

THE MINDFUL PATH: MANAGING STRESS WITH PRESENCE

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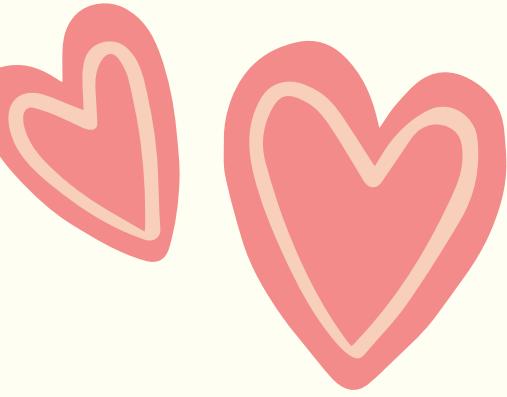
where am I
now?



Stress scale



One mindful breath





WHAT IS MINDFULNESS?



Mindfulness is the state of paying active, open attention to the present moment.



A type of cognitive psychotherapy -
based on meditation





BENEFITS OF MINDFULNESS

1

Better attention, memory and focus

2

Reduced impulsive behaviour and emotional stability

3

Greater compassion and self-care

4

Lower anxiety and stress

5

Clamness and relaxation

6

More self-confidence and emotional awareness



ACTIVITY 1: CALENDAR

Instructions:

Mark your daily tasks (family, work, personal)

