

Wellness Mindfulness & Mental fitness

Bek Smith

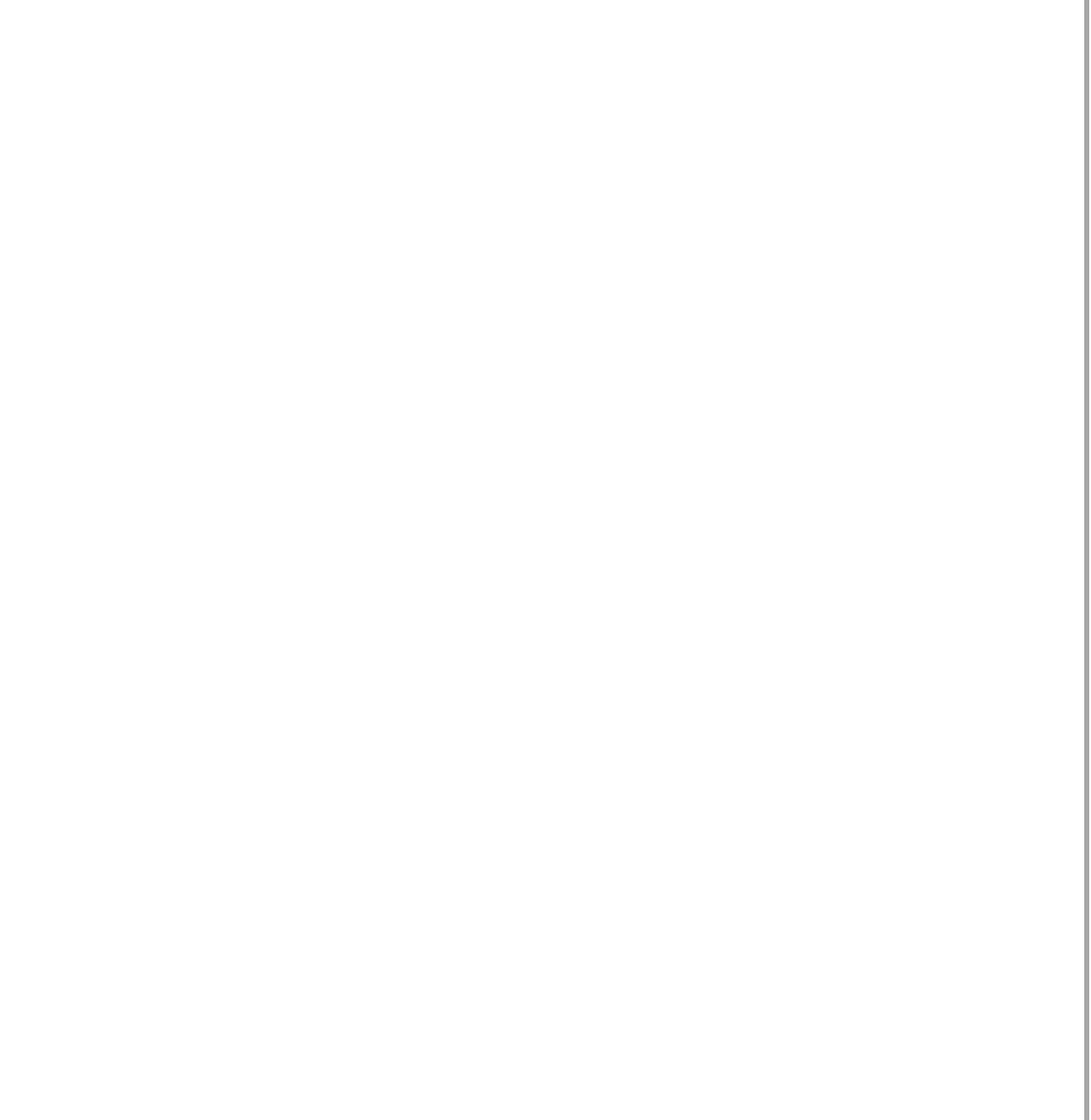
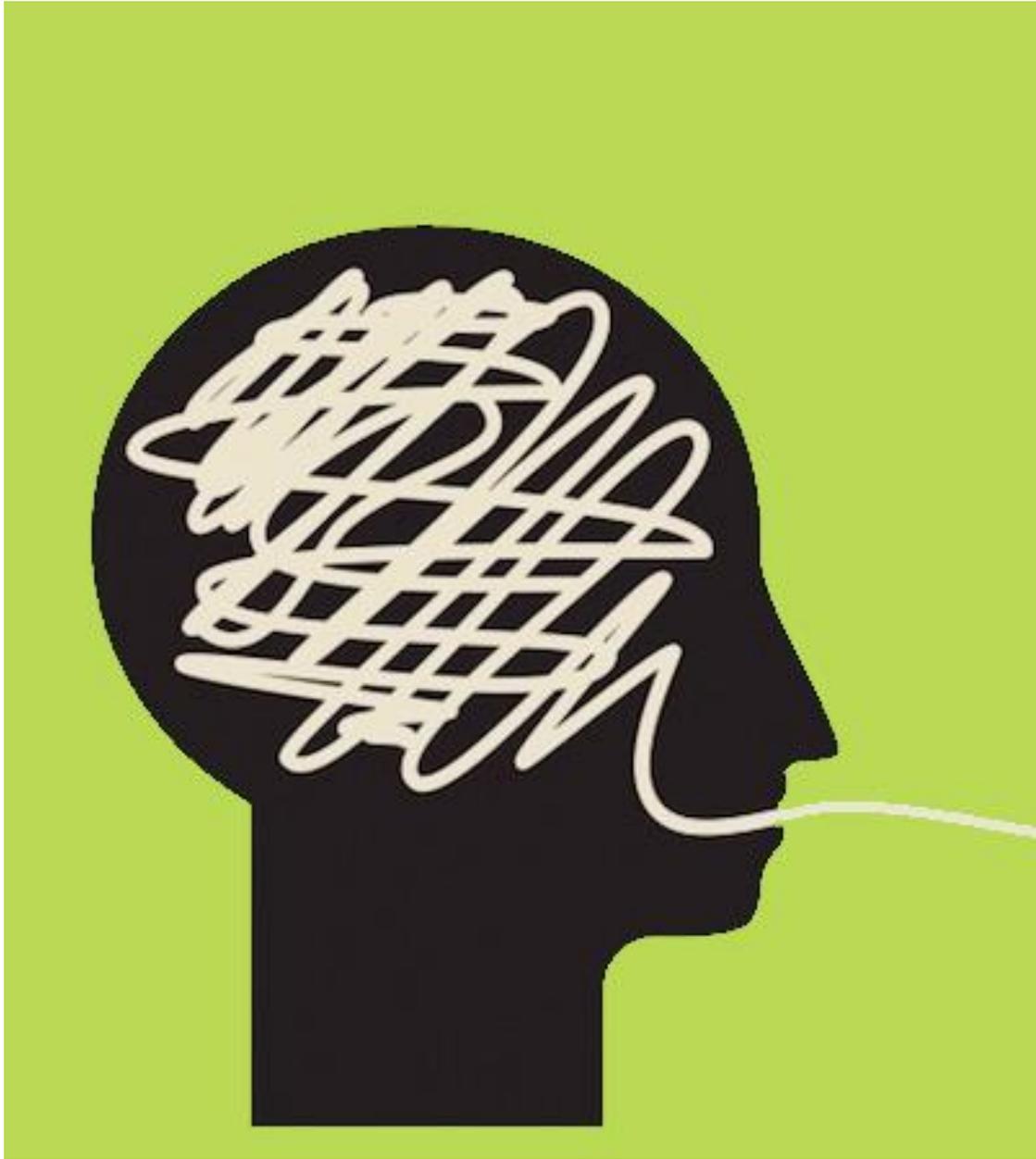
BSc (Hons. Physiology)

