

Cup of Mindfulness: For the Busy & Restless

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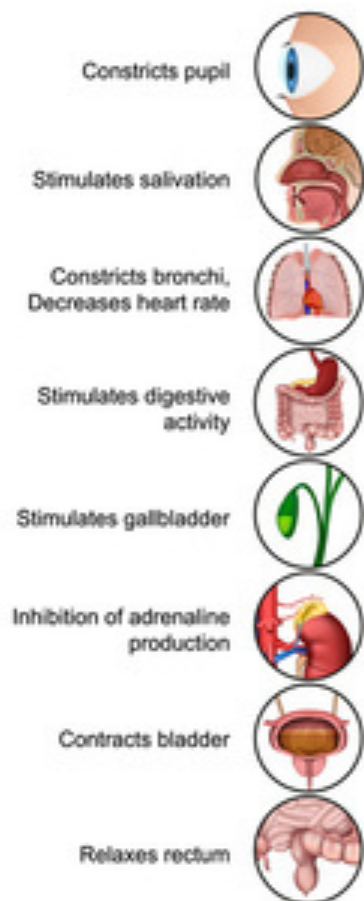
The Terminal



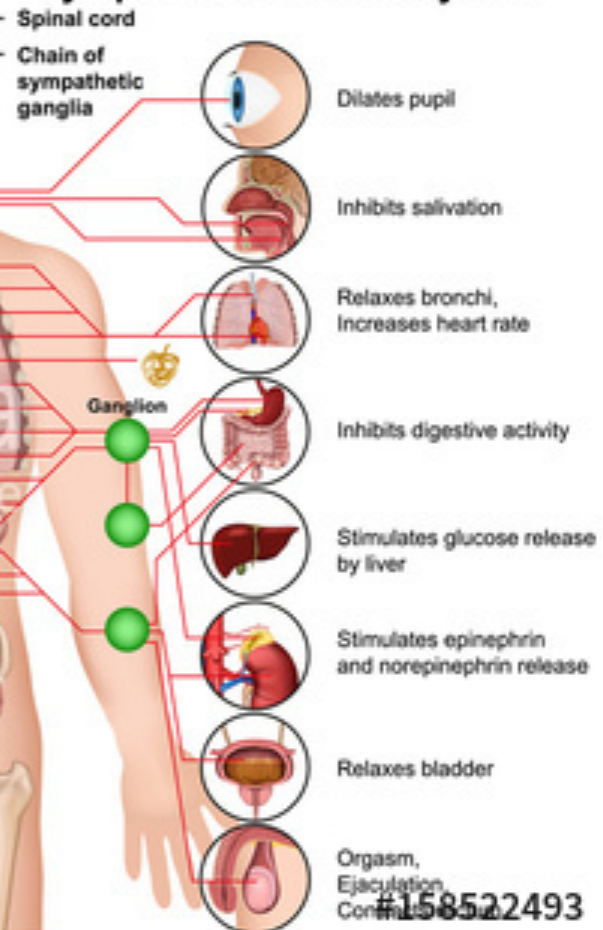
The Terminal



Parasympathetic nervous system



Sympathetic nervous system



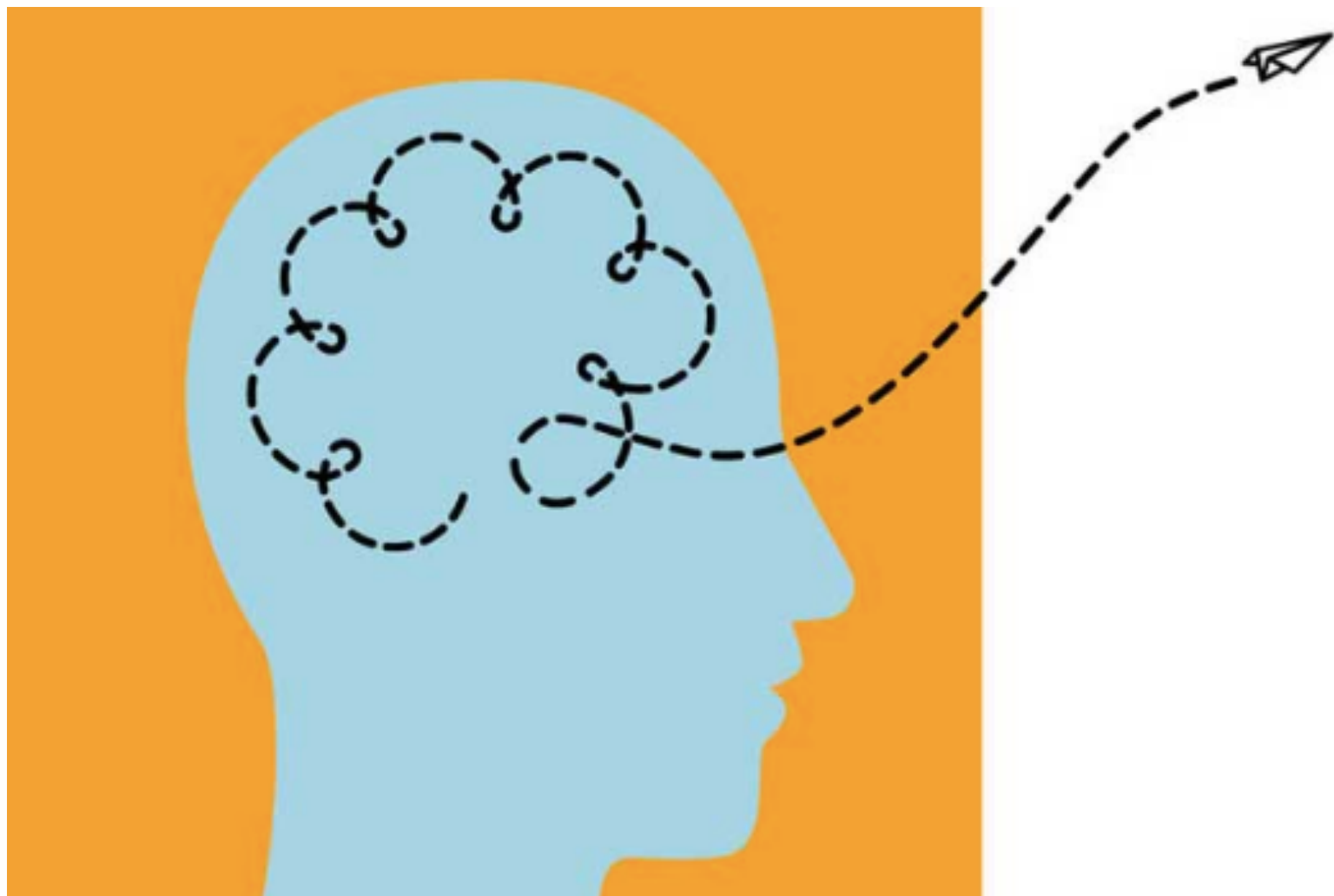
#158522493



ovement

indfulness

Attention is our currency.



