



MINDFULNESS FOR OPTIMUM HEALTH & PEAK PERFORMANCE

Presented By: Debbie Lyn Toomey

MASSBUYS EXPO 2024

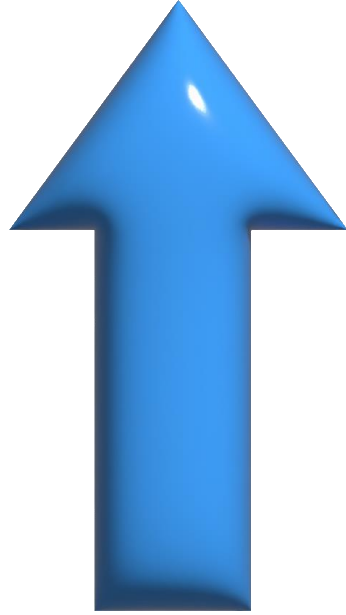


OVERVIEW

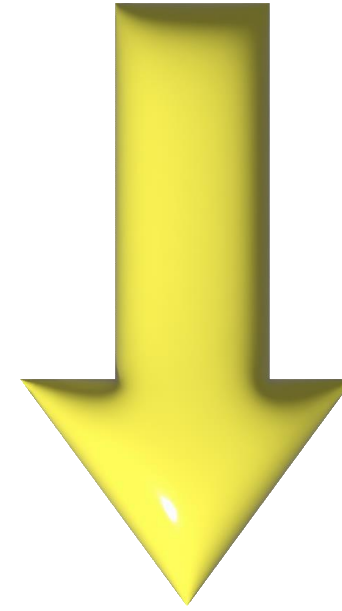
1. Discuss the impact of stress on productivity and health
2. Define mindfulness
3. Explain how mindfulness can increase peak performance
4. Share a mini-mindfulness routine that enhances peace, boosts productivity, and increases positivity
5. Determine ways you can implement a routine that is practical and doable every day







**WORKPLACE
STRESS**



PRODUCTIVITY

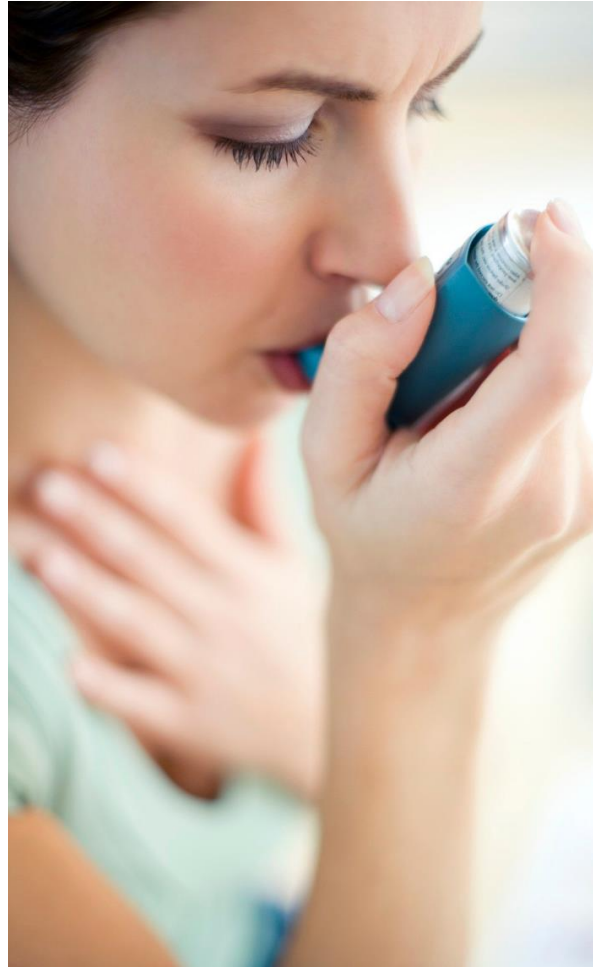
Bui, T., Zackula, R., Dugan, K., & Ablah, E (2021). Workplace Stress and Productivity: A Cross-Sectional Study. Kansas journal of medicine, 14, 42–45.
<https://doi.org/10.17161/kjm.vol1413424>



