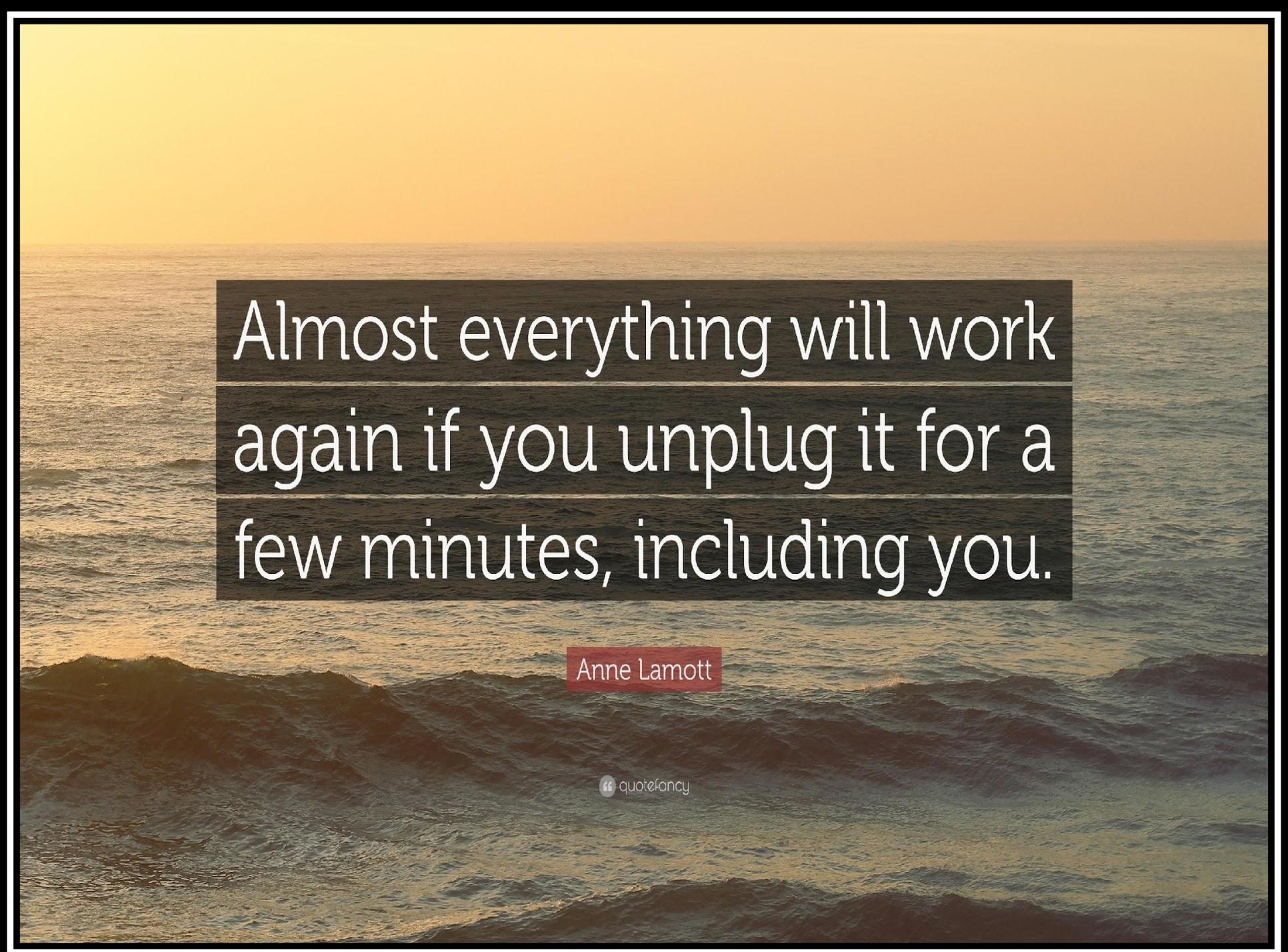


**Mindfulness, Meditation, and the
Chemistry of Kindness:
Finding Calm in the Storm**

**Melanie Carvell, PT,
Author of *Running with the Antelope; Lessons of Life,
Fitness, and Grit on the Northern Plains***

A photograph of a sunset over the ocean. The sky is a warm, golden yellow, and the water is a deep blue with white-capped waves. A dark, semi-transparent rectangular box is centered over the image, containing a quote in white text.