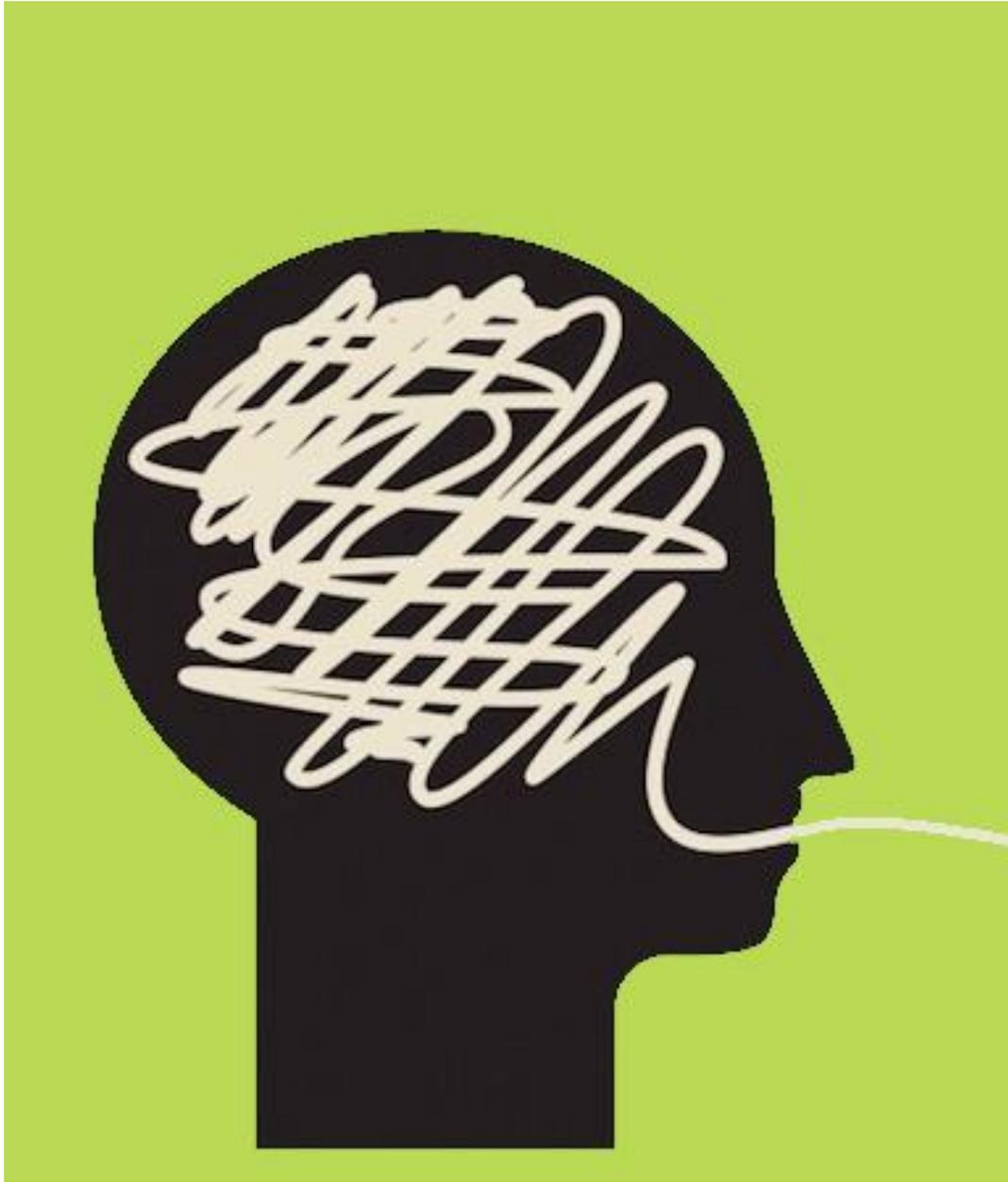
M. Physio (Graduate Entry)

