



WHAT WE LEARNED IN EP. 2

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Mindfulness!

Mindfulness: is a conscious choice to have a non judgmental awareness of one's present surroundings and experience both inside the body and outside the body.

How it helps:

- Mindfulness helps lower stress levels
- Increases Serotonin (Neurotransmitter that helps us be calm) which allows us to use all of our brain, which is limited by natural Fight-Flight-Freeze reaction
- When practiced consistently, the increased serotonin levels allow you use your brain more efficiently!

How to practice mindfulness: Mindful Meditation and belly breaths

1. Mark it in your calendar!
2. How to do a belly breath
 - a. **breath "in"** through **nose**... belly button RISES UP but your chest doesn't move and shoulders should be relaxed.
 - b. **breath "out"** through **mouth**.... the belly button LOWERS with the OUT breath (lips slightly open)
3. Try to do it 6 times a day for 2 minutes a total of 12 minutes a day!

Habits!

1. It must have **value** - Not external pressure, link it to a purpose and value, something *you* internally want to do. So even when you don't feel like performing the action of the habit, you still do it because the end goal is more important than the work in the moment.
2. Goal - Needs to be something you can achieve
3. Motivation - Believe you can accomplish your goal!
4. Put it into daily life - Accountability, use a calendar, the chart below or a friend to keep you on track!



Accountability

for weekly habits

ACTIVITIES

Belly Breaths

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REMINDERS

You can do it! Believe in yourself!

NOTES