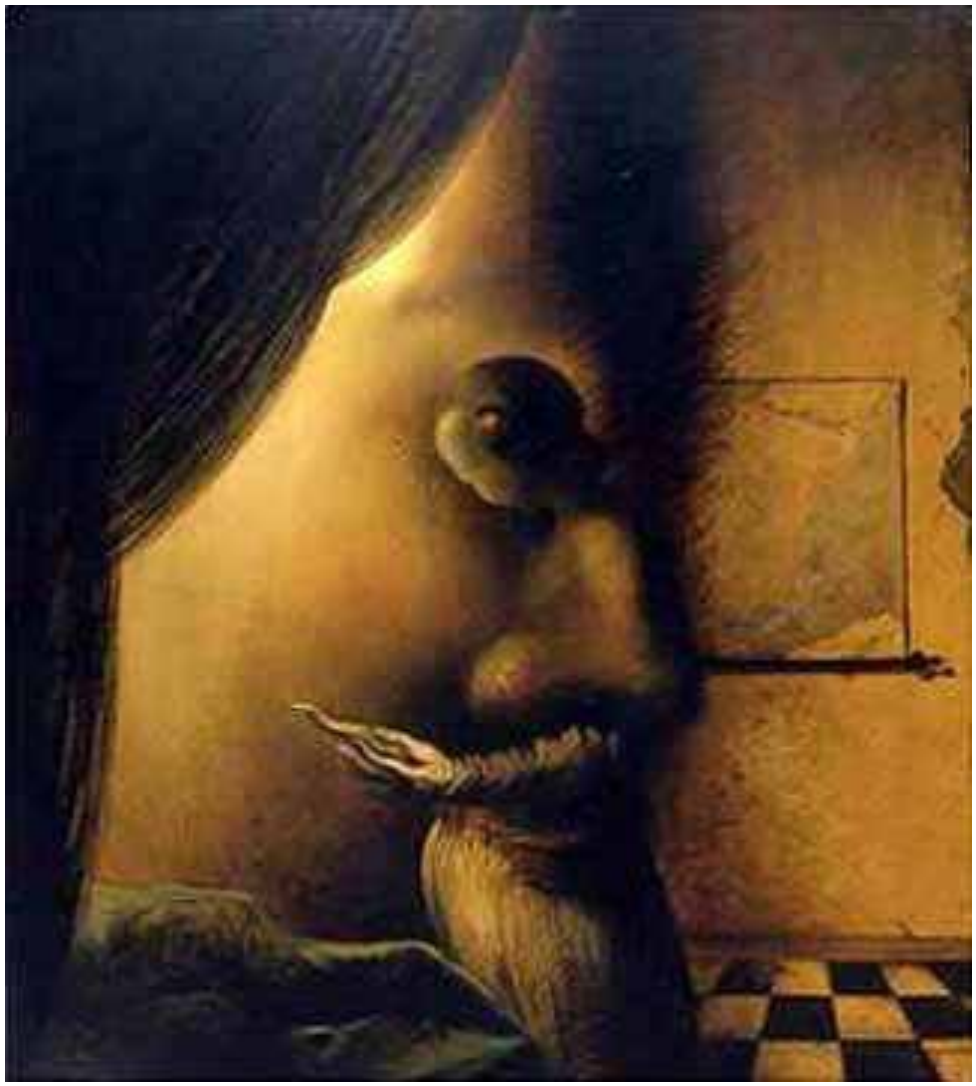
3b wellness
Be Believe Breathe

The Mind Matters

