

Yoga Desires

Finding Peace
Stress Reduction at Work

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**Today
Finding Peace**




- Stress Triggers
- Control
- Fight/Flight
- Science of Meditation
- Meditation Samples
- How & Where

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Work Related Stress Triggers

- Not enough time in a day
- Rushing analysis
- Other people control timelines
- Technology not automated enough
- Presenting analytical information to a non analytical audience



Work as a team to come up with more stress triggers.

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Can You Control Your Triggers?

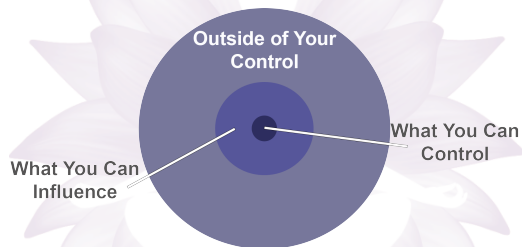
The only thing you can control is how you react to them



"I will not stress myself out over things I cannot control or change."

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Circles of Control

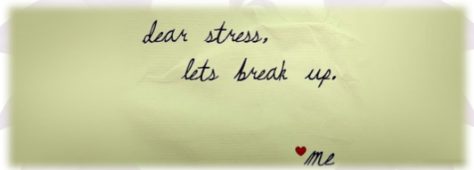


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Another Way To Look At It

Triggers Repeat Themselves

- Option 1: Continue to Choose to Be Stressed
- Option 2: Change Your Response



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What Happens to Your Body?



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Fight/Flight

Human Stress/Danger Response

– Shuts Down

- Growth
- Immune System
- Sex Drive
- Digestion

– Activates

- Blood Clotting
- Adrenalin
- Sweating
- Pumps Blood to Legs/Arms
- Glucagon (Hyperglycemia, Type 2 Diabetes)



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Things that Activate Fight/Flight

- Work Stressors
- Traffic
- Competition
- Emotions
- Yelling/Being Yelled At
- TV/Movie Excitement
- Being Threatened
- Extra Pressure (job/relationship)
- Losing Your Place in Line/ Rushing to Line



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Getting Your Body Back to Normal

Can take up to 3 days if you do nothing

Things that can bring your system back to normal

Exercise
Meditation
Hobbies
Hiking
Sex

CENSORED

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What is Meditation?

Meditation is about finding the peace in your day when you are not meditating



When you are meditating you can find peace in between your thoughts

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Several Styles of Meditation

- Guided
- Visual
- Walking
- Breath
- Counting
- Body Scan
- So Hum /Mantra
- Mindfulness
- And Many, Many More



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Meditation Benefits

Proven Scientific Benefits

- Increases Immune System
- Increases Level of Serotonin
- Increases Energy
- Increases Concentration Ability
- Decreases Stress Hormones
- Decreases Sweat
- Normalizes Blood Pressure
- Helps Insomnia
- And More



"Your benefits have nothing to do with what you experience during meditation, but how it affects the other 23 hours in your day."

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Getting Your Body Back to Normal

Meditation

- Platelets Thinner/Smaller
- Growth Hormone Picks Up
- Sex Hormones Increase
- Immune System Elevates
- Perspire Less
- Decrease Heart Rate



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So Hum Meditation

- Sit Comfortably
- Close Your Eyes
- Inhale "So"
- Exhale "Hum"
- Take Time to Relax When You Are Done
- Open Your Eyes
- Slowly Move Around



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Breath Meditation

- Sit Comfortably
- Close Your Eyes
- Begin Focusing on Your Breath
- Take Time to Relax When Done
- Open Your Eyes
- Slowly Move Around



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Counting Meditation

- Sit Comfortably
- Close Your Eyes
- Begin Counting
- 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
- 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
- 1, 2, 3...
- Take Time to Relax When You Are Done
- Open Your Eyes
- Slowly Move Around



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Body Scan Meditation

- Sit Comfortably
- Close Your Eyes
- Begin Focusing on Your Toes
- Slowly Move the Focus up Your Body
- From the Top of Your Head Begin Again at the Toes
- Take Time to Relax When You Are Done
- Open Your Eyes
- Slowly Move Around



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Mindfulness Meditation

- Sit Comfortably
- Close Your Eyes
- Empty Your Mind
- Label Thoughts & Distractions as They Occur
- Empty Your Mind
- Take Time to Relax When You Are Done
- Open Eyes
- Slowly Move Around



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What to do with Thoughts

Once you realize you have been distracted by your thoughts, begin your meditation again, without judgment



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What to do with Distractions

Once you realize that you have been distracted begin your meditation again



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I'm Already Short on Time



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"What fits your busy schedule better, meditating 30 minutes a day or being dead 24 hours a day?"

How long should I Meditate?
1-30 minutes each time

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Finding the Time

- Sit in Your Car & Meditate Before Going into Work, the House, a Store...
- Set the Alarm Early
- While the Family is Watching TV
- Right Before You Fall Asleep
- During Your Lunch Break
- Before Making/Eating a Meal



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Where Can I Meditate?

- In the Bathroom at Work or Home
- In Your Car
- On Your Couch
- On a Pillow
- On Your Bed
- Outside
- Anywhere



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Fitting Meditation into Your Daily Life

- Remind Yourself of the Benefits
- Make it a Part of Your Daily Routine
 - AUM Arise, Urinate, Meditate
 - RAW Right After Work
- Make it a Priority
- Keep a Journal



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Meditation Questions

Ask anything



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Additional Books to Read

- *7 Spiritual Laws of Success* by Deepak Chopra
- *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl & Elisha Goldstein
- *Breakfast with Buddha* by Roland Merullo
- *Free to Love, Free to Heal* by Dr. David Simon
- *The Invisible Gorilla* by Christopher Chabris
- *The Power of Your Subconscious Mind* by Joseph Murphy
- *Moody Cow Meditates* by Kerry Lee MacLean

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