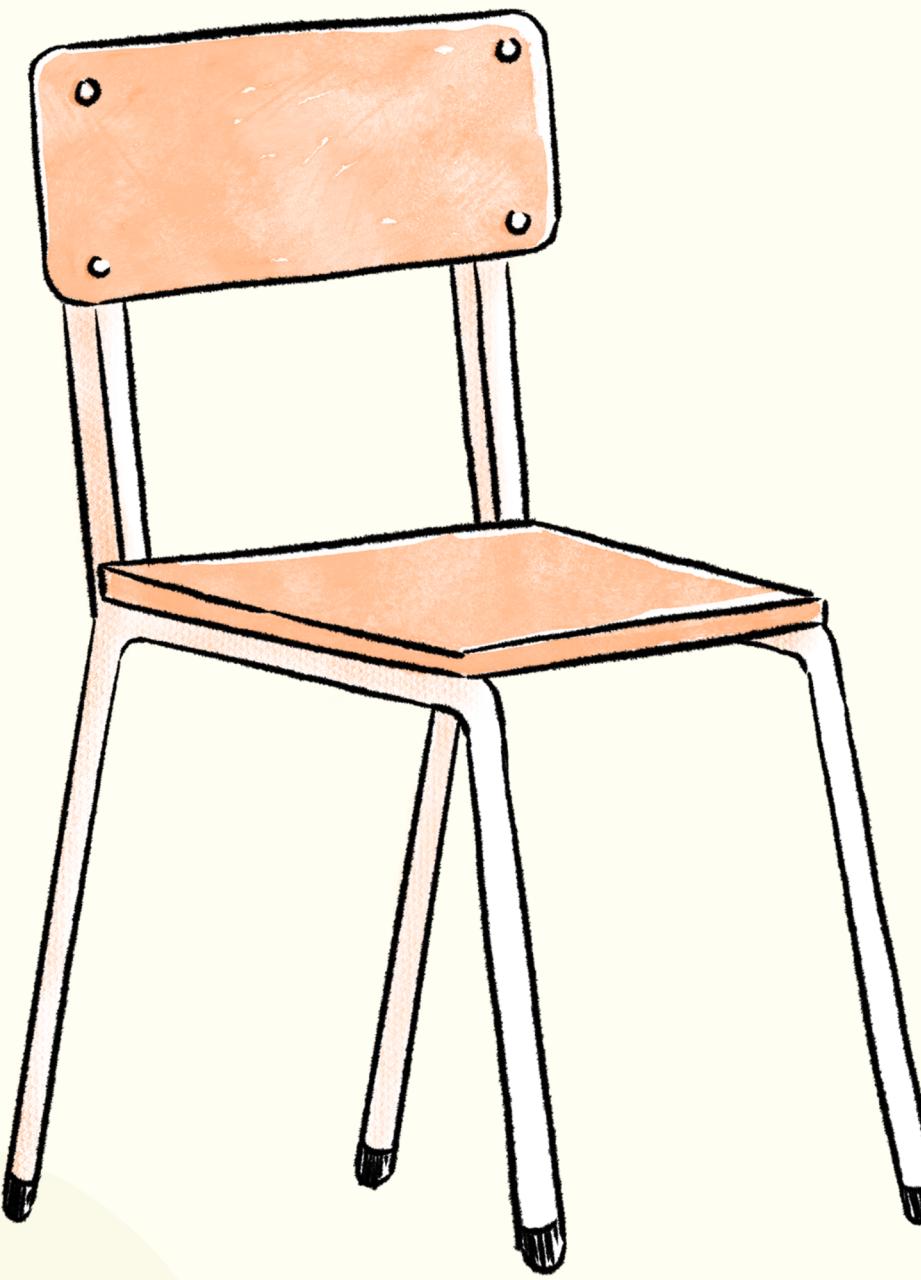
**Daily obligations
chart**

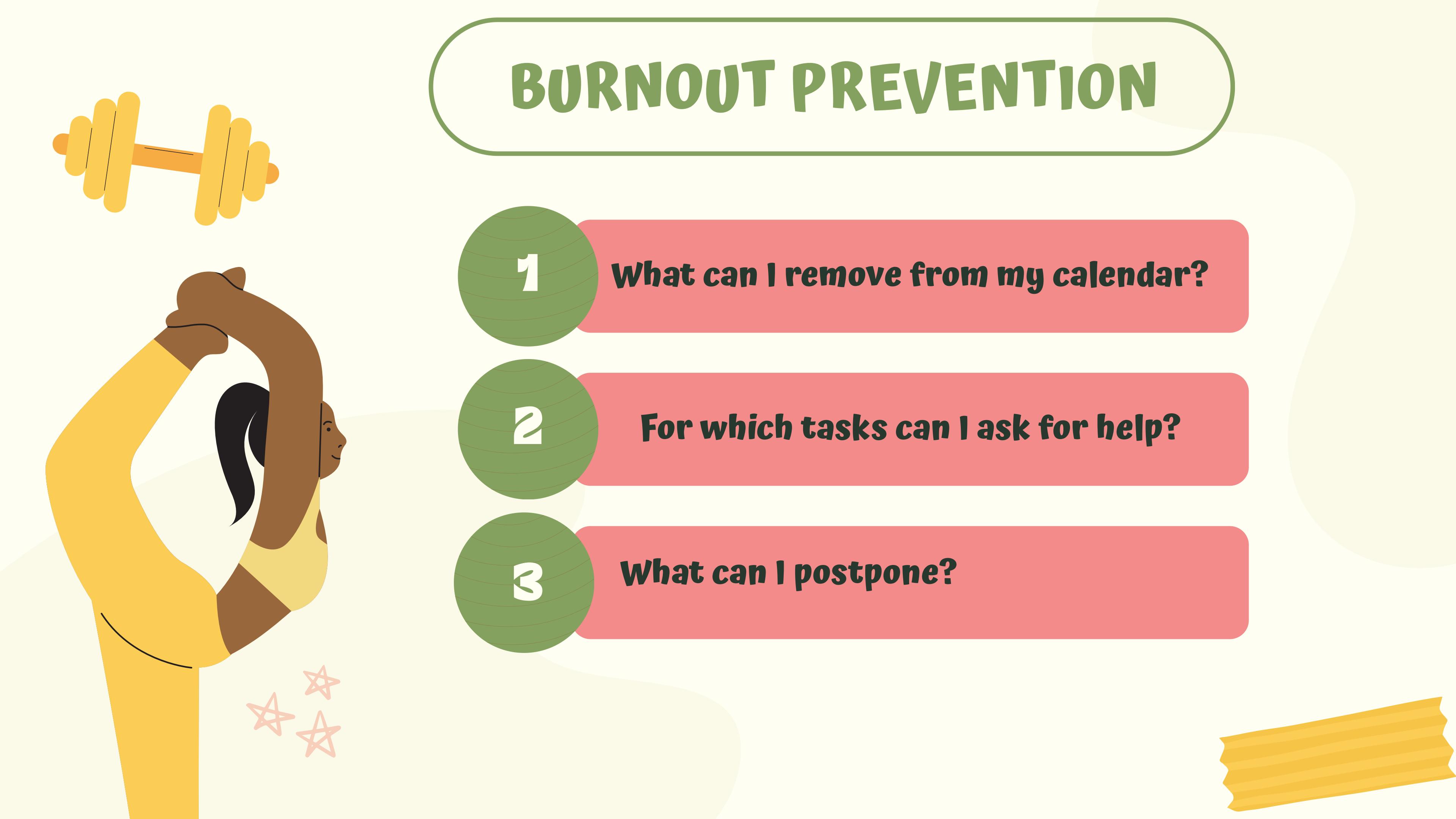
Mark the time that is just for you (what brings
you joy)





ACTIVITY 2: THE CHAIR





BURNOUT PREVENTION

1

What can I remove from my calendar?