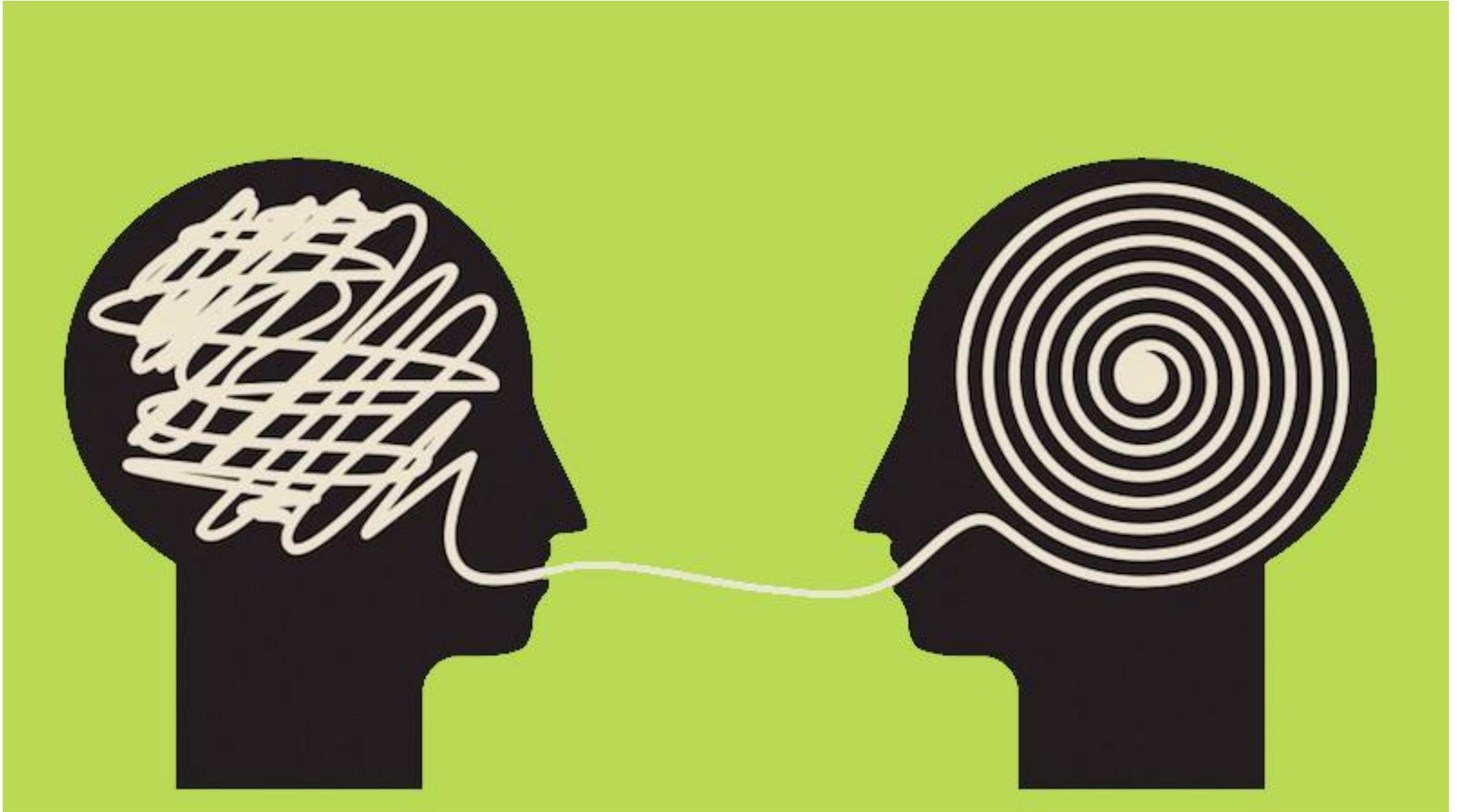
Diploma Positive Psychology & Wellbeing

Smith 
& Wellness

MENTAL FITNESS EXPERTS









Definition

Wellness

The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

(www.dictionary.com)