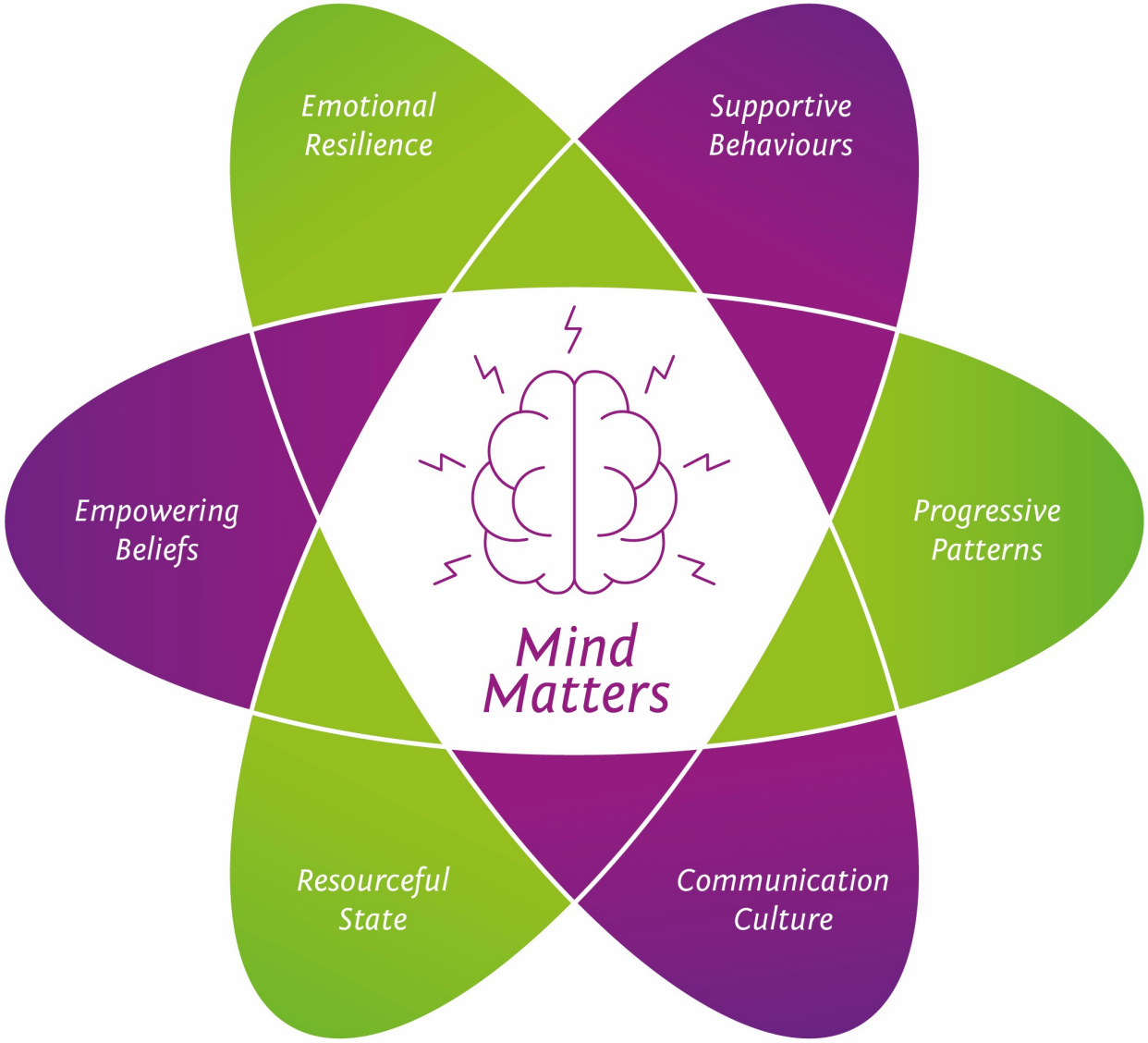
An introduction to building resilience within your working day

