



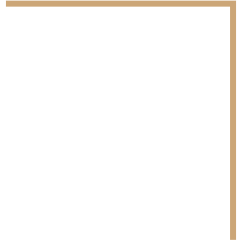
# Mindfulness Meditation in a Time of NLP Hyperactivity



# Discussion points

1. A time when you were overwhelmed. How did you cope, good/bad? What could you have done differently to improve your reaction to the situation?
2. What are you doing to take care of yourself? Eating healthy? Exercising regularly? Getting enough sleep? Spending time doing the things you enjoy?

# Mindfulness Practice



# Discussion points

1. What are your intentions for the conference? What are some ways you can incorporate mindfulness into your intentions?
2. What is something you are grateful for?

# Takeaways from mindfulness

- Be aware of what you're doing and how you feel when you're doing it
- Be aware of what is happening, in the moment
- Be aware of your own thoughts, check in to see if they are harmful or helpful
- Use an anchor that reminds you to be aware, such as taking a deep breath

## Resources

- Applications:
  - Healthy Minds
  - Insight Timer
  - Smiling Mind
- Google: Mindfulness