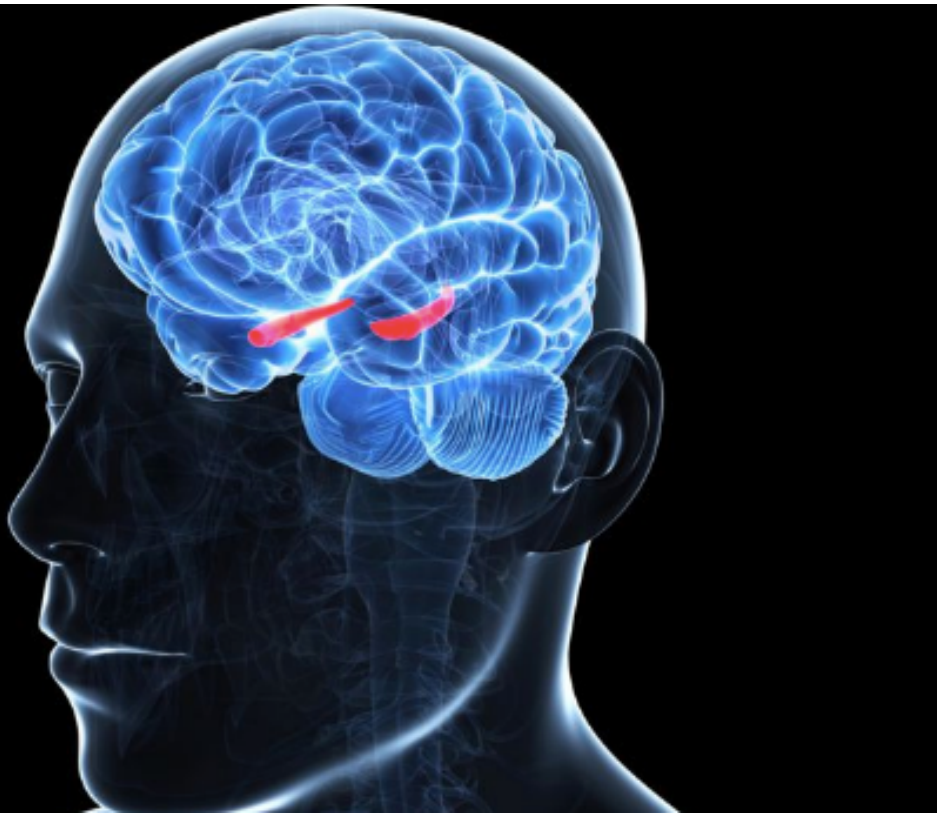


Neuroplasticity



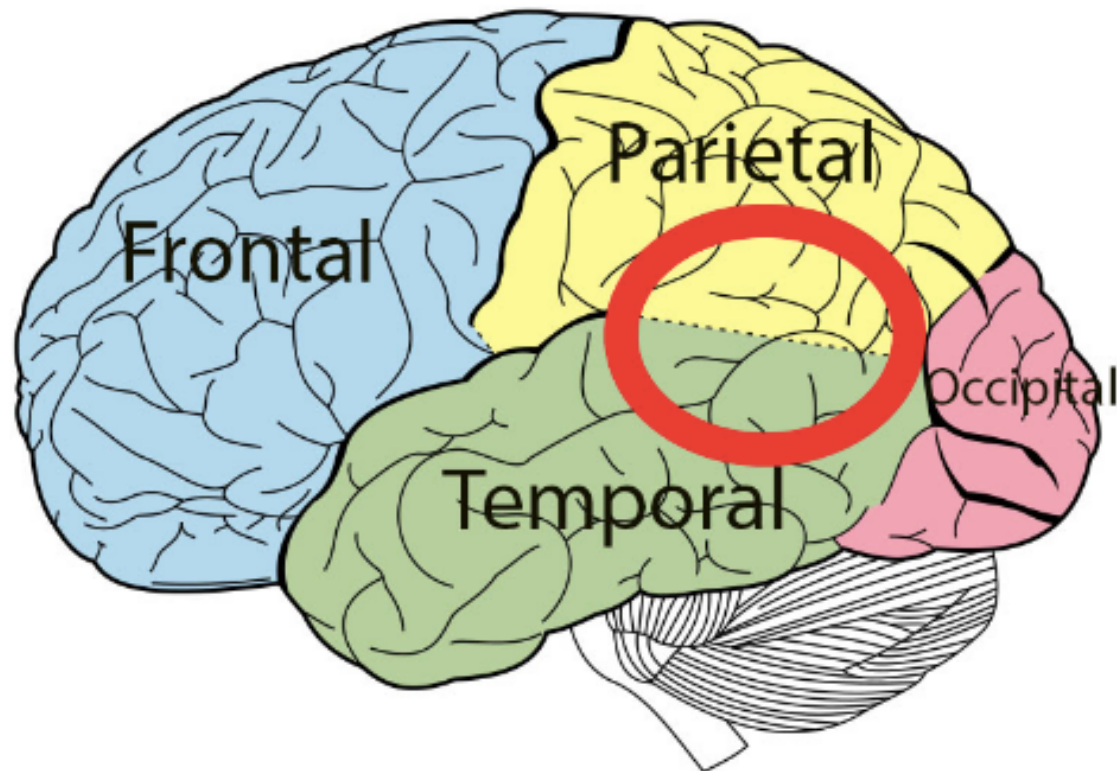
Left Hippocampus

Learning, memory, emotional regulation