“Unmanaged stress is detrimental to happiness, sleep and overall health.” Andrew Huberman Ph.D



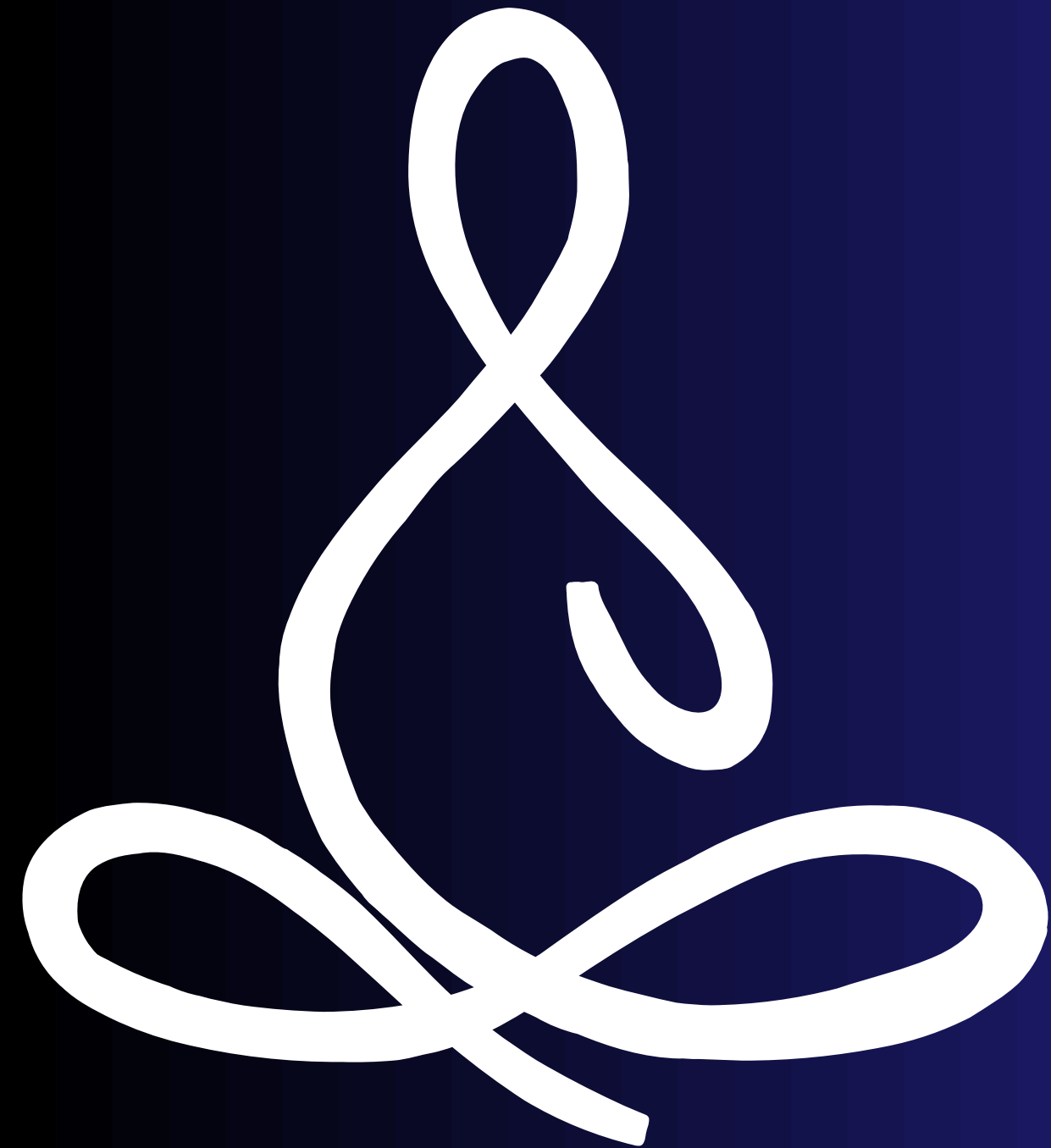
CHRONIC STRESS IMPACTS HEALTH



American Psychological Association (2023)



