

FIND YOUR PEACE



Your guide to creating a life of
mindfulness and stress resilience

O V E R V I E W

Find Your Peace is a 6-week program that coaches you on the aspects of mindfulness that you can apply in your everyday life.

Based on the most recent research in clinical psychology and cognitive behavioral therapy, this program is the result of a comparative analysis of validated research instruments that assess mindfulness and measures of stress in adults. Each week provides you with one mindfulness factor you will work on for that week, why it is important, what you need to do, and practical coaching advice to help you succeed.



At the end of each week, we will provide specific items to do so you can implement the coaching in your own life. At the beginning of the next session, you will be asked how you did and what you noticed along the way.

In the crazy busy chaos of our daily lives, mindfulness is needed today more than ever. To find your peace, you have to increase personal mindfulness en route to a decreased stress response.



E A C H W E E K O F T H I S P R O G R A M

Week 1

Connection

Week one starts with the very basics of finding your peace: creating connection. Humans are social animals whose emotional and physical selves need connection through social interaction. As you might expect, when your body and mind doesn't get this on a regular basis, it becomes less well, emotionally and physically. This week will focus on ways to add those important social relationships to your life.



Week 2

Acceptance

A key element to finding your peace is to practice acceptance. We all have goals and checklists and a litany of things we want to happen each day. Sometimes life gets in the way of our agenda and can send our emotional health into a tailspin. This week, we will talk about managing those things that you can change, and being at peace with those you cannot. Your goal for this week is to understand the importance of acceptance and its limitations.

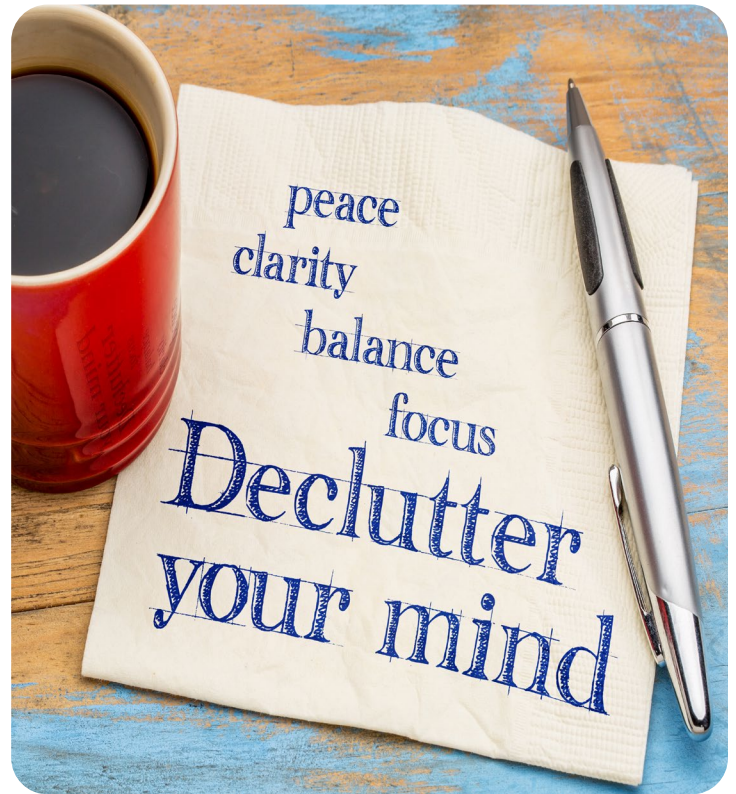
E A C H W E E K O F T H I S P R O G R A M

Week 3

Clarity

In this session, we are going to work on one of the most pervasive causes of stress in the modern world: dealing with the noise of inputs and multitasking demands that are put on us from every direction.

Although this is a modern reality of our lives and one that contributes to our elevated stress levels, it doesn't have to be this way. This week we will talk about how to clear your mental desktop to increase your clarity and help sustain your peace every day.



Week 4

The Power of Choice

This world is filled with negative events, small and large, which can cause us to become angry, hurt, or unsettled. This is one way in which the outside world gets inside us to create long lasting negative feelings like stress, depression, and anxiety.

