

PRESENT OVER PERFECT

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STUDENT AFFAIRS WELLNESS INITIATIVES

Presence Activity

Consider a time when you felt really present?

Where were you?

What were you doing?

Alone? With someone/people?

How can we embed these moments more often into our day, *even during times of uncertainty and constraint?*

Mindfulness & Meditation, defined

Mindfulness

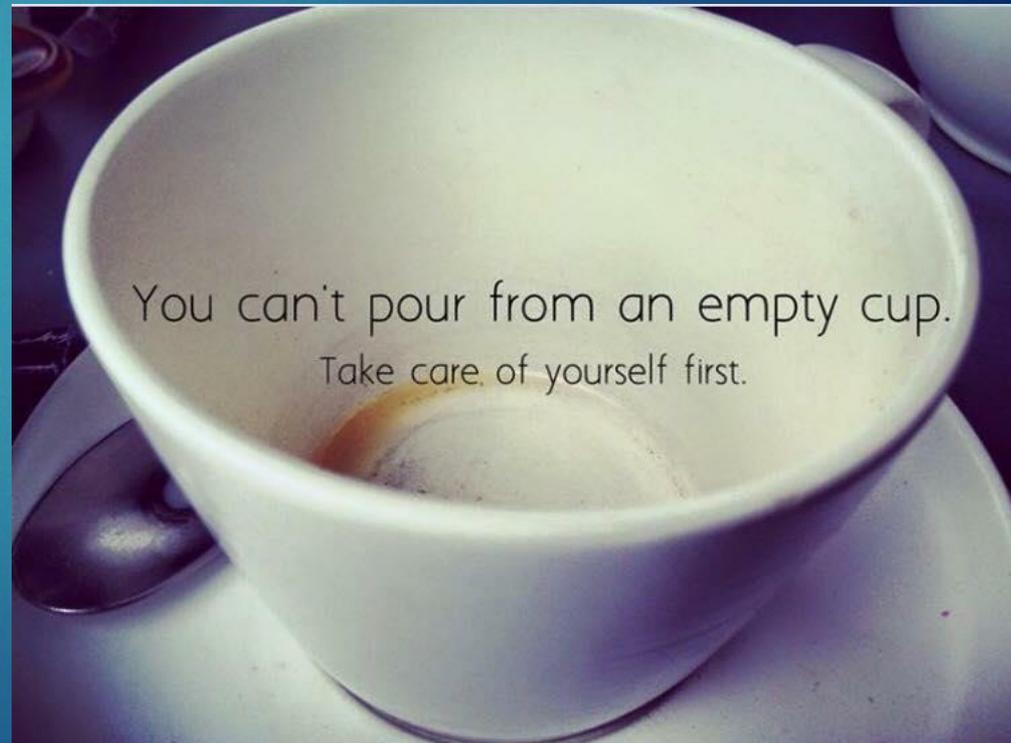
- ▶ A quality of attention
- ▶ Intentional focus on the present moment, without judgement

Meditation

- ▶ An active/formal practice of quieting the mind
- ▶ Multitude of ways to meditate, all with the purpose of sitting with “what is,” without judgement

How Can We Apply Mindfulness Practices to Everyday Experiences?

- ▶ Create a good foundation
- ▶ Strategically reduce the overwhelm
- ▶ Nourish the habits that give you energy



Create a solid foundation.



Stop
the
glorification
of
busy.

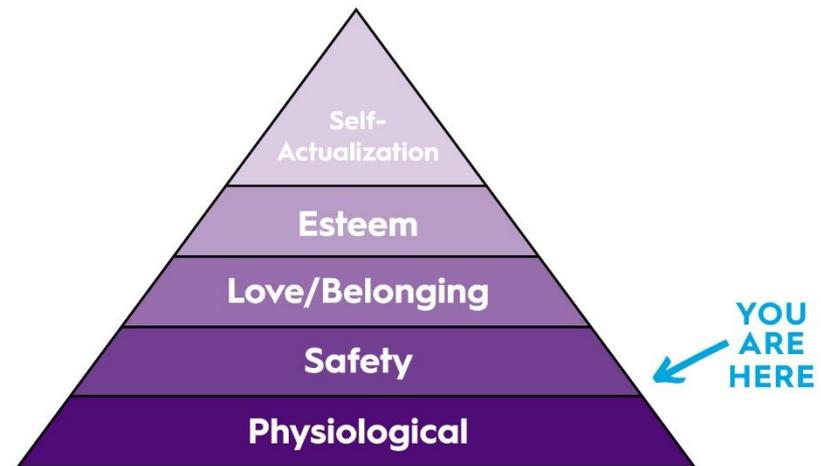
- Build your **psychological infrastructure**: Take care of yourself and invest in your TEAM
- Spend some time creating a **physical space** that serves a purpose
- Identify and maintain some **keystone habits**
- Create a **signing off ritual**