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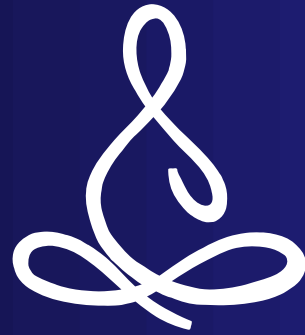


MINDFULNESS



**“The awareness that arises through paying attention,
on purpose, in the present moment, non-judgmentally.”**

Jon Kabat-Zinn



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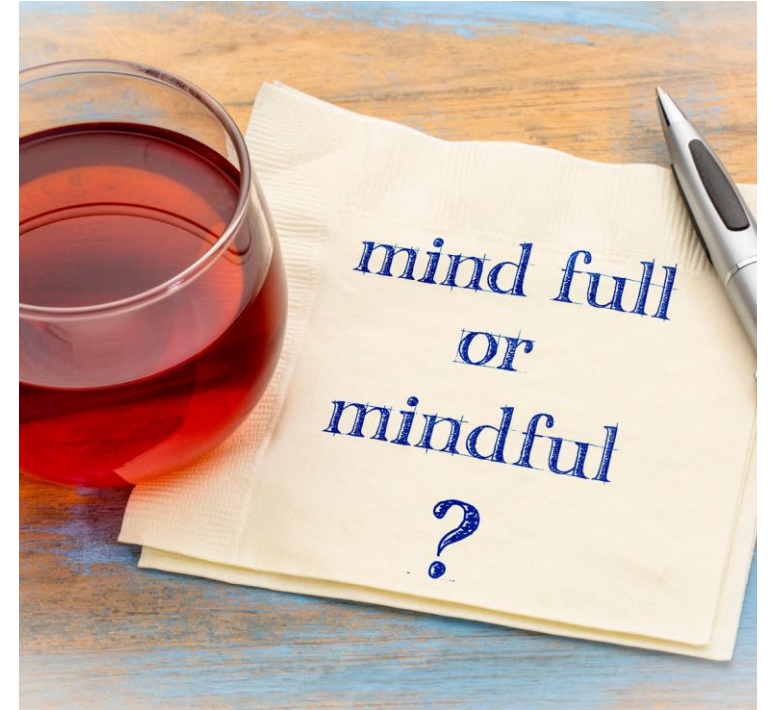
Jon Kabat-Zinn

”Actively noticing new things.”

Ellen Langer

HOW DOES IT HELP PERFORMANCE?

- Improves attention, concentration, and focus
- Helps with stress response
- Improves relationships by fostering empathy and compassion
- Reduces anxiety and relapses in depression

