GROWING RESILIENCE THROUGH MINDFULNESS

Susan Pickering, M.Ed., LPC
Employee Assistance Counselor
MINDFULNESS AND RESILIENCY
TODAY WE WILL

- Learn how mindfulness increases resiliency
- Practice some simple mindfulness strategies
- Explore aromatherapy, pets and nature to soothe
Mindfulness is:

- Being present
- Moment by moment
- Non-judgmentally
- Connecting mind and body
BENEFITS OF BEING PRESENT

- Decreased reactive patterns
- Increased positive feelings
- Improved attention span
- Creativity and innovation
- Physical health benefits
- More ability to drop into your life
- Resiliency
SIMPLE PRACTICES

- Mindful breathing
- 4 senses
- Earth, Air, Water
- Mindful Walk
- Mindful Eating aka intuitive eating
“In the midst of movement and chaos, keep stillness inside you.”
~Deepak Chopra
EXPLORE

1. Aromatherapy table
2. Active mindfulness (coloring)
3. Guided mindfulness exercise
4. Check out resources
5. Practice blue cards
6. Practice doing nothing~observe

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CULTIVATE MINDFULNESS

- Be “in training”
- Simple but consistent
- Cultivate everyday habits
- Use technology as a tool
Life & Work Connections
lifework.arizona.edu
520.621.2493
715 N. Park, 2nd Floor
Tucson AZ 85719