

***Mindfulness Strategies
for Youth Workers to
Reconnect and Renew***

**1. DEFINE STRESS AND SHARE WITH
SOMEONE NEAR YOU, CURRENT
STRESSORS IN YOUR LIFE.**

**2. SHARE PROBLEMS STRESS CAUSES
AND POSITIVE AND NEGATIVE WAYS
YOU COPE WITH YOUR STRESS.**

“Stress is a perception of a future threat that arouses the organism.”

ONCE MIND PERCEIVES SOMETHING AS A
THREAT, BODY REACTS WITH FLIGHT OR
FLIGHT, RELEASING CORTISOL AND
ADRENALINE, WHETHER THREAT IS REAL OR
IMAGINED.

Stress is the ego's fear that its worth is at
risk, experienced often as unconscious

“what if” thoughts . *Power of Now pg. 36

Consequences of Stress

Health care costs **twice as high** for high-stressed employees.

A million workers a day miss work=200 to 300 billion dollars in lost productivity.

90 % of doctors visits--heart disease, diabetes, cancers, colds/flu, depression, anxiety disorders, chronic fatigue, back pain—relational conflict. **Saps creativity and joyful living.**

Mindfulness=relaxed non-judgmental acceptance and full

attention to each moment. *Zinn video *cow like experiment *Marston pg. 93

Ten ways to establish neutral witness.

1. Director's Chair technique.
2. Mind Smile and half-smile.
3. Relax forehead throughout day. *DEEP-LIFENESS WITH SILENT MINDS 167-200 4/6*
FOCUS ON...
4. Let go of a "results orientation". *ajaya *PLANT SEEDS
CAN BE SEEN
**EYE CAN BE SEEN*
= MISTERY
5. Separate worth from behavior. *dog
6. Honor your conscience. Greasing your duties with love ends stress.

7. Regulate primitive urges; increases emotional balance, energy, and joy.

8. Breath awareness quiets body, emotions, mind, and is in the Now. *2 / 1

9. Meditation trains the restless mind to stay in the Now. *medi-tare, so-ham, empathy vs. compassion

10. "Trustful Surrender to Divine providence". Embrace reality. *jacob/246/Tolle

"To see love, clear your windows of perception, place your full attention in the moment and you will see only love."—Deepak Chopra *chitta /walkie talkie