Recognize and Renew
for Youth Workers to
Mindfulness Strategies
1. Define stress and share with someone near you, current stressors in your life.

2. Share problems stress causes and positive and negative ways to cope with your stress.
What if thoughts, experienced often as unconscious risk, are the ego's fear that its worth is at risk. Stress is the ego's reaction to something imagined.

Adrenaline, whether threat is real or imagined, releases cortisol and flight or flight, the body reacts with a response something as a future threat that arouses the organism. Stress is a perception of a future threat.
Conflict. Saps creativity and joyful living.

90% of doctors visits = heart disease, diabetes, cancers, colds/flu, depression, anxiety disorders, chronic fatigue, back pain — relational

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

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

Consequences of Stress
Mindfulines=relaxed non-judgmental acceptance and full

Ten ways to establish neutral witness

1. Director's Chair technique.
2. Mind smile and half-smile.
3. Relax forehead throughout day.
4. Let go of a „result-oriented” agenda and process.
5. Separate worth from behavior. *agree

Dr. K. B. T. O. R. E. S. T. S. E. R. T. S.

Attention to each moment. * Zinn video. * cow like

*Marston pg. 93
To see love, clear your windows of perception, place your full attention in the moment and you will see only love.

Embrace reality. Rejoice.

To trust surrender to divine providence.

9. Meditation trains the restless mind to stay in the Now.

8. Breath awareness quiets body, emotions, mind, and is energy, and joy.

7. Regulate primitive urges; increases emotional balance.