Manage Attention, Not Time

- ▶ Focus energy by re-setting expectations, time boundaries, and space needs
- ▶ Create a **Focused Attention Mindset**:
 - ▶ Declare your intent (*"I need to focus on..."*)
 - ▶ Take a small step in the direction of your intention
 - ▶ Remember to take short breaks in 45-90 minute intervals
 - ▶ Notice and reward when you have been successful

Ease the Overwhelm

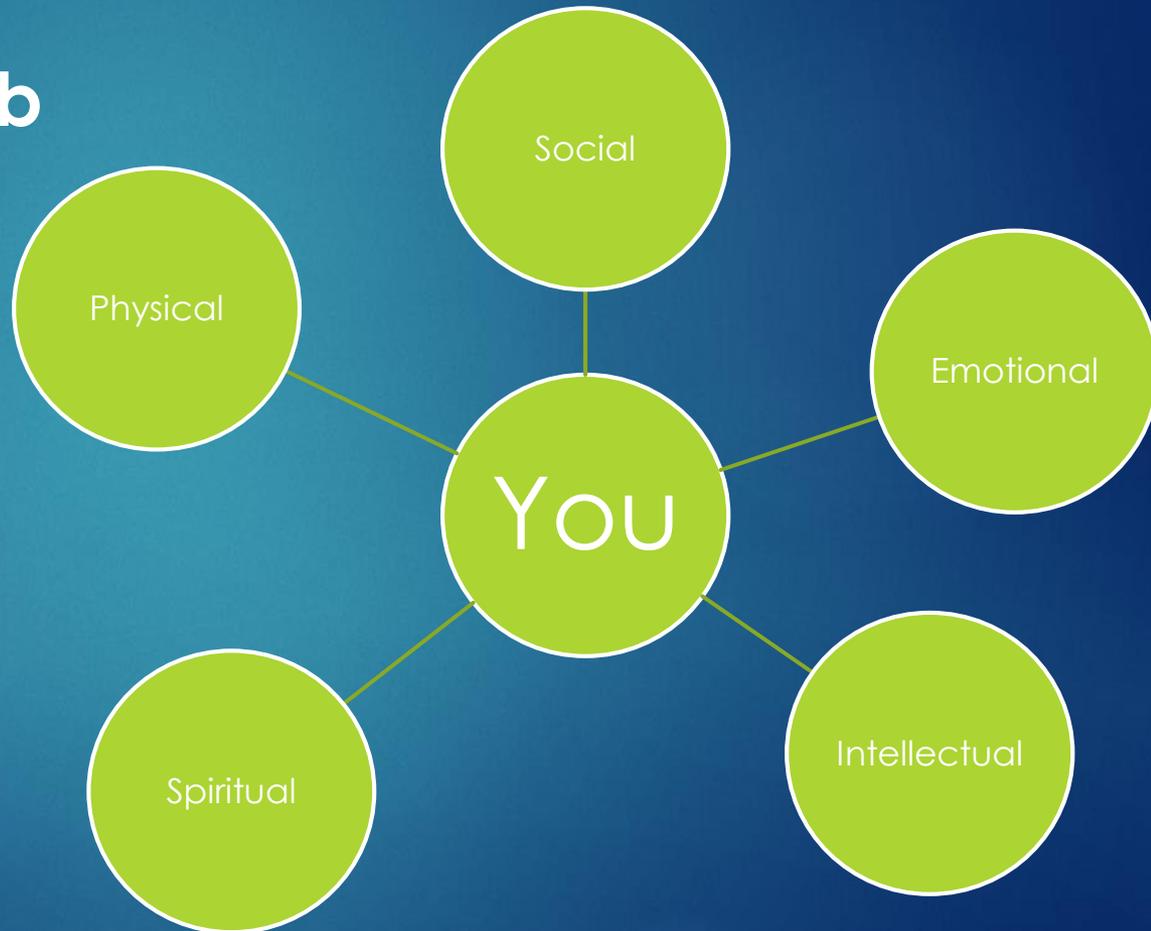
- ▶ Eliminate junk stimuli
- ▶ Practice self compassion
- ▶ Practice gratitude
- ▶ Find ways to help yourself and others



Maslow's Hierarchy of Needs

Nourish Habits that Give You Energy

- ▶ Identify your web of support
- ▶ Minimum effective dose/use of Micro-Habits
- ▶ Reduce the friction



Live Guided Meditations:

Pittsburgh wide: Join Mondays

5:30-6:30pm ET

Zoom Meditation Meeting

<https://pitt.zoom.us/j/155887635>

Meeting ID: 155 887 635

Headspace Live Meditations

throughout April

Student Support Resources

Guide to Living with Worry and Anxiety

Contact me: Angie Lusk at
alusk@andrew.cmu.edu



Headspace is free!

- ▶ Go to <https://work.headspace.com/cmu/join> on your PC
- ▶ Type in your Andrew email. This is important to verify your active membership with CMU.
- ▶ Headspace will then email you a redeem code via your Andrew email so you can sign up for a full, free subscription.
- ▶ If you want the app on your phone, you can now download the Headspace app and login with your new user name/password.
- ▶ If you have any issues, you can email teamsupport@headspace.com