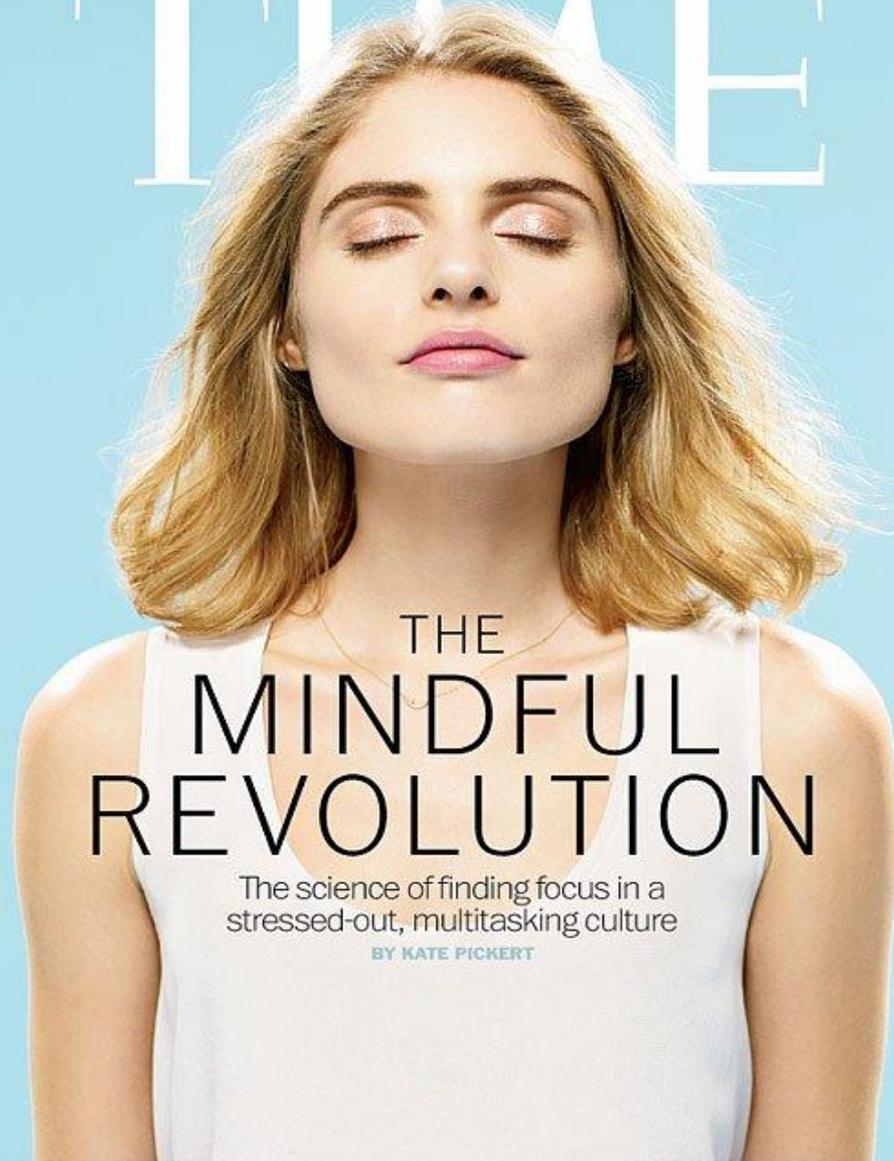
Almost everything will work
again if you unplug it for a
few minutes, including you.

Anne Lamott

FEBRUARY 3, 2014

Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME



THE
MINDFUL
REVOLUTION

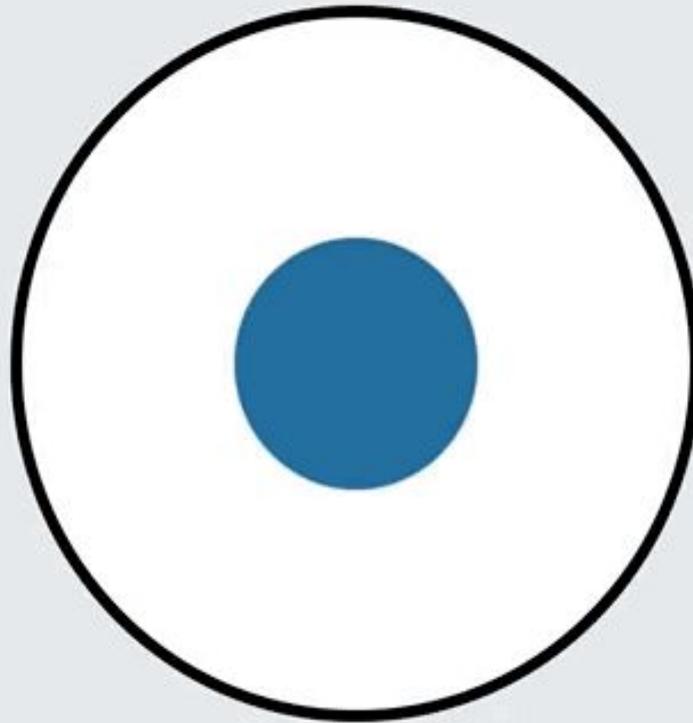
The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT

time.com

A Quick Shot of Calm...

