Your body is present. Is your mind?

Past  Present  Future

PRESENT OVER PERFECT
ANGIE LUSK
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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

You can’t pour from an empty cup. Take care of yourself first.
Create a solid foundation.

- 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**

*Stop the glorification of busy.*
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
Nourish Habits that Give You Energy

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

Diagram:
- You
  - Social
  - Physical
  - Spiritual
  - Emotional
  - Intellectual
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