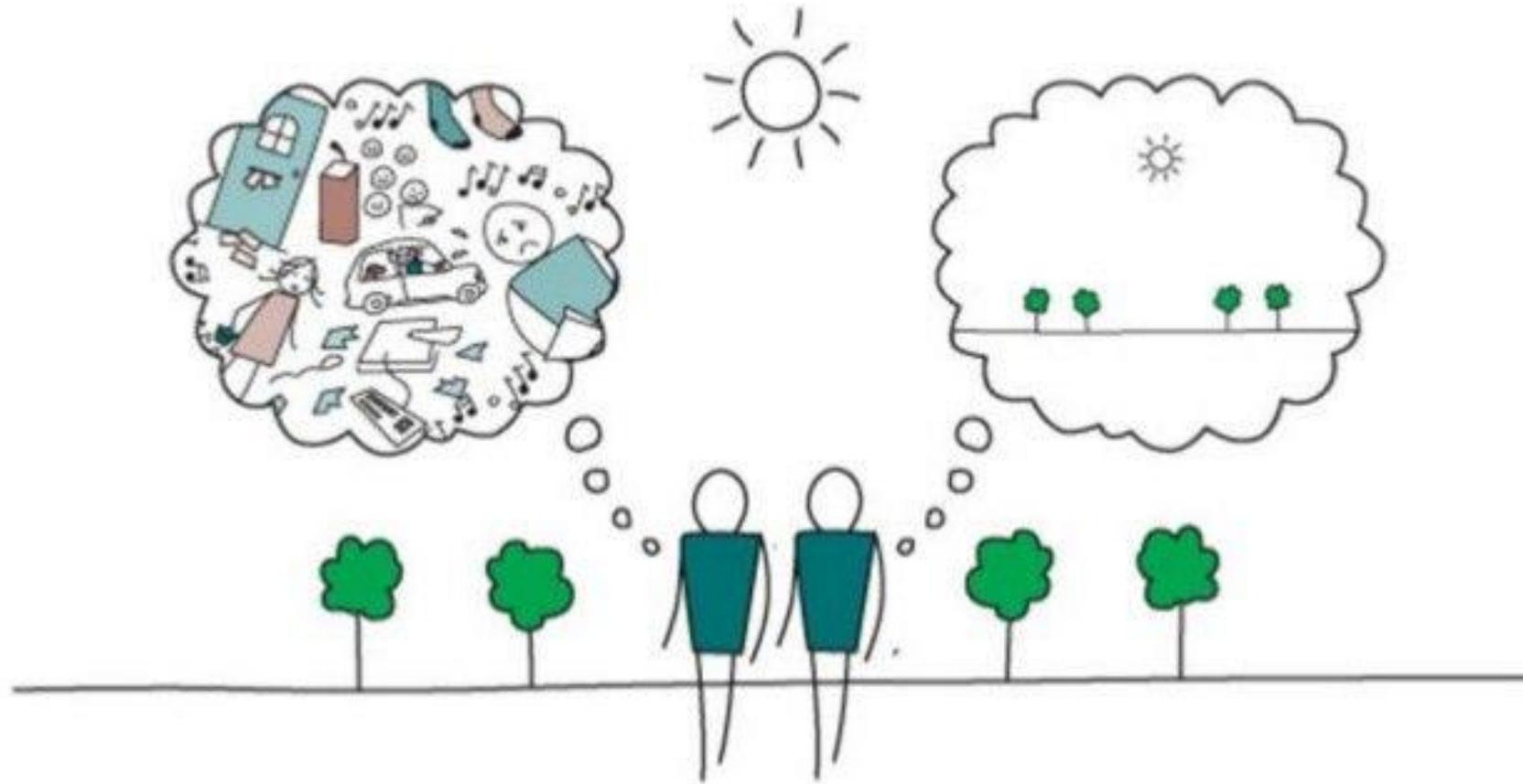
Definition



Mindfulness

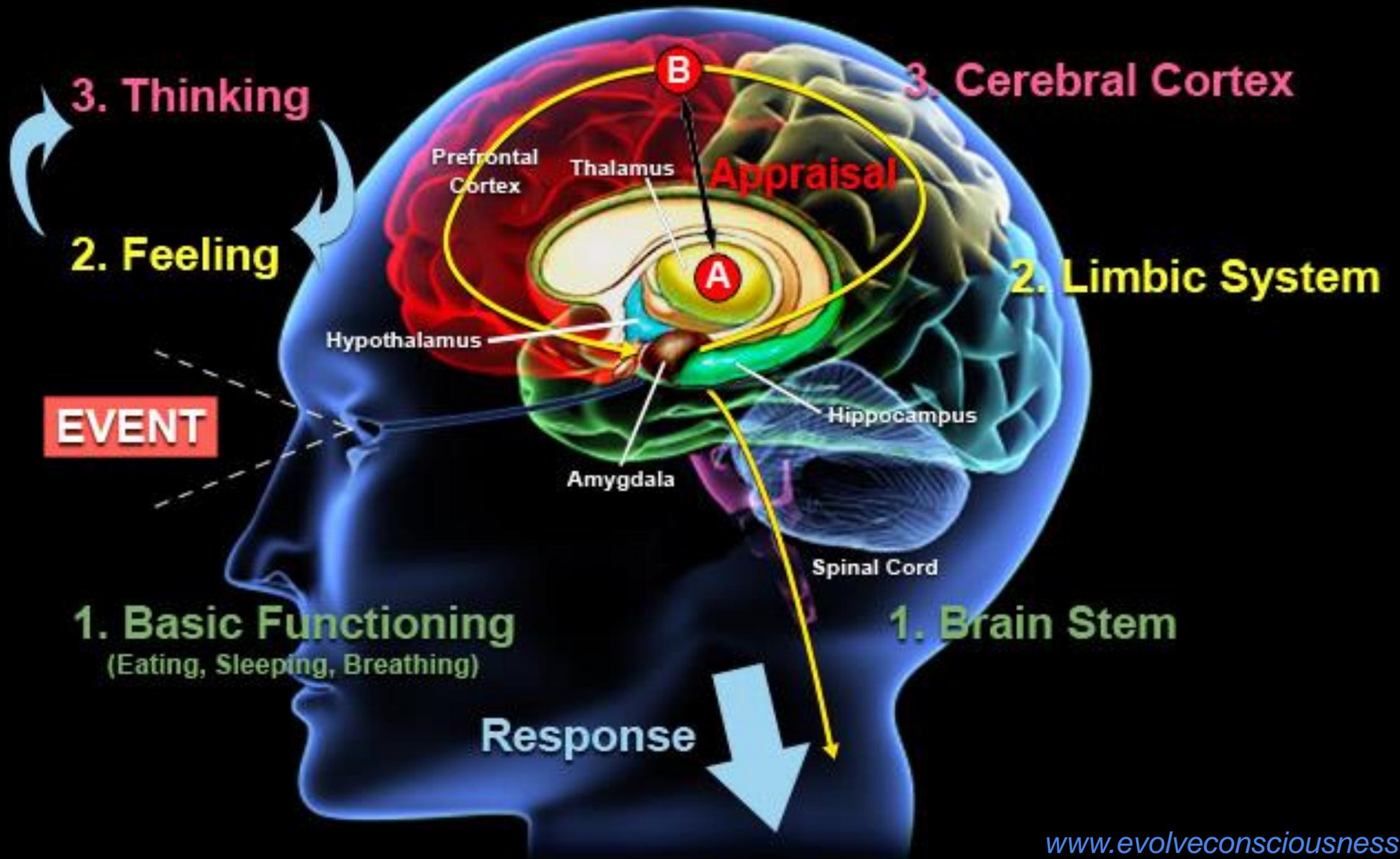
Mindfulness is a state of being aware and undistracted in the