



Mindfulness: Everyday Strategies Anyone Can Implement



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Before we start...

Stand up and stretch.

Relax your face.

Lower your shoulders.

Loosen your jaw.

Take a big breath.





Today's Intention

Keep it simple!

1 - Define

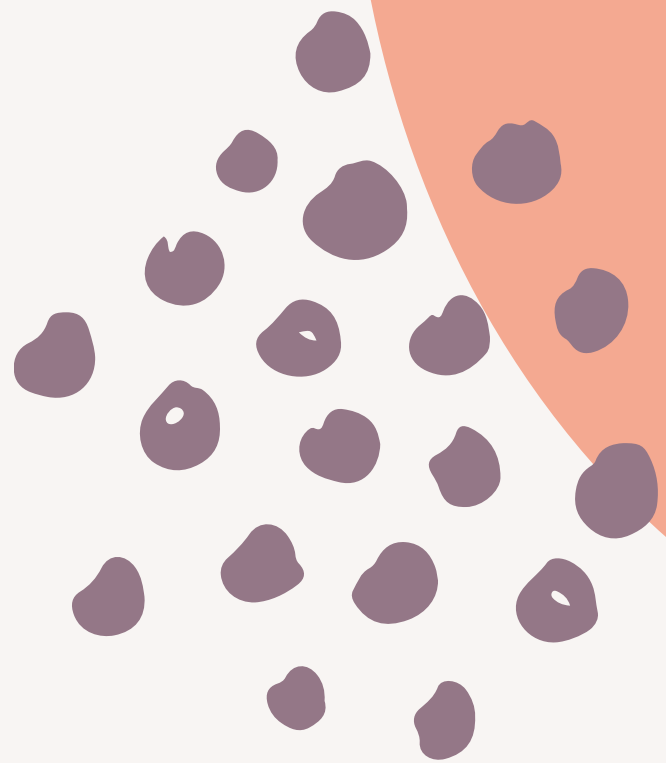
2 - Experience

3 - Discuss

Find what works for you.



Why are you here?





Mindfulness

Paying attention to something on purpose and without judgment.



Jon Kabat-Zinn

Mindfulness-Based Stress Reduction

Began in 1979

University of Massachusetts Medical School



Neuroplasticity:

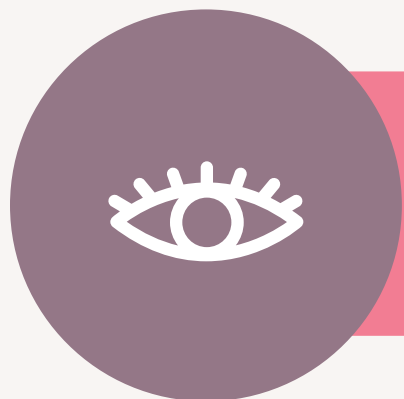
*The ability of neural
networks in the brain to
change through growth and
reorganization.*



Practice What We Preach



Create new habits.



Be present.