-less grey matter in depression & PTSD



Temporoparietal Junction

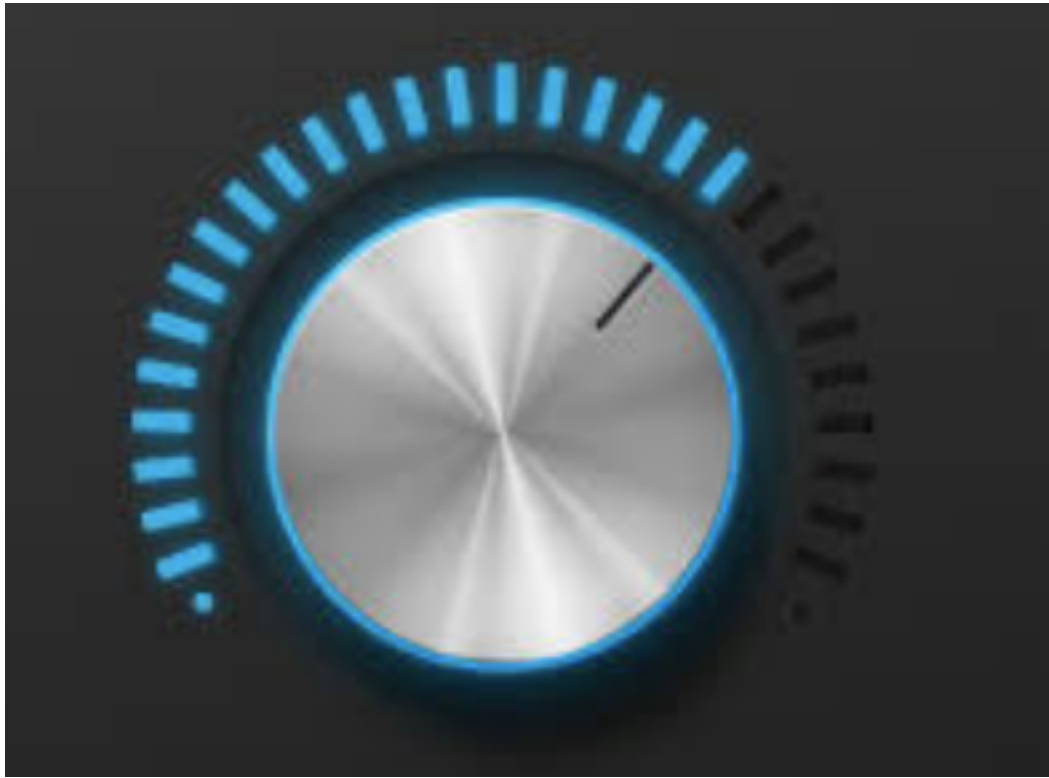
- Perspective taking, empathy & compassion