present moment, without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.

(Smiling Mind Australia)



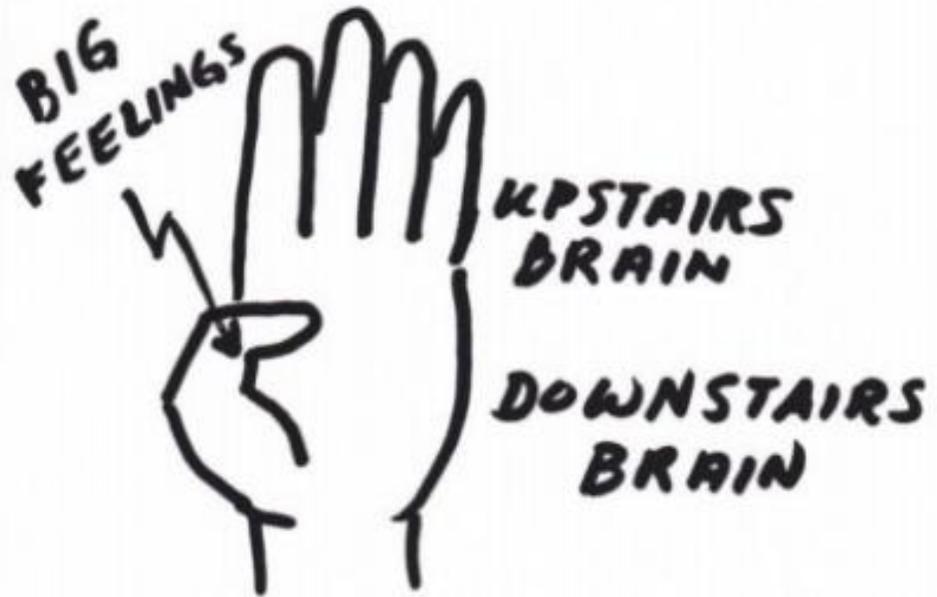
Mind Full, or Mindful?