Tactical or “Box” Breathing



**Good Morning
Let the
Stress
Begin...**



Stressful event

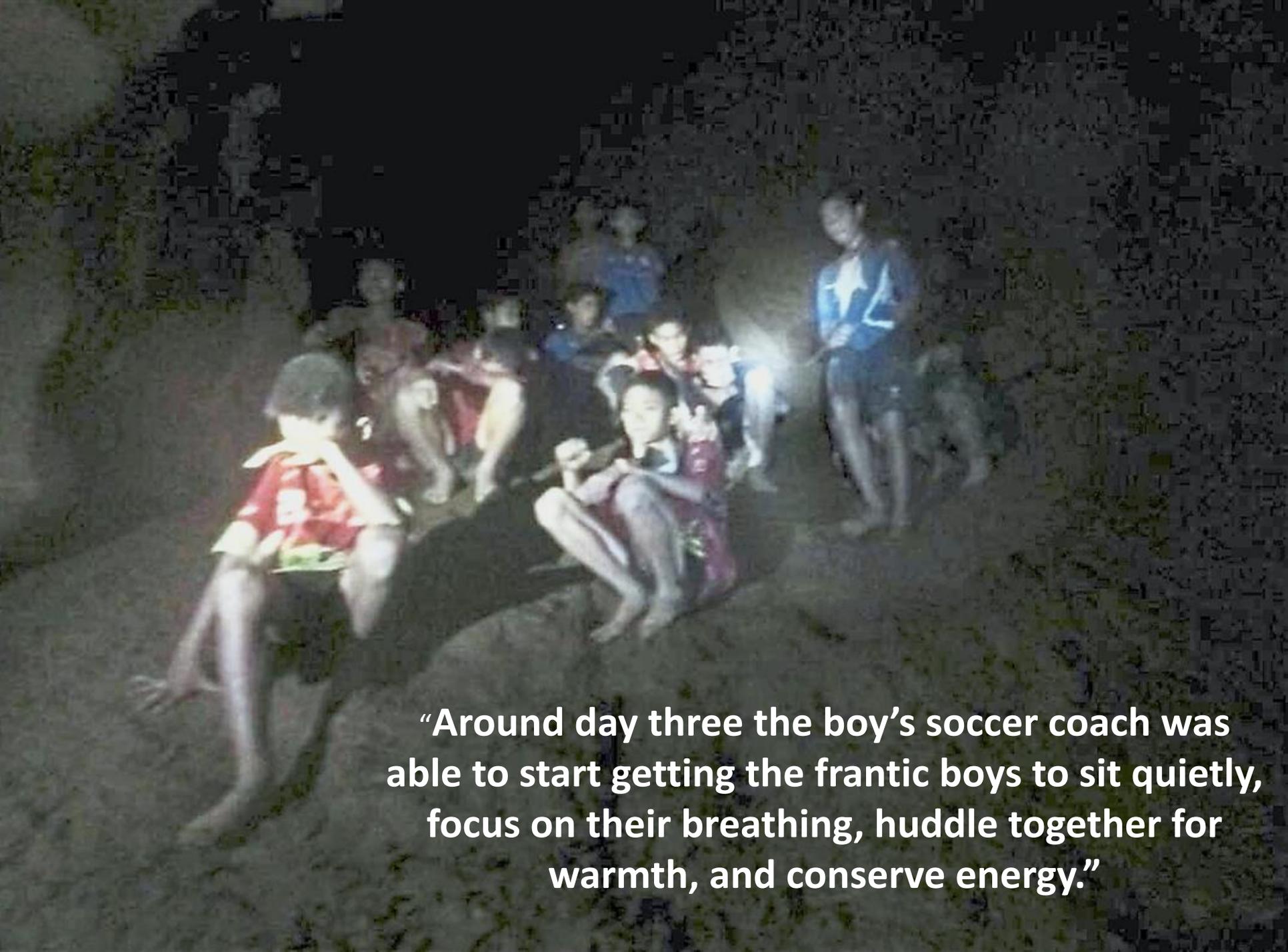


**React with anger,
frustration, and worry**

Stressful event



**Breathe, pause and think;
respond calmly and consciously**



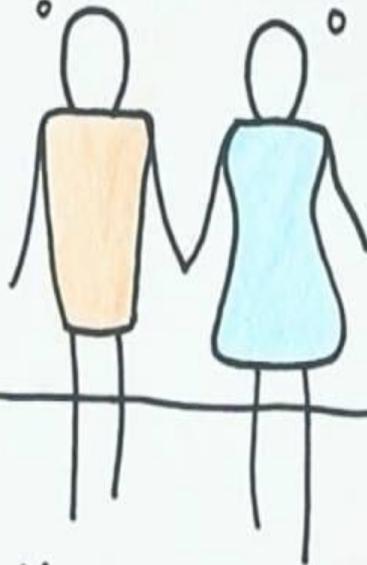
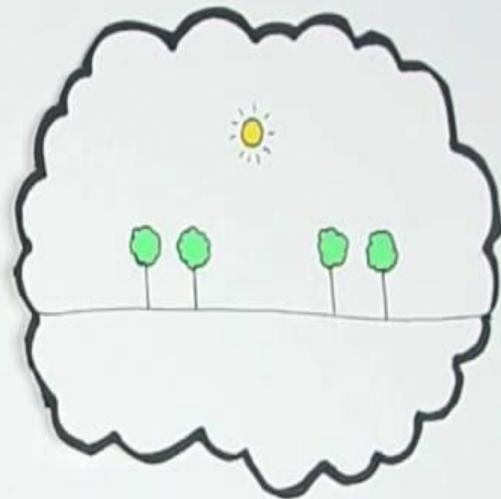
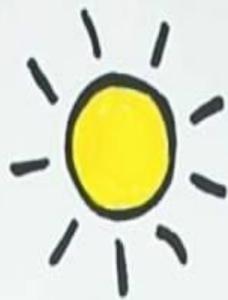
“Around day three the boy’s soccer coach was able to start getting the frantic boys to sit quietly, focus on their breathing, huddle together for warmth, and conserve energy.”

A wooden stick is positioned vertically against a background of a blue sky with white clouds. Three signs are attached to the stick. The top sign is a rectangular orange card with the word "now" written in white lowercase letters. Below it is a green arrow-shaped sign pointing to the right with the word "tomorrow" written in white lowercase letters. At the bottom is another green arrow-shaped sign pointing to the left with the word "yesterday" written in white lowercase letters.

now

tomorrow

yesterday



mind full or mindful?



**How do you leave
others feeling after you
have crossed their
path?**



**QUIT WEARING BUSY
LIKE A BADGE OF HONOR**



Mindfulness Starts Here

Mindful people...

- **Are less likely to be reactive or to take things too personally**