Amygdala

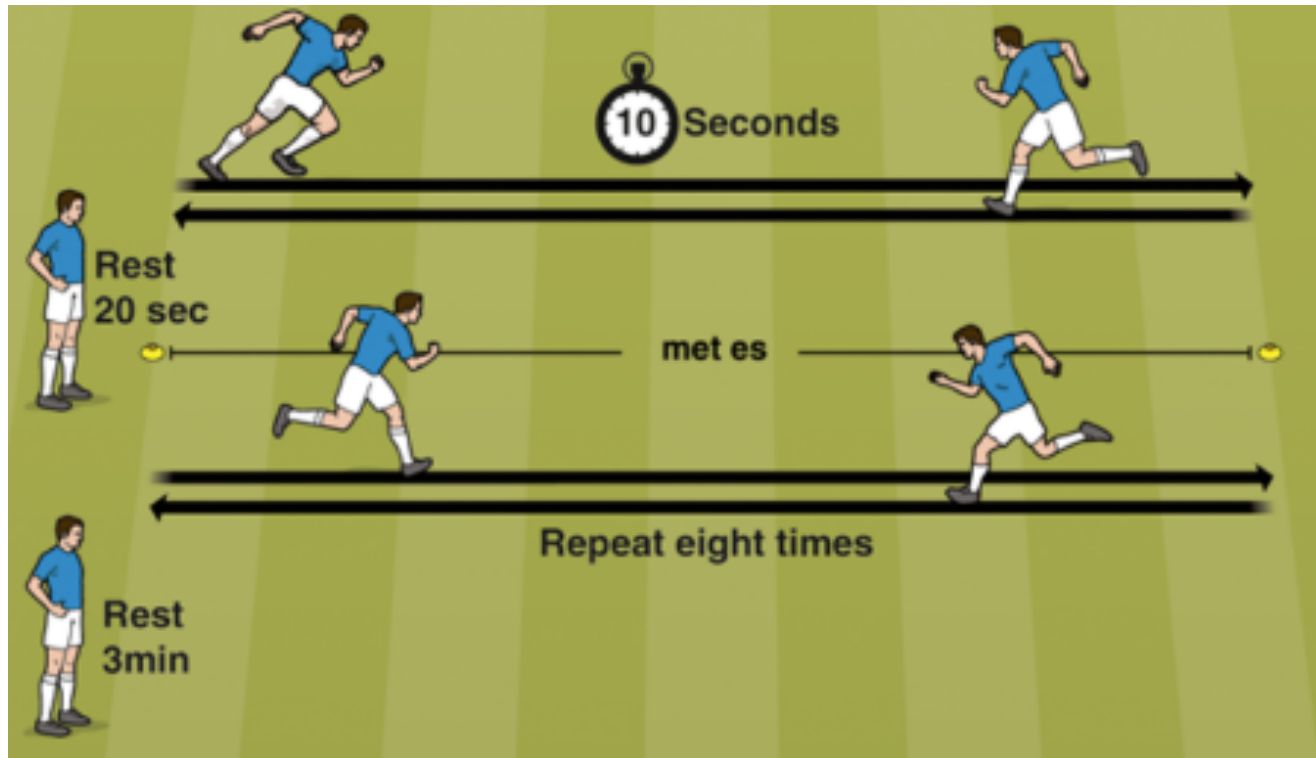