Be Believe Breathe



Be Believe Breathe

3b Mind Matters Model

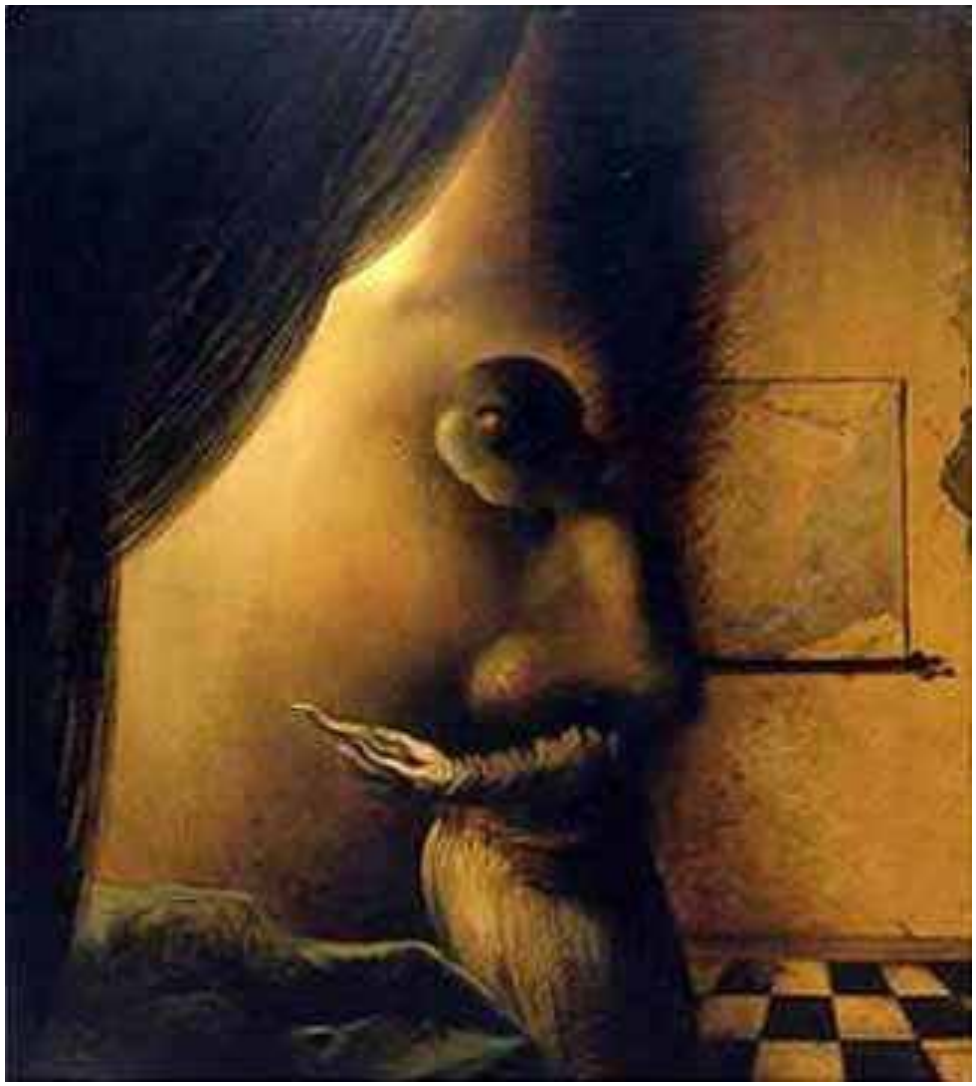


Be Believe Breathe

When people are allowed to feel their emotional truth, engagement, creativity and innovation flourish in the organisation.

Susan David

Be Believe Breathe



Be Believe Breathe

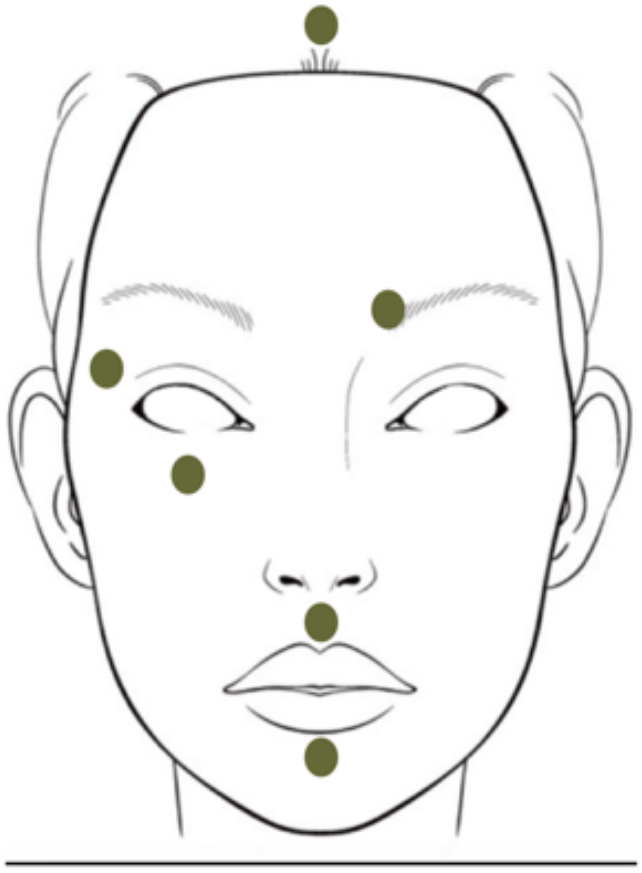
Be Believe Breathe

What a liberation
to know that the
‘voice in my head’
is not who I am.
Who am I then?
The one who sees
that.