- **Are more likely to be able to see both sides of any situation**
- **Understand all things come and go – “this too shall pass”**
- **Do one thing at a time and focus on what they are doing**
- **Take mini-breaks to restore and recharge**
- **Enjoy their food and drink mindfully, and are much less likely to binge**



Baldwin



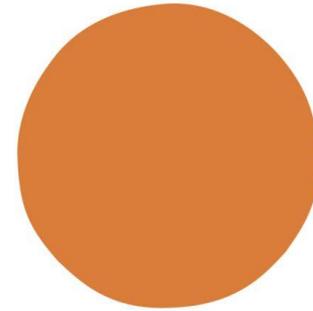
TODAY
I AM
GRATEFUL



A vibrant field of sunflowers stretches across the foreground, with a bright sun setting on the horizon in the background, creating a warm, golden glow. The sky transitions from a deep blue at the top to a soft orange near the sun.

Gratitude and kindness practices build resilience!

Developing an appreciation for the good things in our lives can change the emotional tone of our life to one of more happiness and peace.



HEADSPACE®

unplug
meditation



Insight Timer

10% HAPPIER

WITH DAN HARRIS



Meditation myths:

- It's complicated
- You need to do it an hour a day
- You need to chant in a foreign language
- You need to empty your mind completely
- You need to sit in the lotus position
- You need to have a dedicated time and complete peace and quiet
- It is a weird religious activity
- It will make you lose your edge
- Strange things will happen



Meditation is a powerful mindfulness practice...