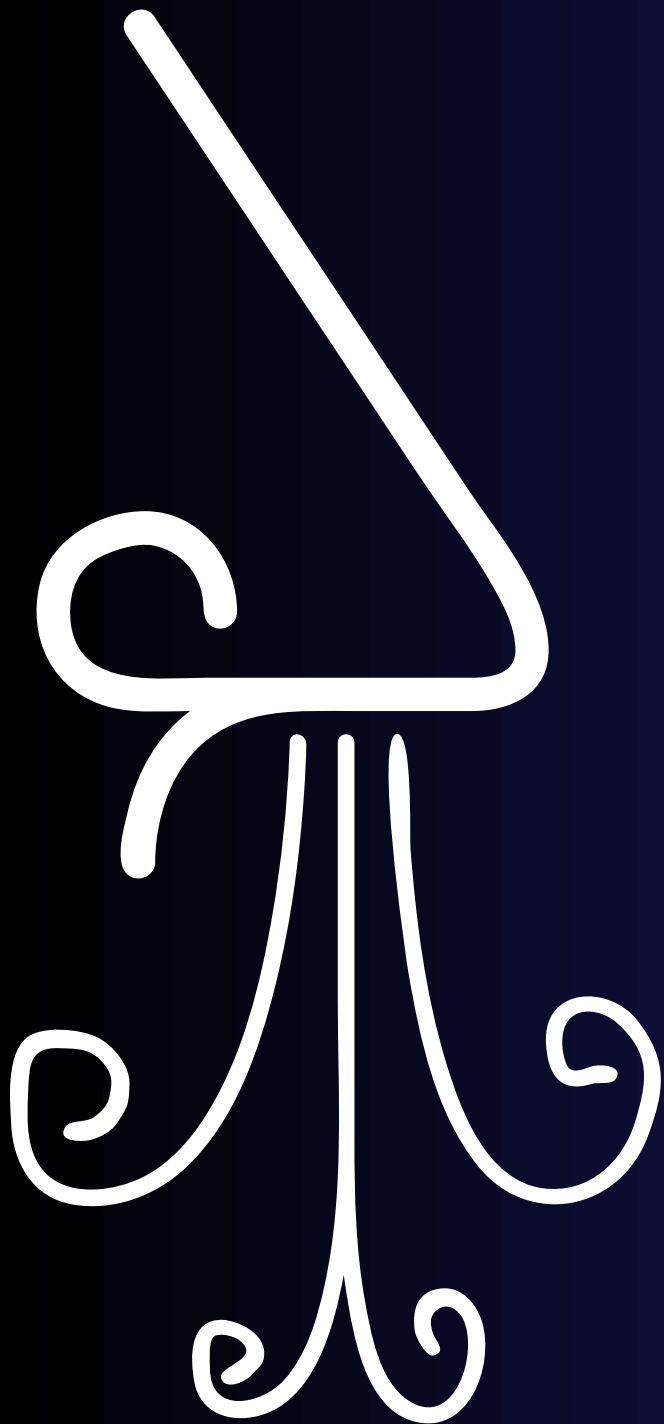


Chang, Y. K., Gill, D. L., Creswell, J. D., Chen, D. T., Lin, C. Y., Chu, C. H., & Nien, J. T. (2023). Effect of mindfulness-based intervention on endurance performance under pressure and performance-relevant mental attributes, an interdisciplinary perspective: Protocol for a Mindfulness-Based Peak Performance (MBPP) trial. *Contemporary clinical trials*, 129, 107175. <https://doi.org/10.1016/j.cct.2023.107175>





MINI-MINDFULNESS ROUTINE



**PAUSE
BREATHE
THANK YOU**



PAUSE

WHAT IS A PURPOSEFUL PAUSE?



“Taking purposeful pauses can allow you to be more fully present, and that presence is felt by those around you.”

~ Janice Marturano

Janice Marturano, founder of Mindful Leadership Institute, author of *Finding the Space to Lead*



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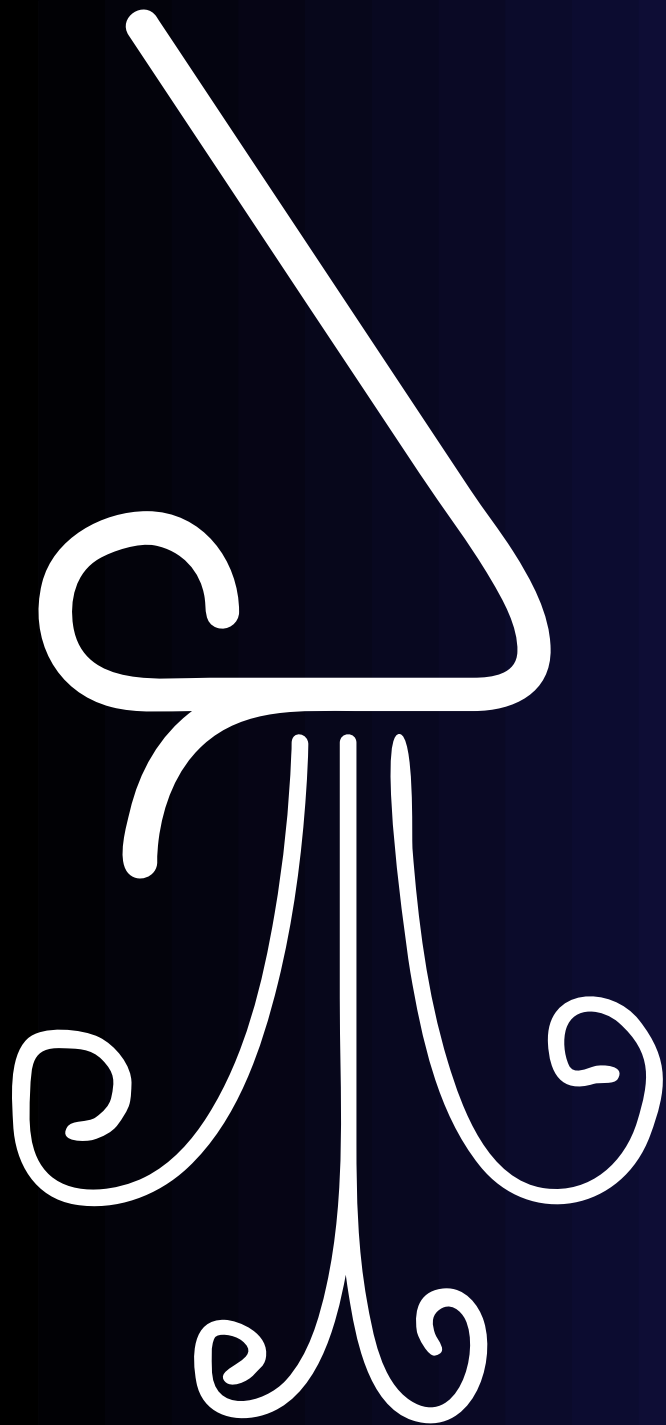
LET'S TRY IT!