Elkhart Tolle

Be Believe Breathe

Tapping



Be Believe Breathe

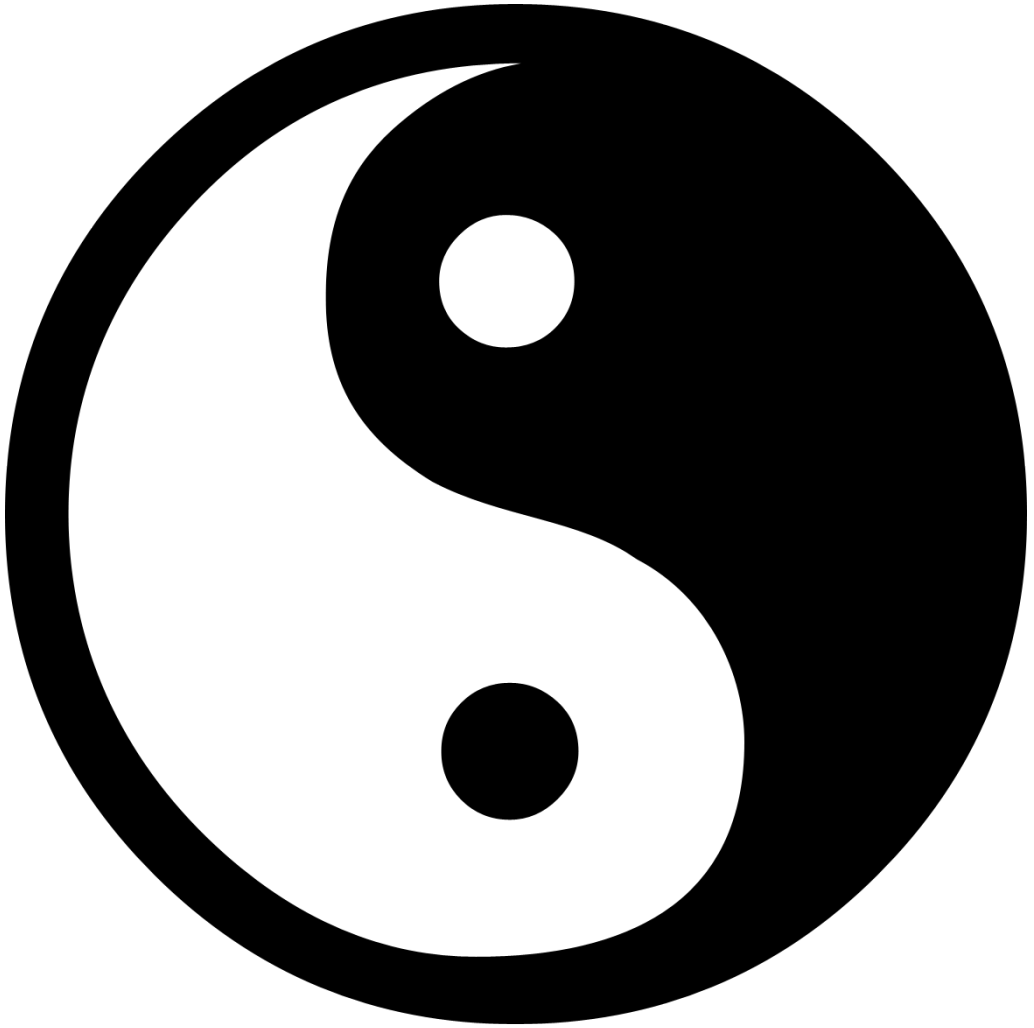
Shifting Focus

What do I want to achieve today?

How do I want to feel?