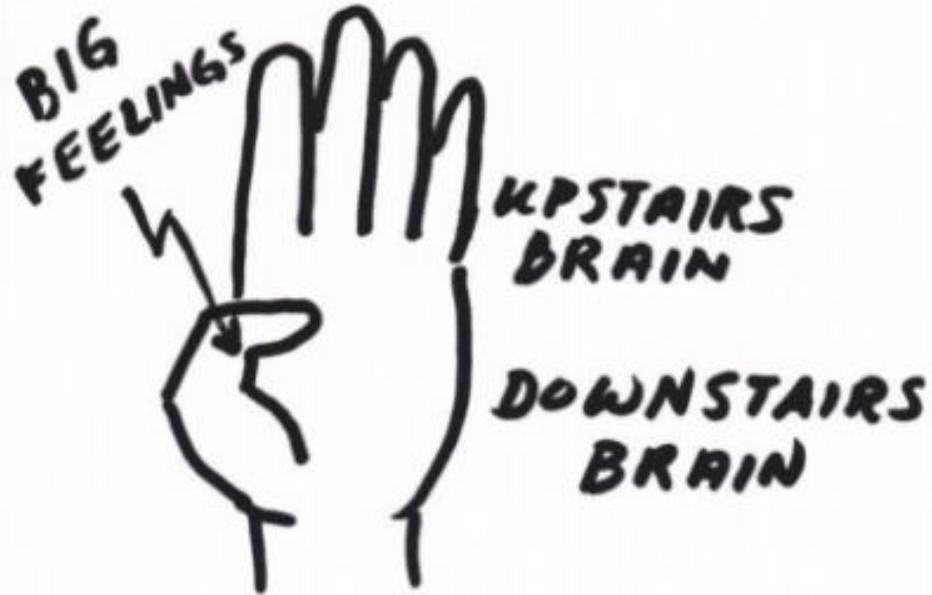
FLIPPING YOUR LID



(Dan Siegel, MD)



FLIPPING YOUR LID



MAKING
GOOD
CHOICES

USING YOUR UPSTAIRS
BRAIN TO GENTLY
HUG BIG FEELINGS

(Dan Siegel, MD)



Mindfulness – key points

You don't need to stop life for it!

Research supports daily practice

No gender findings... except to equalise performance

Contraindicated for some forms of anxiety

Find your fit

Discussion

Where and how do / could you apply mindfulness:

- in your school?
- in your own work day?
 - at home?

What has / could change as a result?

What are / would the benefits be?



Discussion

Where and how do / could you apply mindfulness:

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What are / would the benefits be?



Where is your brain?



Thinking Brain
Upstairs Brain
Ready to Learn



Yellow Zone
Caution area



Feeling Brain
Downstairs Brain
Flipping your lid



Definition
What is...

Mental Fitness

?