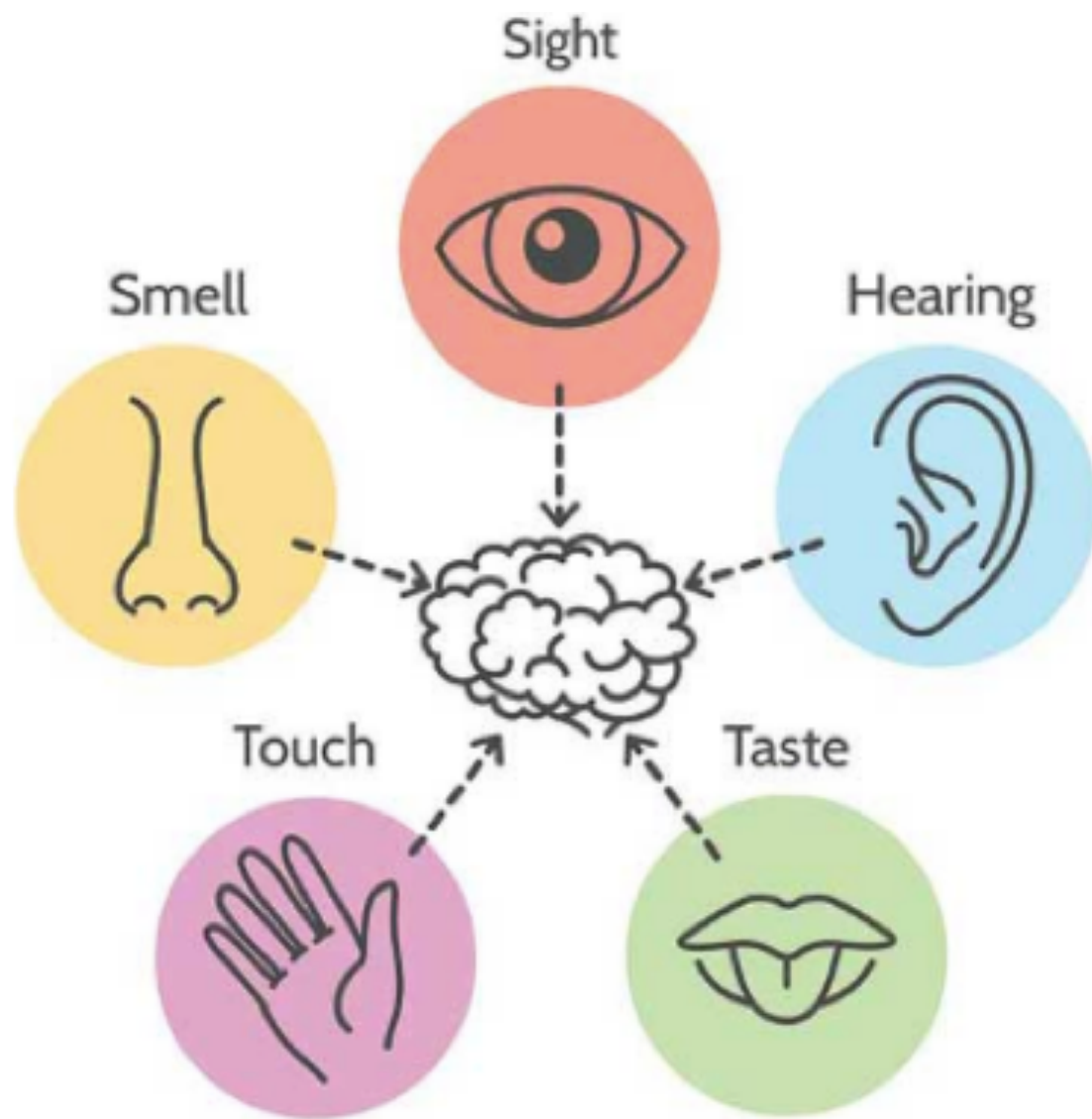
Sensory



Why practice every damn day?