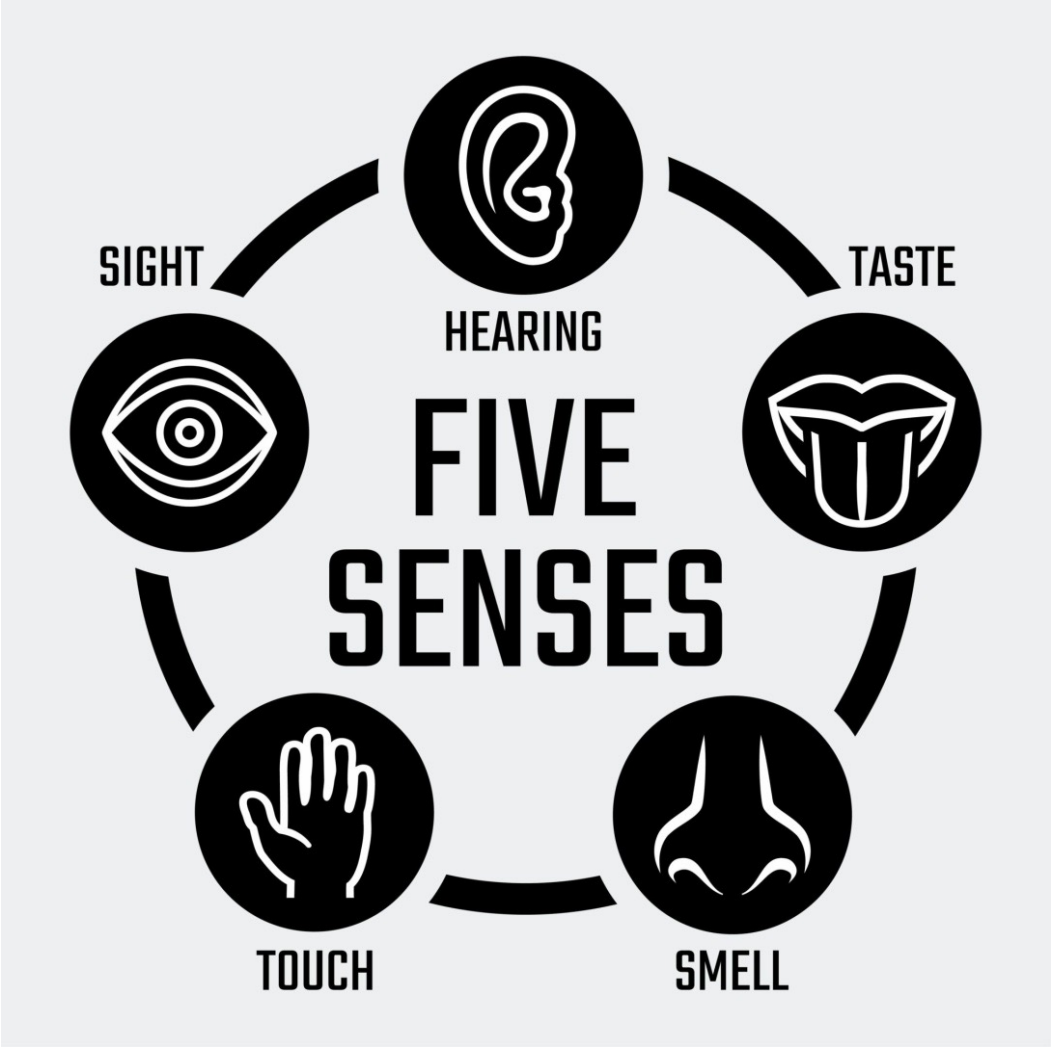
What do I want to have happen today?

Balanced Breathing



Be Believe Breathe

Mindfulness



Be Believe Breathe

Habit Forming

- Take lunch away from the desk
- Go for a walk
- Change your environment
- Seek others out/Peace and Quiet
- Practice Mindful eating
- Notice your environment, how you feel and how you are being

We are what we repeatedly do. Excellence then, is not an act, but a habit.

Aristotle

Be Believe Breathe

Affirmation

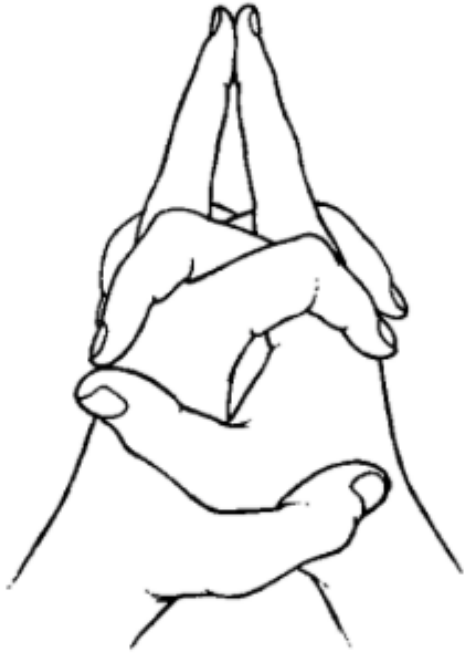
1. Make a list of the negative thoughts you want to dismiss.
2. Prioritise your list to identify what you want to work on
3. Write a counter-argument to your negative thought.
4. Create your affirmation using your counter-argument.
5. Repeat your affirmation daily for at least 5 minutes.

If you don't like something, change it; if you can't change it, change the way you think about it.

