

Managing Stress Through Mindfulness in Chaotic Times

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Presented by
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Moderated by

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Vice President & Chief

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Learning Objectives

- Demonstrate the ability to initiate positive personal and professional change.
- Explore the effects of mindfulness and meditation practice as powerful stress reduction tools.
- Investigate skills to hone for a positive life shift.



Today's Speaker



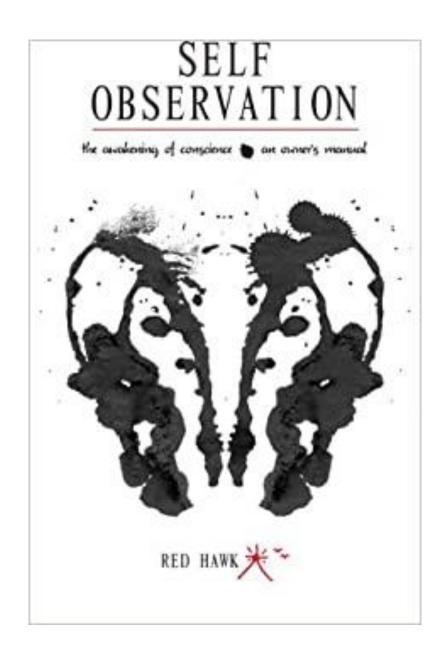
Lee Papa Mindfulness Trainer Lee Papa LLC

MeetingsToday Webinar:

MANAGING STRESS THROUGH
MINDFULNESS
IN CHAOTIC TIMES







Self Observation

Only when we "Know Thyself" through self observation practice, says the author, are we capable of being present to life with genuine conscience.

Awareness in Nonjudgement

MINDFULNESS!

What is stress?

"Stress generally refers to two things: the psychological perception of pressure, on the one hand, and the body's response to it, on the other, which involves multiple systems, from metabolism to muscles to memory."

- Psychology Today





What are your learned reactions?

- Body resistance (tension, clenched teeth, shoulder/neck pain)
- Food (comfort food, portions, snacking, sweets)
- Poor mood (lashing out, short tempered)
- Crying (meltdowns)
- Binge watching television or social media videos
- Drugs (alcohol, prescriptions, smoking, CBD)







What do you do to soothe the stress?

ADD TO CHAT



Are your learned responses optimal?

- Is it a program that is supporting your well-being?
- Is it a pattern that you learned from your parents?
- Is it a conscious decision?
- Is it helping?



Do you give stress power?

- * Focus on the stressor
- * Reinforce the issue
- * Engage others





What can you do about it?

- Choose to initiate positive change
- Change psychological perception of stress.
- Honor yourself: self-love & self-care.





Relabel & Diffuse

POWER OF WORDS
CONTRAST IS TEACHER
TURBO CHARGE, SELF-CARE





Gratitude is fertilizer for your dreams

- Daily written practice.
- See the gift in all experiences.
- Feed the optimal and give thanks.





Meditative Exercise





Benefits of Mindfulness & Meditation Practice

- Smooths out emotions
- Improves clarity
- Increases creativity
- Improves learning and memory
- Improves sleep patterns
- Improves mood
- Reduces anxiety due to stress
- Propagates self awareness



Q S• A
HOW CAN I HELP?





MEDITATIONS, AND PROMPTS

LEE PAPA

How Can I Add Wellness Content to My Meetings?



https://leepapa.com/book-lee



Thank You!

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Questions?



Lee Papa *Mindfulness Trainer*Lee Papa LLC



Tyler Davidson *Vice President & Chief Content Director*Meetings Today



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Upcoming Events

 A Hybrid Meetings Primer: The Rise of the Smart Venue Wednesday, March 31st at 1pm Eastern Presented by Mary Ann Pierce

On Demand - Also available for you to view at any time. Visit (www.meetingstoday.com/webinars) today learn more, register and Watch Now!

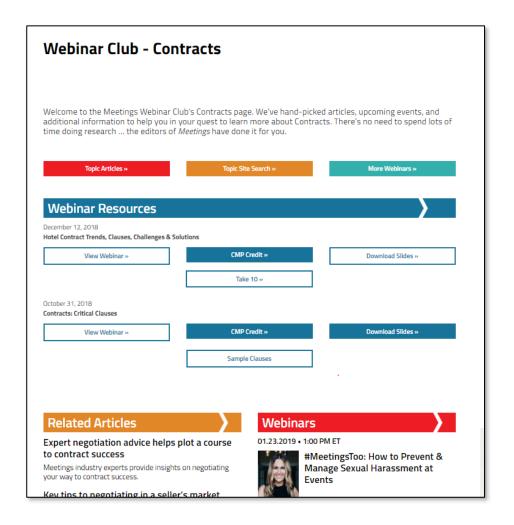


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