Your Brain Function



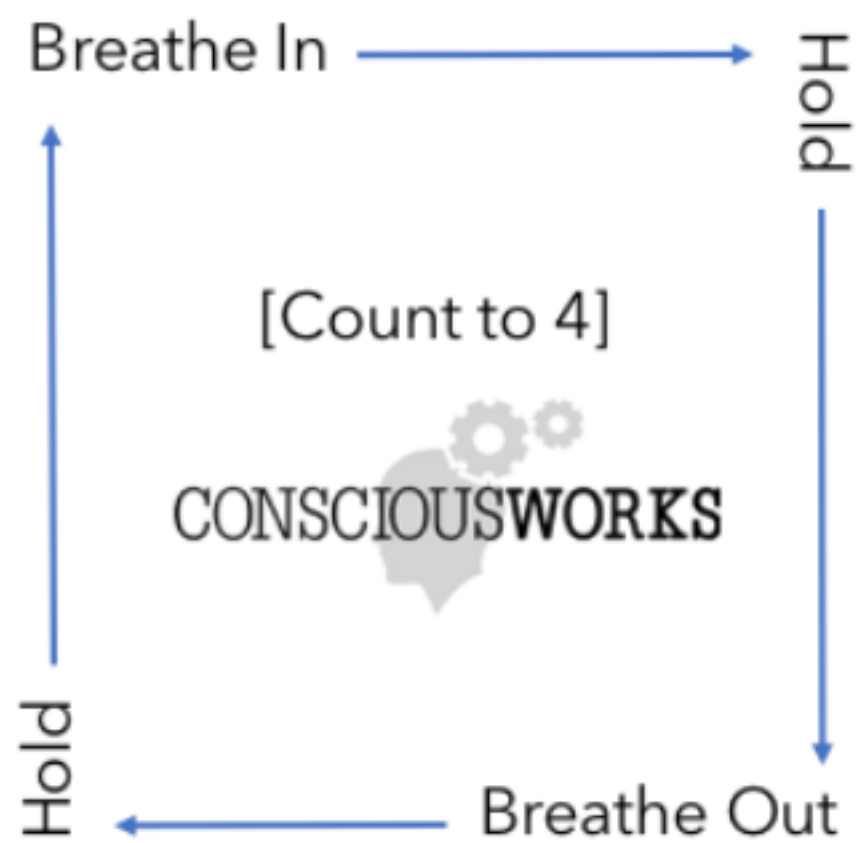


Before a meeting







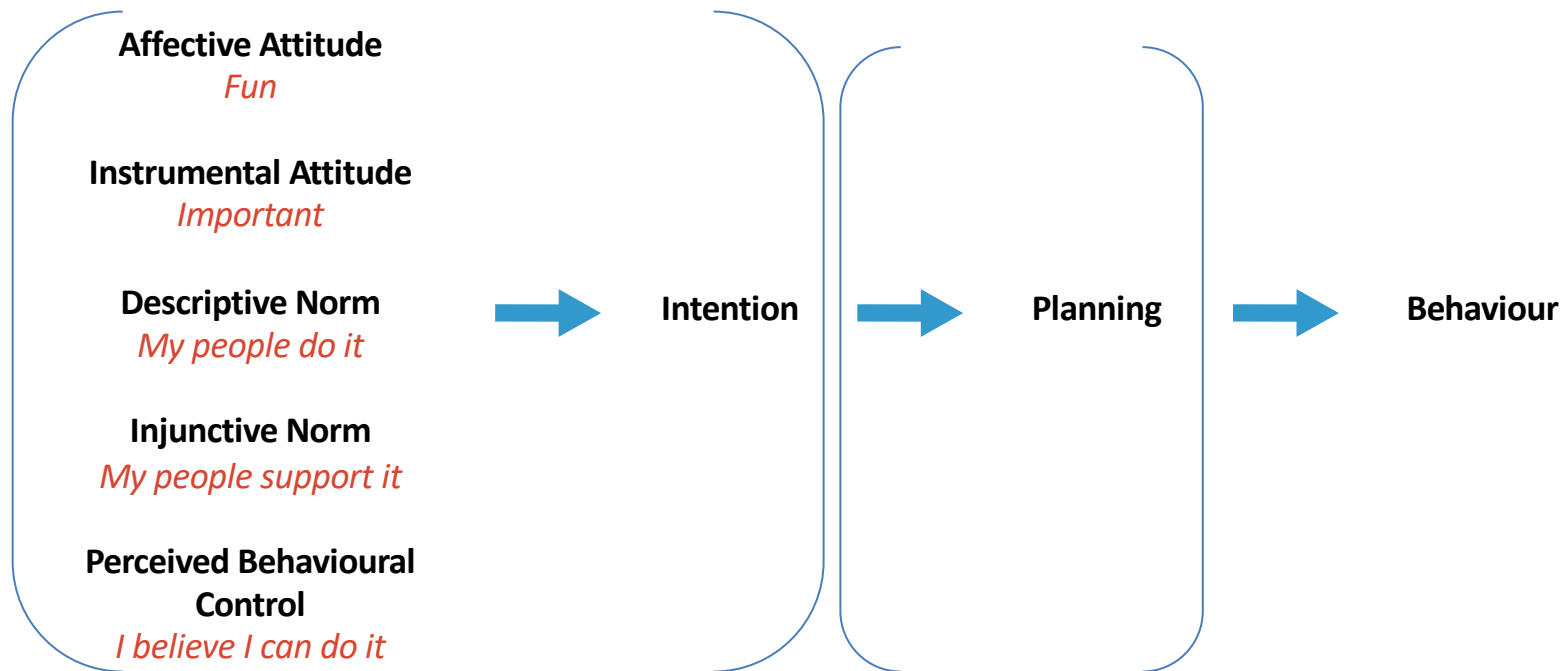


“Mindfulness is a habit, it’s something the more one does, the more likely one is to be in that mode with less and less effort...it’s a skill that can be learned. It’s accessing something we already have.