- Stop & Check-in.
- How am I doing?
- Am I present in moment?
- What can I do to help me regroup?

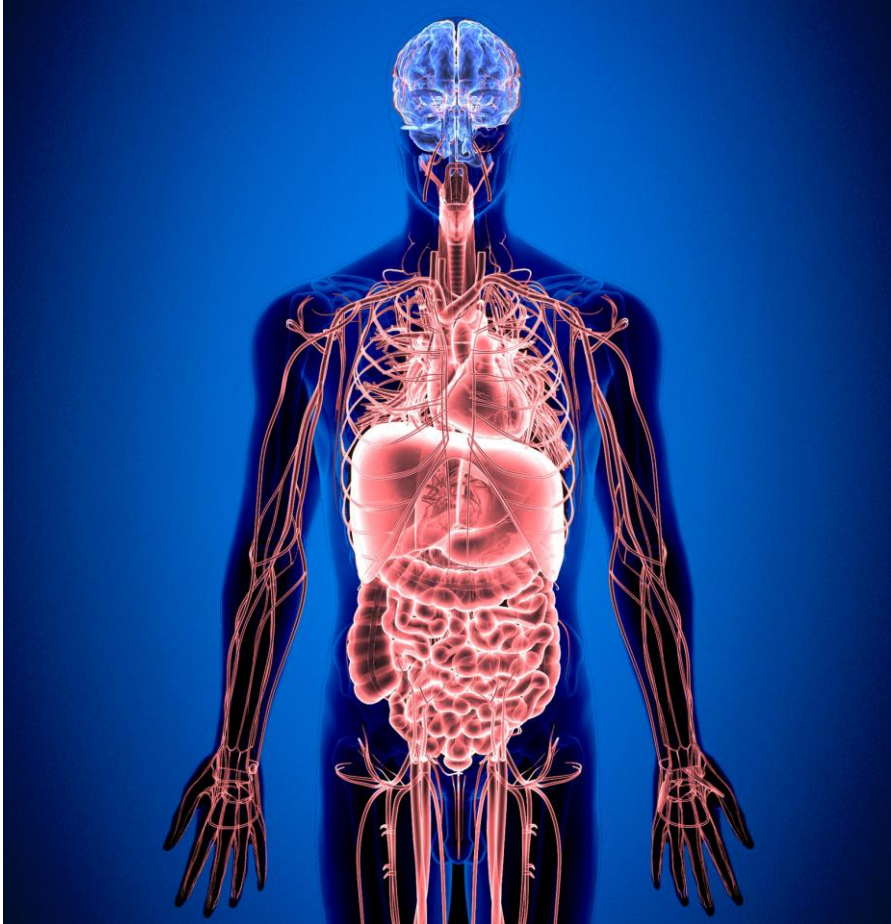
Janice Marturano, founder of Mindful Leadership Institute, author of *Finding the Space to Lead*





BREATHE

WE BREATHE 20,000 TIMES/DAY



But stress impacts our breathing!

- Are you breathing deeply enough?
- Who or what makes you hold your breath?
- Who or what takes your breath away?