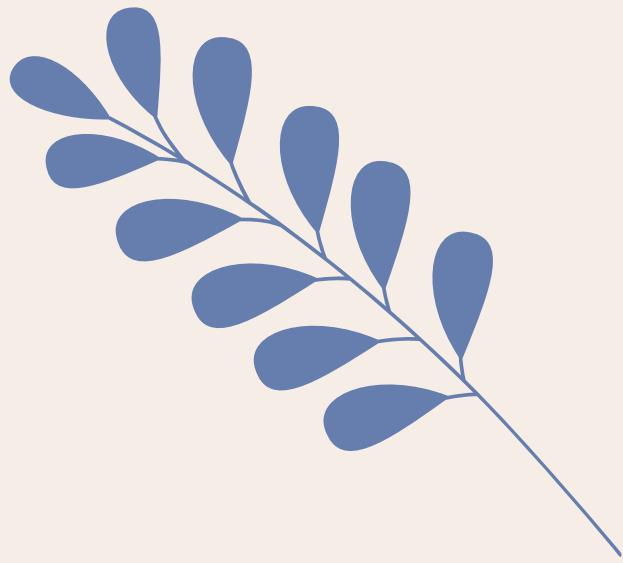
2

For which tasks can I ask for help?

3

What can I postpone?

WHAT WOULD MAKE YOU HAPPY?



<https://padlet.com/gabyromic/what-would-make-you-happy-ia8r2ik0p1m5lxm2?lang=en>



STRESS MANAGEMENT TECHNIQUES



EXERCISE 1:

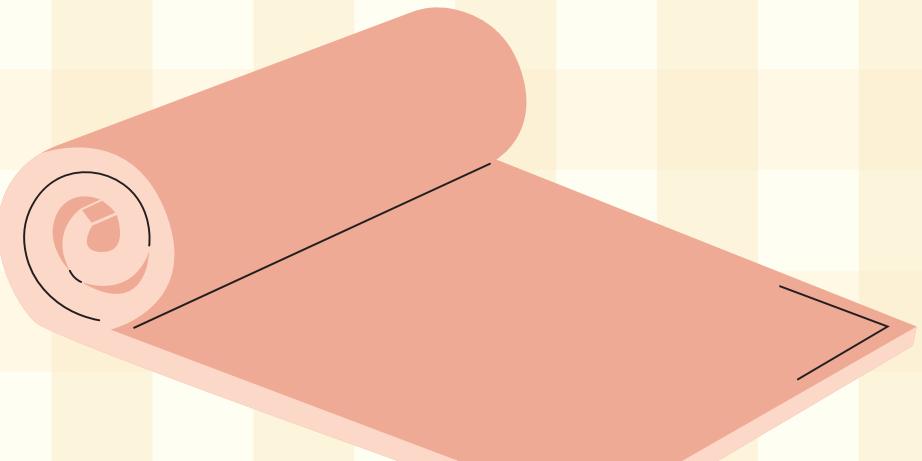
BODY SCAN



BREATHING TECHNIQUES

FOCUSSED BREATHING

- **five minutes each day**
- **use it in moments of tension, anxiety, or when you feel the first sign of panic.**