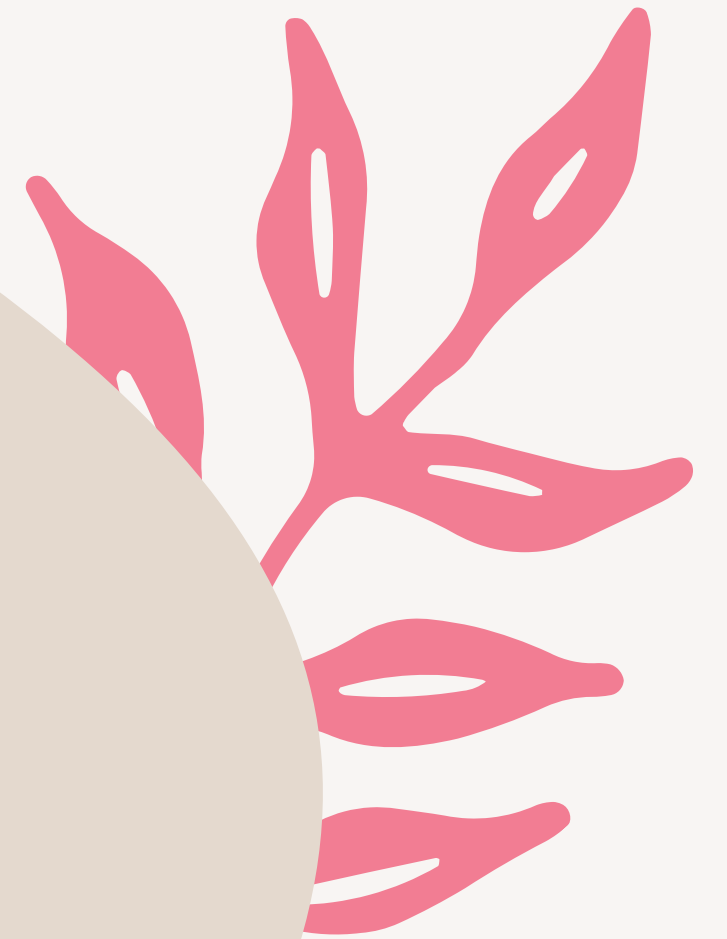


Have courage & step outside the box.



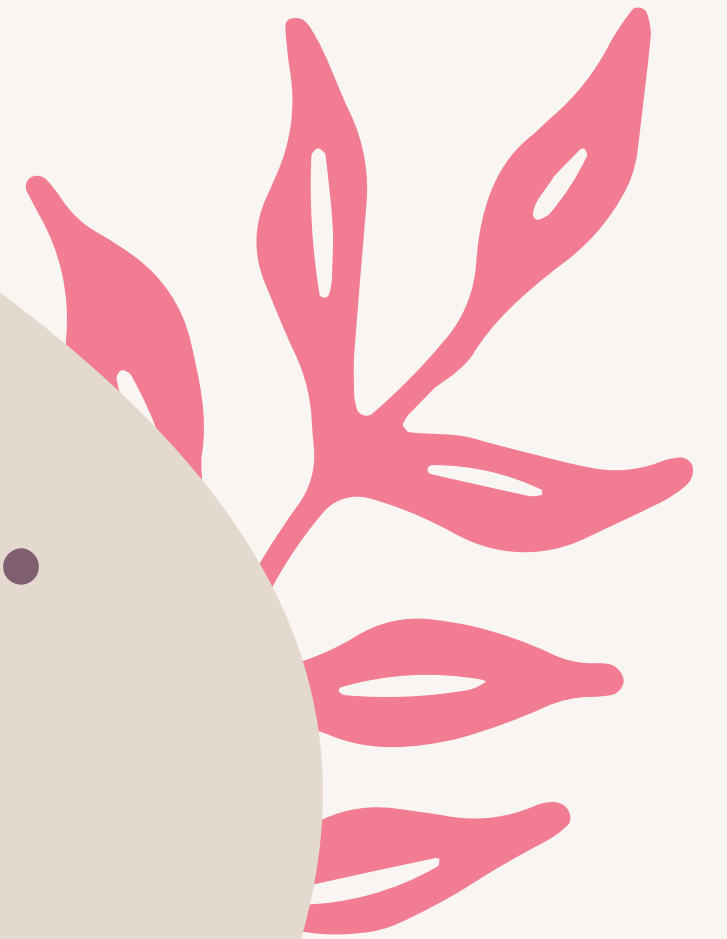
1. Breathe

Parasympathetic Nervous System



2. Get grounded.

Use your senses.



3. Do ONE thing at a time!

Multi-tasking is a myth!

Dr. Amishi Jha, author of Peak Mind

4. Set an intention.

not a goal... not with the end in mind.



5. MOVE!

The body sends signals to the brain.





Thank you, Kiamichi Tech

for encouraging and empowering us to
share mindfulness with our colleagues
and students in Career Tech.





Thank you for your time!
Please feel free to contact me with
questions or to request a fact sheet
with links and resources.

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