Mary Engelbreit

Be Believe Breathe

Mudras



Be Believe Breathe

Pigeon Breathing

Be Believe Breathe

Reframing

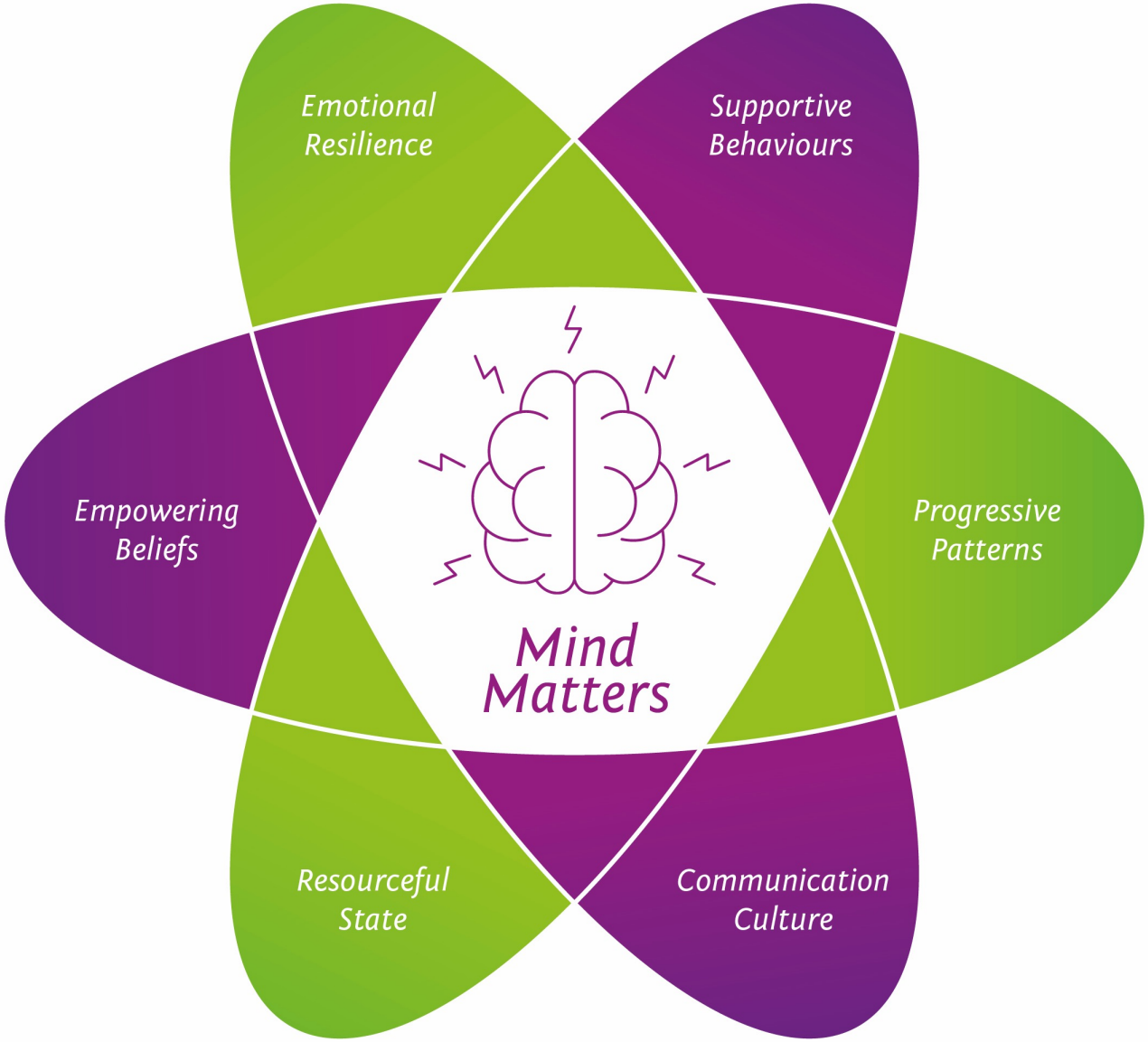
Be Believe Breathe

If you change the way you look at things, the things you look at change.

Wayne Dyer

Be Believe Breathe

3b Mind Matters Model



Be Believe Breathe

Your 5 a day /Aurora 'ANGEL' of Wellbeing

In 2008 the government identified 5 actions to improve personal wellbeing:

1. Be active
2. Take notice (being mindful)
3. Give to others
4. Connect with others
5. Learn something new

A - action

N - notice (mindfulness)

G - give

E - engage with others

L - learn

Be Believe Breathe

Change your beliefs and you'll change your thoughts.

Change your thoughts and you'll change your habits.

Change your habits and your life opens to unlimited possibility.

Gail Lynne Goodwin

Be Believe Breathe