Mindfulness isn’t difficult: the hard part is remembering to do it.”

-John Teasdale





THEORY OF PLANNED BEHAVIOUR

Adapted from Ajzen, Icek (1991). "The theory of planned behavior". *Organizational Behavior and Human Decision Processes*. **50** (2): 179–211. [doi:10.1016/0749-5978\(91\)90020-T](https://doi.org/10.1016/0749-5978(91)90020-T)

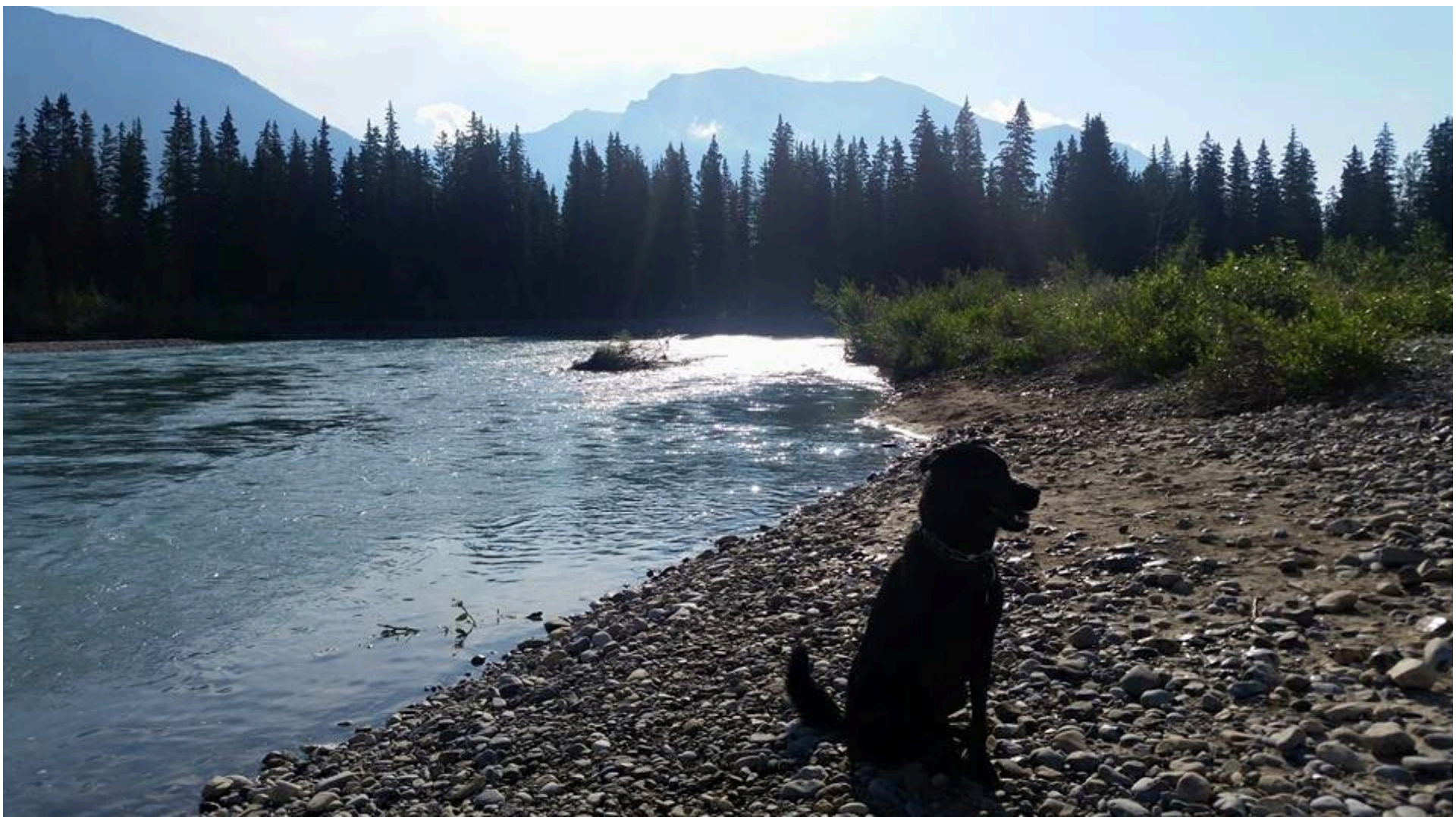


Opportunity







