

WHY I KNOW
Loving-kindness meditation is a form of mindfulness that focuses on cultivating feelings of love and compassion for oneself and others. It is a powerful tool for reducing stress and improving emotional well-being.

OBSESSION PRACTICE
The purpose of this section is to provide a practical guide to mindfulness for professionals. It is designed to be a resource for anyone who is interested in improving their mental health and well-being through the practice of mindfulness.

OBSERVATION SECTION ONE



"The most powerful proof of whether these practices will work for you isn't a study but direct experience."
- Forbes



DR. SARA ROTH-ROEMER
Medical Psychologist and Director of Practice Psychology, P.C.

Dr. Sara Roth-Roemer has worked in mindfulness for over 20 years. She has a PhD in psychology and is a licensed clinical psychologist. She has written several books and articles on mindfulness and has been featured in numerous media outlets. She is currently a professor at a university and continues to practice mindfulness daily.

FULL BODY AWARENESS
Close. Closest friend to fully, to really aware of your body. This is how it feels. Optimal attention.

The purpose of this exercise is to get to work with your body in a non-judgmental, non-reactive, non-attached way. It's about being fully present in the moment and observing your thoughts and feelings as they arise, without reacting to them.

OBSESSION PRACTICE
The purpose of this section is to provide a practical guide to mindfulness for professionals. It is designed to be a resource for anyone who is interested in improving their mental health and well-being through the practice of mindfulness.

Next Steps

- Distribute
- Focus/Control Groups
- Survey Data
- Implement in areas of sustainability with professionals

WE CHALLENGE YOU!