



Jennifer Medina, Ph.D.

Licensed Clinical Psychologist, Neuropsychologist

www.JenniferMedinaPhD.com

JenniferMedinaPhD@gmail.com

Hello!

If you attended the January 31st workshop on **Business and Education in the 21st Century** in San Diego, here are some related resources and information from my presentation. There is so much to share, these are just some of my favorites! Send an email my way for questions and thoughts.

Thanks for attending!

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What is Mindfulness?

- Mindfulness practices help cultivate awareness and being present to each moment in its fullness.
- Breathing and grounding exercises can help reduce the stress response and promote a feeling of calm during difficult times.
- An opportunity to work towards greater self-understanding and peacefulness
- Being awake and fully aware
- Paying attention on purpose
- Openness and Acceptance of difficult experiences
- Mindful presence promotes *being* instead of *doing*

Ways to Cultivate Creativity in your Life

- Don't stop at the first 5 ideas.
- Create a non-judgmental environment, don't be a critic!
- If you make decisions quickly, explore all the possibilities first. If you take forever to make a decision, make a quick one. If you always pick one way, pick another way.
- Use all your cognitive faculties. Explore ideas both verbally and visually.
- Take a new perspective. Explore a new topic. Use your imagination.
- Practice paying attention. Pick something each day to pay attention to and watch for it – red shirts or people smiling. Notice what is around you!
- Encourage curiosity. Ask interesting questions, look around and think about the world in novel ways.

Mindful Leadership

Can you imagine:

- Being present for each thing you are juggling, amid the chaos?
- Effectively dealing with challenges in a clear and calm way?
- Being appreciated by your staff and employees as being compassionate and understanding?
- While still demanding excellence (without being demanding!)?
- Using all of your values and capabilities to the fullest?
- Increasing the focus and productivity of your workplace?



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Suggestions for Starting a Mindfulness Practice

- Start with 5 minutes per day. Start with one practice at a time and build gradually.
- Plan to make each practice a part of your daily routine.
- Pick one practice per week and add from there. For example, if Week 1 is mindful breathing, this practice should carry on into Week 2 (e.g., mindful eating). By the end of one month you will have 4 new mindful practices in your daily lifestyle.
- If one new practice per week feels like a lot, then dial it back and do one (or 2) per month
- Find a community (local or online). Mindful practices are easier to sustain with a supportive community. A community can be as small as two people.
- Find a way to practice that works best for you, fits with your day and your lifestyle. Do what's right for you and offer yourself compassion and gratitude along the way!
- And remember: Your mind will wander, because this is what the mind does! Acknowledge your mind for wandering and gently draw your attention back to your mindful task.

Books and Guided Audio Meditations (some of my favorites!)

- *Mindfulness for Beginners (audio cd)* by Jon Kabat-Zinn
- *Guided Mindfulness Meditation (audio cd)* by Jon Kabat-Zinn
- *Full Catastrophe Living* by Jon Kabat-Zinn
- *The Miracle of Mindfulness, or Peace is Every Step*, and others by Thich Nhat Hanh
- *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl, Ph.D. and Elisha Goldstein, Ph.D.
- *Calming Your Anxious Mind* by Jeffrey Brantley, M.D.
- *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* by Rick Hanson
- *Radical Acceptance* by Tara Brach
- *Search Inside Yourself*, Chade-Meng Tan
- *The Creative Brain: The Neuroscience of Genius* by Nancy Andreasen, M.D., Ph.D.
- *Your Creative Brain* by Shelley Carson, Ph.D.

Some Great Talks and Websites:

[Shawn Achor: Happiness Inspired Productivity](http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

[Brene Brown: The power of vulnerability](http://www.ted.com/talks/brene_brown_on_vulnerability)

http://www.ted.com/talks/brene_brown_on_vulnerability

[Institute for Mindful Leadership](http://instituteformindfulleadership.org/)

<http://instituteformindfulleadership.org/>

[Elizabeth Gilbert: Your Elusive Creative Genius](http://www.ted.com/talks/elizabeth_gilbert_on_genius)

http://www.ted.com/talks/elizabeth_gilbert_on_genius

[David Kelly: How to Build Your Creative Confidence](http://www.ted.com/talks/david_kelley_how_to_build_your_creative_confidence)

http://www.ted.com/talks/david_kelley_how_to_build_your_creative_confidence

[What the Internet is Doing to Our Brains](https://www.youtube.com/watch?v=cKaWJ72x1rI)

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