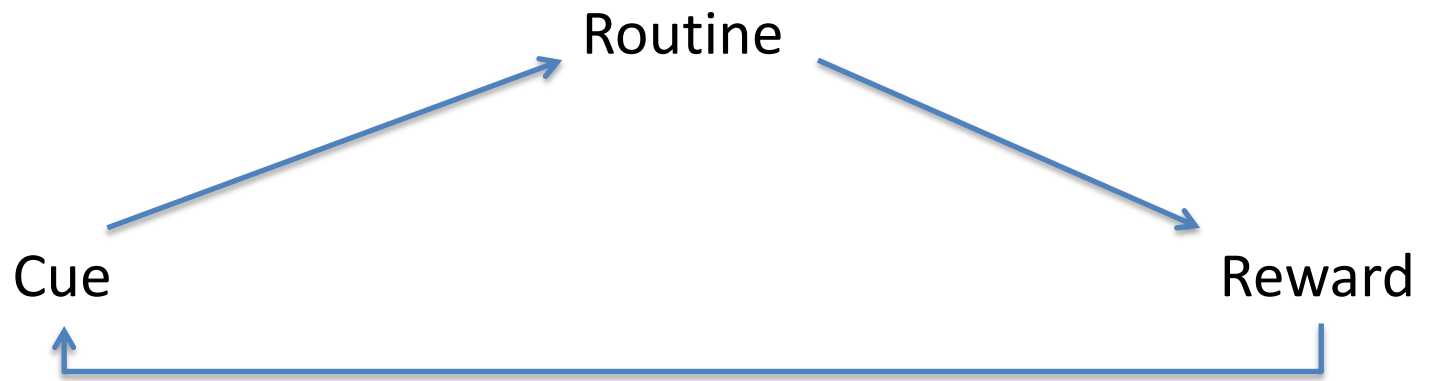




Motive

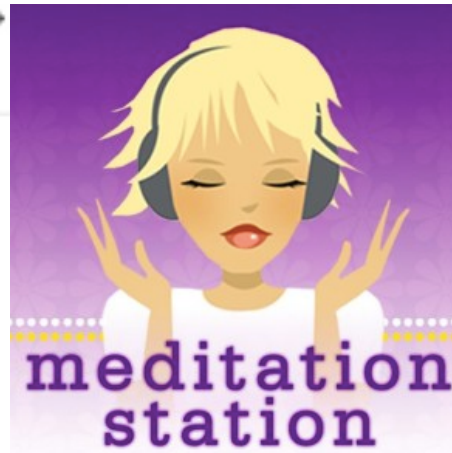








Expand Your Practice

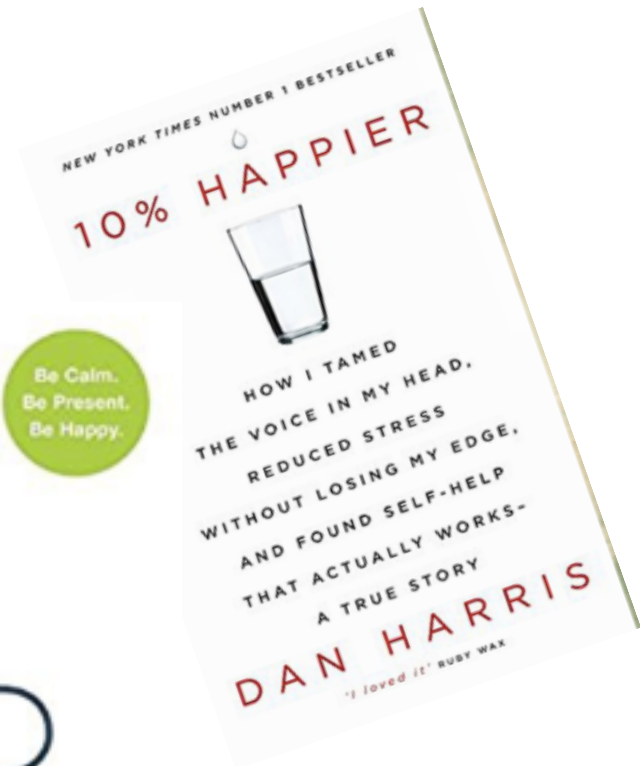


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A Simple Guide to Meditation
for Busy Skeptics and Modern Soul Seekers

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Thank You!

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