FEET-SEAT AND HANDS EXERCISE



- 1
- 2
- 3

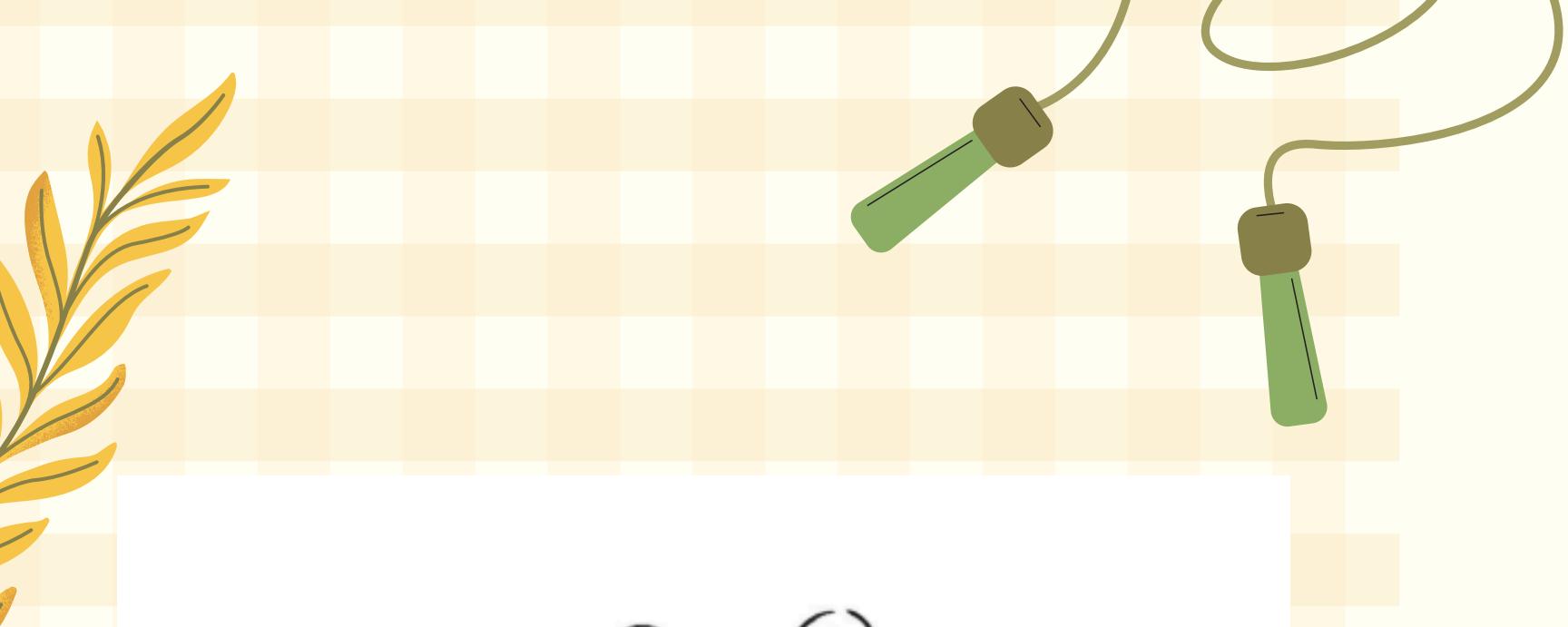
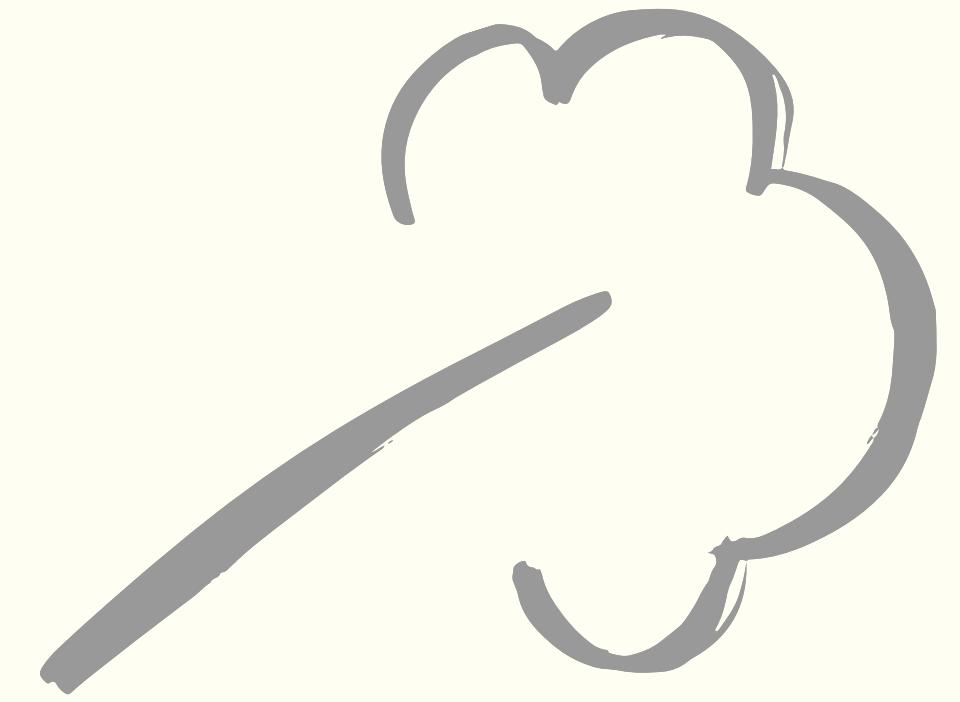
Lift your foot off the floor, take a deep breath in. Lower your foot and breathe out.

Gently lean to the side — breathe in as you lean. As you come back to the center, breathe out.

Press your palms together and rub them quickly. Count to ten. Place your warm hands on your legs.



HIGH-FIVE BREATHING



HIGH-FIVE ACTIVITY



**What are you
planning to do
today?**

**What will make
you happy
today?**

**What will you
do for yourself
today?**



THANK YOU!

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