American Lungs Association (2020)



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2:1 BREATHING EXERCISE



- Breathe in for a count of 3.
- Hold for a count of 3.
- Breathe out for a count of 6.
- Repeat.



PHYSIOLOGICAL SIGH (CYCLIC)



“Cyclic sighing is most effective at improving mood and reducing respiratory rate.”

~ Cell Reports Medicine (2023)

Balban et al., 2023, Cell Reports Medicine 4, 100895 January 17, 2023 ^a 2022 The Authors. <https://doi.org/10.1016/j.xcrm.2022.100895>



CYCLIC SIGH - 24 HOUR BENEFIT



- Inhale deeply through the nose
- Take another deep breath
- Pause
- Exhale fully through the mouth

5-minute yields --> 24-hour benefit

Balban et al., 2023, Cell Reports Medicine 4, 100895 January 17, 2023 ^a 2022 The Authors. <https://doi.org/10.1016/j.xcrm.2022.100895>





THANK YOU

WHAT IS GRATITUDE?

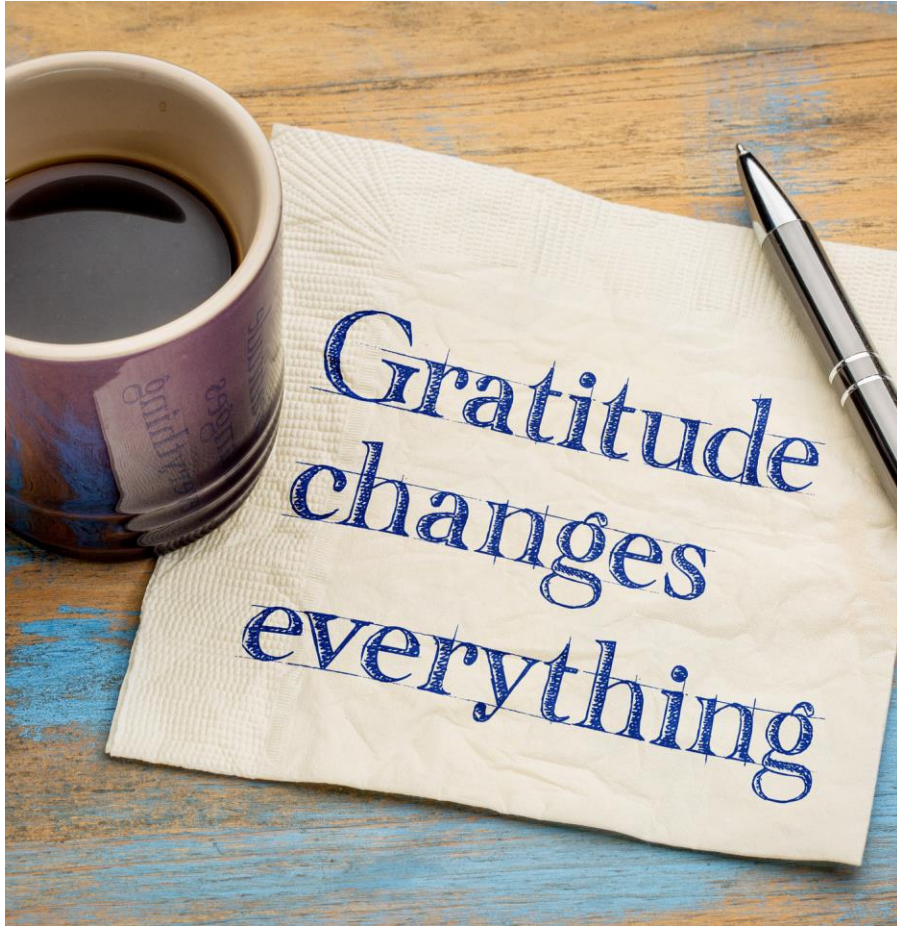


“Gratitude is an affirmation of goodness and a recognition that these sources of goodness exist outside of ourselves.”