Sleep

Cardiovascular health

Wound healing

Immunity

Focus

Performance

Memory

Self Control

Acute and Chronic Pain

High blood pressure

Inflammation

Insomnia

Stress

Anxiety and depression

PTSD

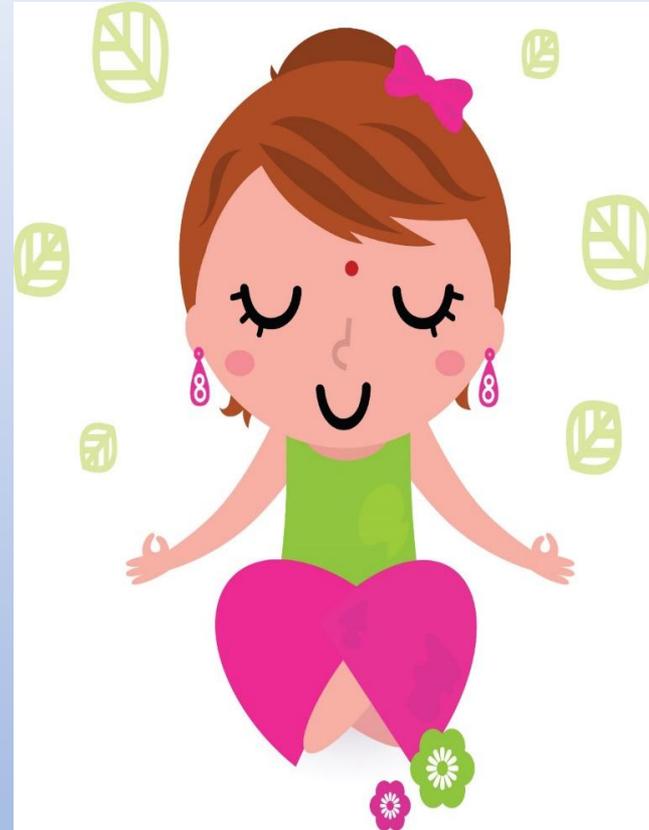
Addictive behaviors

SNS



Fight or Flight

PNS



Repair and Restore



Sympathetic Nervous System

Weakens immune system

Slows healing

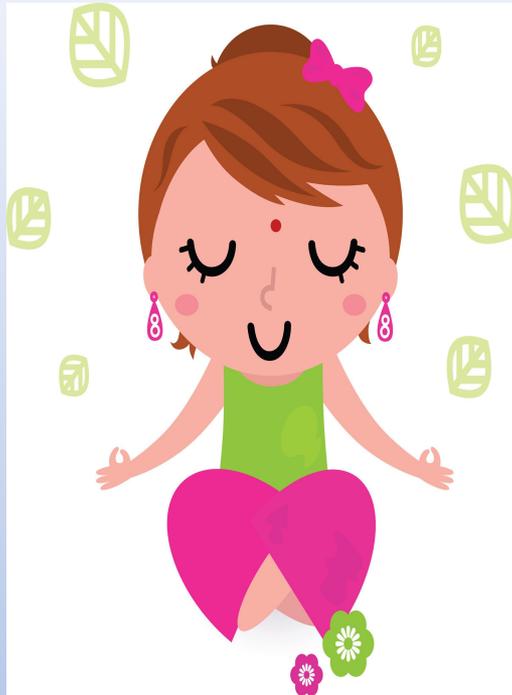
Increases pain/inflammation

Increases blood pressure

Breakdown of bones, muscles, joints

Promotes obesity

Increases blood sugar



Parasympathetic Nervous System

Calming response

Strengthens immunity

Improves emotional intelligence

Decreases pain/inflammation

Decreases blood pressure

Improves wound healing

Increases longevity

Improves heart health

Starting a Basic Meditation

- **Sit in a comfortable position, ideally a quiet space.**
- **Begin by breathing deeply, allowing your breath to settle into its natural rhythm. Gradually deepen and slow your breathing. Counting breaths can help keep you on track.**
- **If thoughts or worries arise, notice them, but then let them go, returning to your breath, mantra, counting, or visualization**

Upregulating our “Rest and Restore” system with 5/8 breathwork



- **If you can sit quietly after difficult news...**
- **If in financial downturns you remain perfectly calm...**
- **If you can happily eat whatever is on your plate...**
- **If you can love everyone around you unconditionally...**
- **If you can always find contentment just where you are...**

You are probably...



A woman with long brown hair, wearing a blue and green patterned long-sleeve shirt, a dark blue athletic top, and black shorts, stands in a field of tall, golden-brown grass. She is smiling and has her arms crossed. The background shows rolling hills under a clear blue sky.

Thank you!
For more information:
melaniecarvell.com
melanieacarvell@gmail.com