Although we cannot do anything about the outside world, we can do something about our reaction to it.

E A C H W E E K O F T H I S P R O G R A M

Week 5

Resilience

Resilience is the ability to sustain your peace in the face of continual negative news or events. Think of resilience like your emotional immune system. It protects your mental state from "infections" of worry and anxiety.

In this session, we will review how to prevent all that outside noise from getting to your inside by building up your personal resilience.



Week 6

Laughter

Humor is one of the most powerful weapons you can add to improve your physical and emotional health. Laughter reduces stress hormones, eases anxiety, improves mood, reduces stress, and increases energy levels. All this may be why it is associated with lower anger, anxiety, and depression.

This week we will focus on ways to "find your funny", so you can leverage this powerful tool for yourself.



Week 1: Connection

Our Brains Are Wired For Connection

Something happens when you connect with other living things. Something fundamental. Something else happens when you lose all connection. Something equally fundamental.

Our mind and brain seems to thrive when there is contact with others, and wither when it is removed. This much is clear. The object of the relationship can be anything from a spouse, to a family member, to a close friend, to a pet, or even plants you may have tended.

The important aspect for your brain is the connection between you and that other person or thing. When you do have that positive relationship, your brain decreases stress hormones and increases positive neurochemicals.

These changes in your brain's chemistry become changes in your mind's psychology. Individuals with these connections in their lives have improved mood as well as a reduced likelihood of depression, anxiety, and feelings of loneliness. In fact, loneliness is now recognized as a risk factor for chronic diseases as well as clinical depression.

Understanding how fundamental connection is to the physiology of our brains and the psychology of our minds makes it the first step toward finding your peace.

ASSESS YOURSELF

Are you broad and thin, or narrow and deep?

Some people are social butterflies. They flit between lots of friends touching base with you on their way to someone else. By contrast, others are more comfortable with a fewer number of people who know them at a deeper and more personal level.

The social butterfly personality cultivates relationships that are very broad but not necessarily in depth. The other type cultivates relationships that are far narrower but far more personal and close.

Of these two, which one is better?

Neither one is better than the other. Some personalities thrive when being a social butterfly while others thrive when surrounded by a tight clutch of close friends and family.

Recognize in yourself which of these personality types you are -- or perhaps you are some combination of the two. But just don't feel like you should be one or the other because neither is "correct".

Take a look at where your own habits of connectivity naturally settle and be at peace with that style of interacting.

Realizing that there are natural styles of connecting gives you more control when finding friends. Those who gravitate to your style will be a more natural fit than those who are not.

Again, neither style is right or wrong. Understanding this helps keep you from unnecessary judgment. Also, when seeking connection in this world, those who are most like you will provide the easiest relationships to foster.



MANAGE EXPECTATIONS

What you can expect to achieve by connecting

First, understand that connection is like food for our mind and brain. We need those connected relationships, in whatever form they work best for us, in order to thrive. Check in with your family, spend time with your friends, and truly hear them when they're talking with you.

Some people may be difficult to develop a connection with. You may want to develop a relationship with them but you don't feel that it's reciprocal.

For these people, if it doesn't fit, don't force it. They may not be ready for some reason, or perhaps, the

circumstance of the connection just didn't seem right to them.

For this reason, it's a good idea to connect with others in like-minded groups rather than one-on-one. This allows others the freedom to reach out to you when they're ready.

Finally, even though creating connection is vital to finding your peace, much more is involved. When you foster those relationships in your life, it will produce positive benefits for your mind and brain. However, this is not enough on its own to create a truly mindful life.

This is the first step.





What About The Loners?

There are people who are truly loners. They are happy to be completely alone. Does the fact that these people exist disprove the idea that a healthy psychology needs connection?

Not at all. Within any population, there will always be outliers for any biological trait. Some are super tall, super smart, super small, super athletic, super [fill in the blank].

And while complete isolation would damage the mental health of the vast majority of people, there are rare individuals for whom it just doesn't.

There's nothing wrong with this exception to the rule. It is simply the normal variation of traits.