~ Robert Emmons



5 BENEFITS OF GRATITUDE



Psychology Today (2015)

1. Enhances relationships
2. Improves physical and mental health
3. Increases empathy and reduces aggression
4. Boosts self-esteem
5. Increases resilience



3 GOOD THINGS EXERCISE

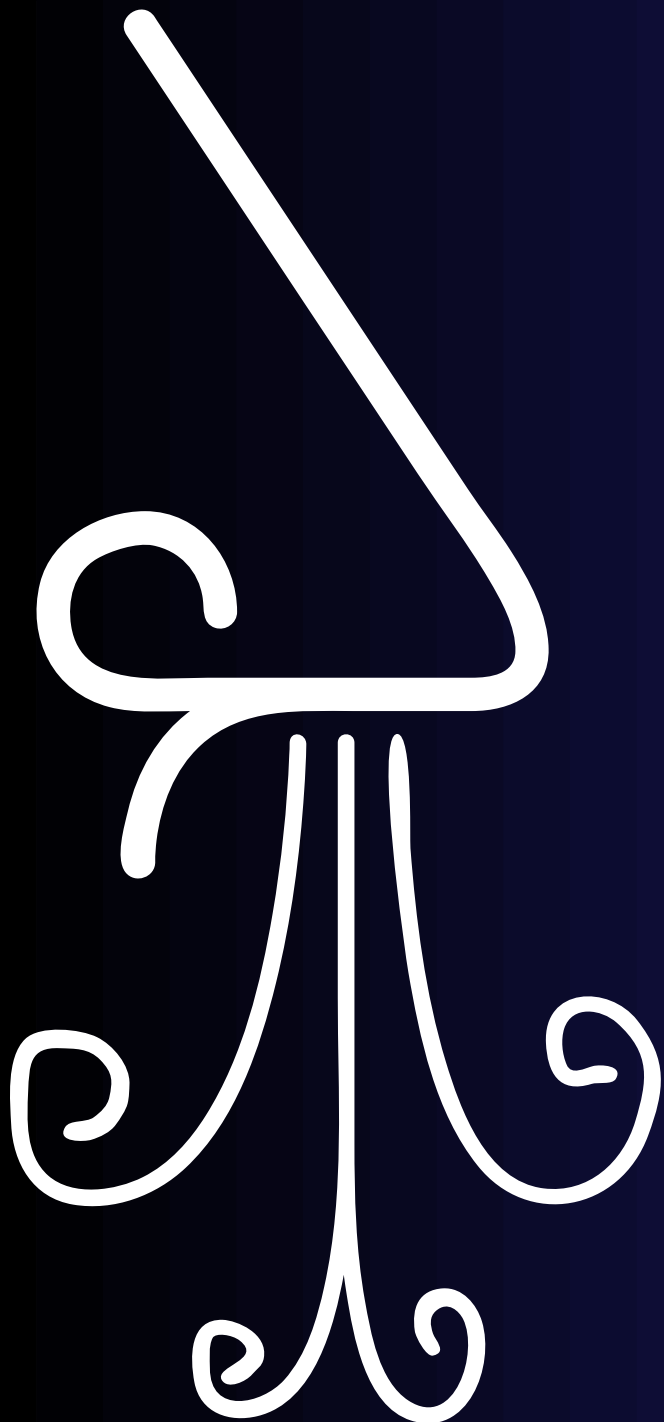


- Think of 3 good things that have happened to you recently.
- Determine what made them “good.”
- How did they make you feel?

Emmons, Robert A, *Thanks!: How the New Science of Gratitude Can Make You Happier* (2007)



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**PAUSE
BREATHE
THANK YOU**

DEBRIEF

1. Is this mini routine doable?
2. When would you use it?
3. Where would you use it?

REVIEW

1. Discussed the impact of stress on productivity and health
2. Defined mindfulness
3. Explained how mindfulness can increase peak performance
4. Shared a mini-mindfulness routine that enhances peace, boosts productivity, and increases positivity
5. Determined ways you can implement a routine that is practical and doable every day



BOOKS TO FURTHER YOUR PRACTICE

1. **Full Catastrophe Living** by Jon Kabat-Zinn
2. **Counterclockwise: Mindful Health and the Power of Possibility**
by Ellen Langer
3. **Finding the Space to Lead** by Janice Marturano
4. **Breath - The New Science of a Lost Art** by James Nestor
5. **Thanks - How the New Science of Gratitude Can Make You Happier**
by Robert Emmons







THANK YOU!

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