Strength

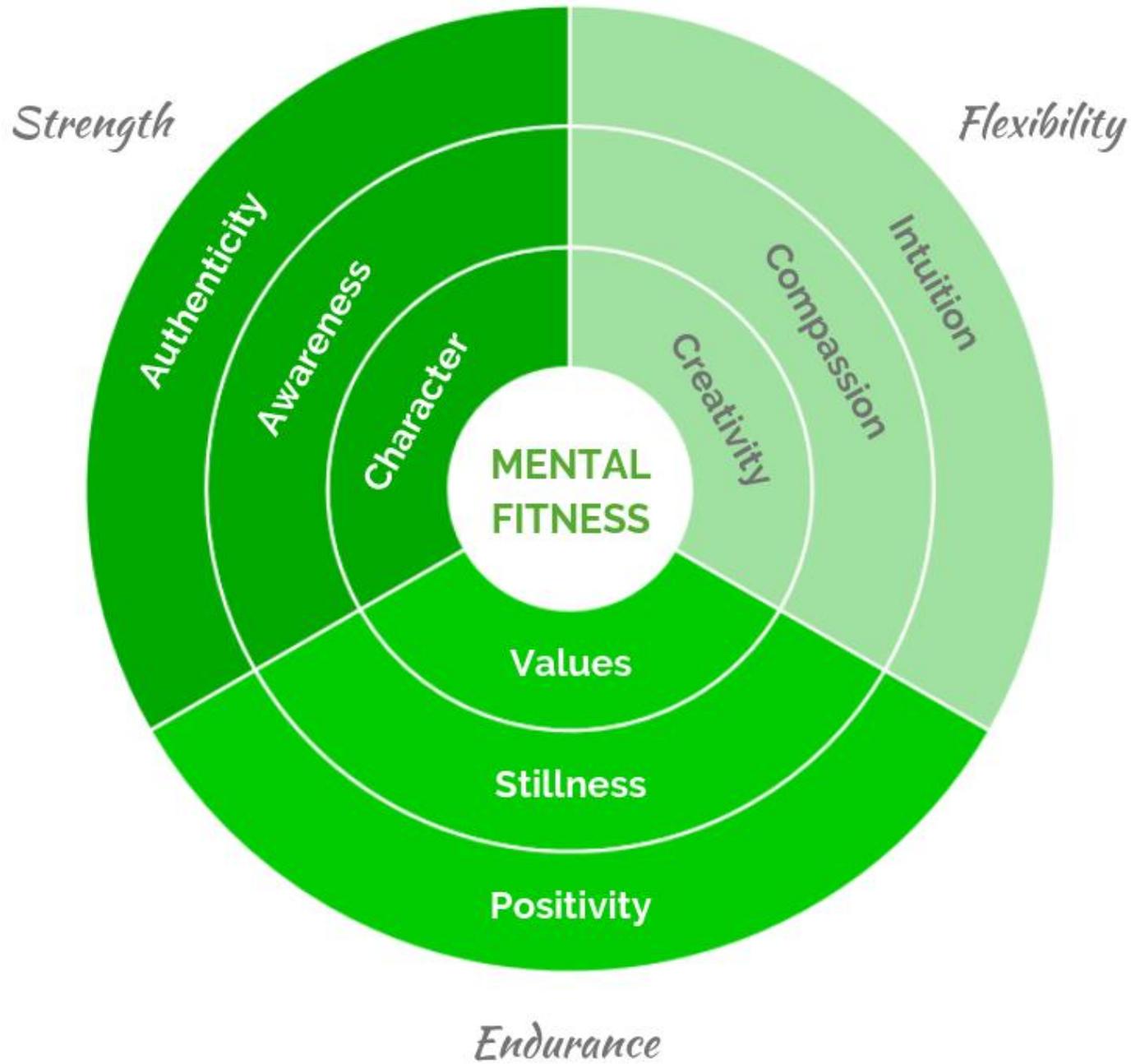


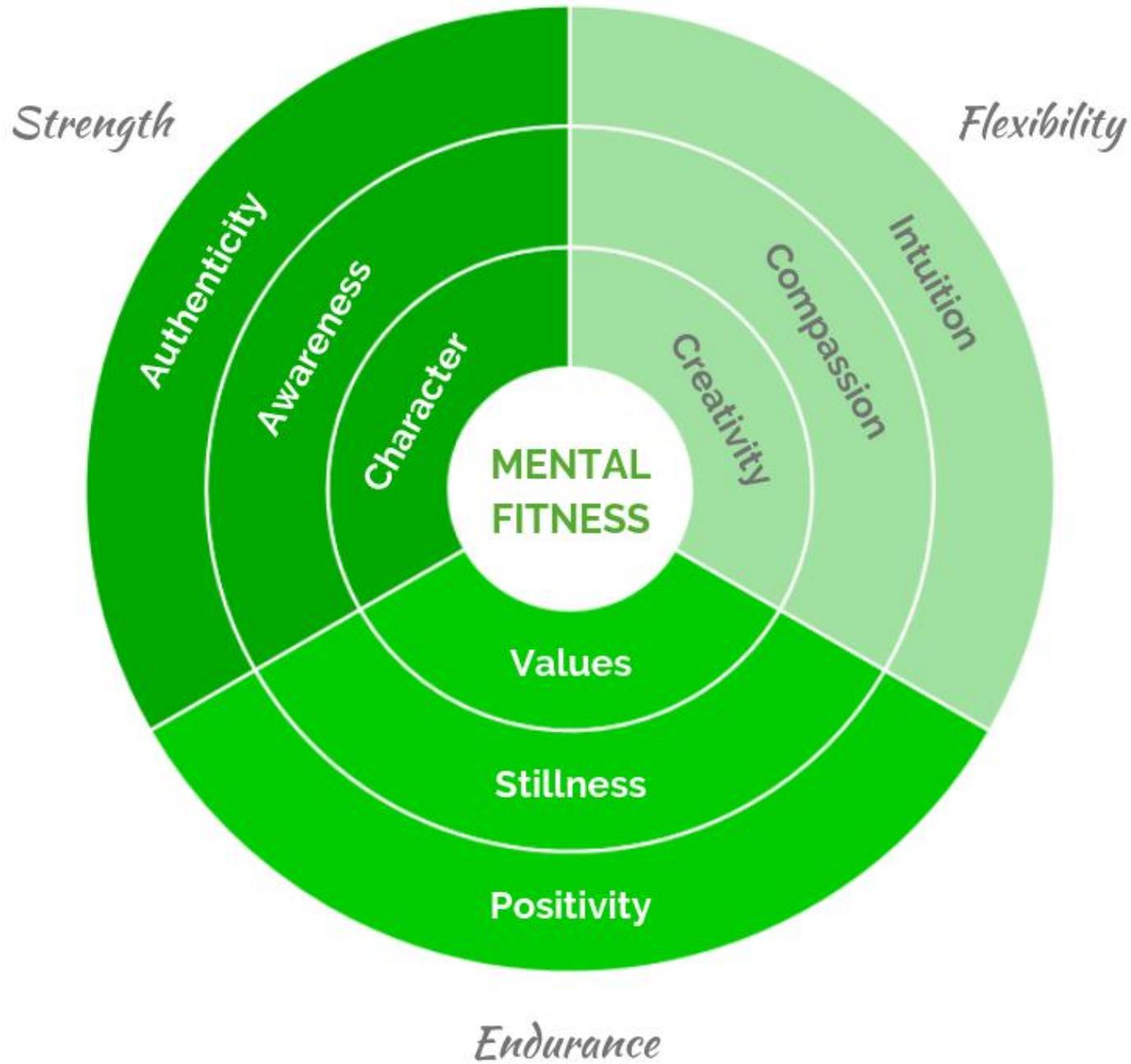
Strength



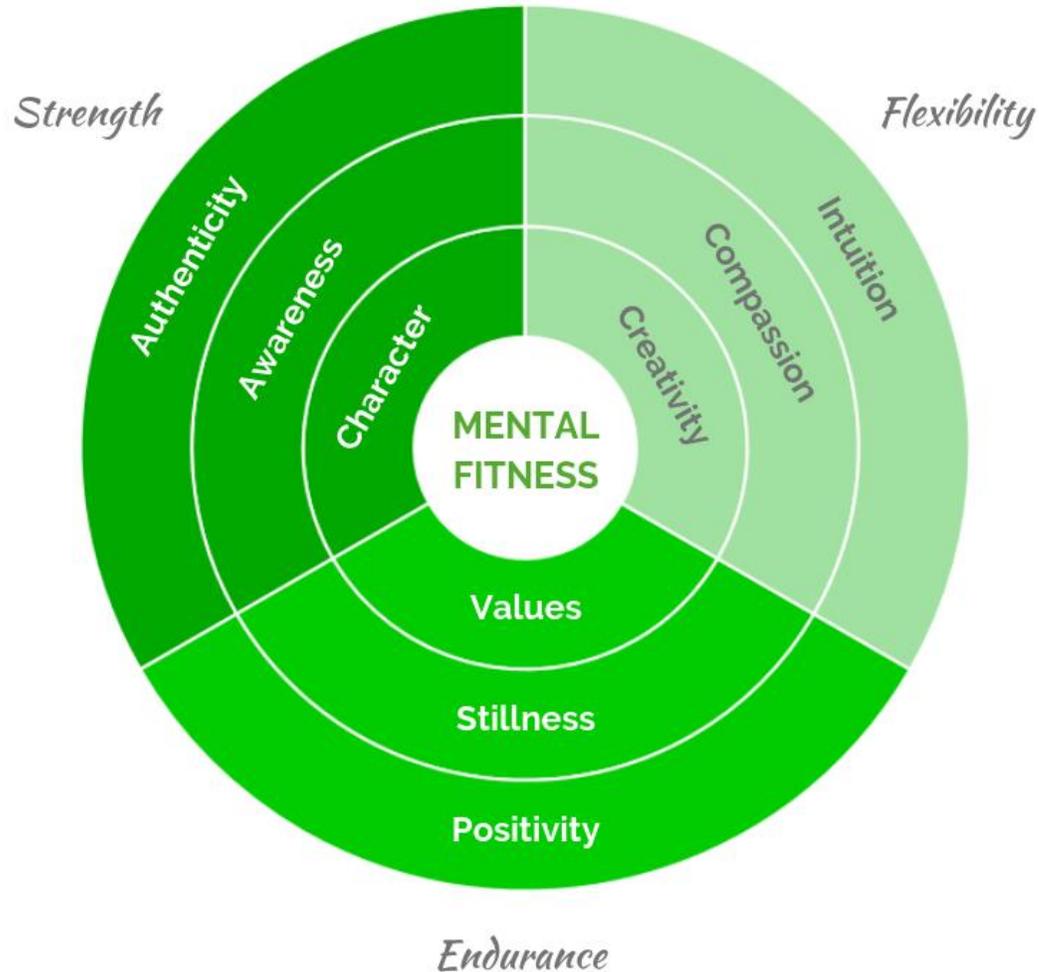
Flexibility







Discussion



In which areas are you most "fit"?

Which areas could you improve upon?

Where and how could you apply these practices:

- in your school?
- in your own work day?
- at home?

What might change as a result?

What would the benefits be?

Thank you



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www.smithandwellness.com