



SUPER
WELLNESS



Mindfulness



AGENDA

What is Mindfulness?

How your mind works

The mind-body connection

Nutrition for a calm mind

The power of the breath

Let's practice!



Facts – mindfulness to avoid burnout

Mindfulness is a state of mind, an alert relaxedness allowing whatever sensations, feelings, or thoughts experienced at that present moment to flow through mental space, merely witnessed, noted, then allowed to move on.

Learned Mindfulness is education preventing and improving the burnout syndrome. Once learned, mindfulness exists as a baseline awareness.



Intelligence Perspective, Frank John Ninivaggi MD, in Learned Mindfulness, 2020



Why practice mindfulness?

Mindfulness

vs

Mindlessness

In control

vs

On autopilot

Calm body

vs

Stressed body

Happy gut

vs

Stressed gut



What is mindfulness?

- Being present in the NOW
- Passive observation
- No judgement





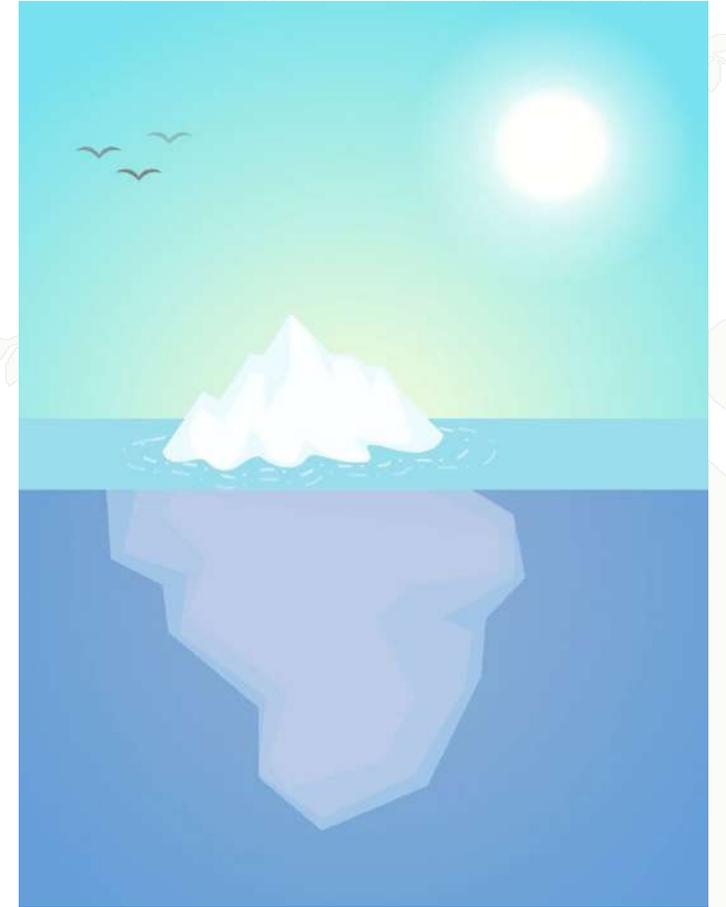
Mindfulness can help you to...

- Become more self-aware of unhelpful patterns and habits
- Reduce your stress levels and create a sense of calm
- Have more choice in how to respond to your thoughts and feelings
- Learn to cope with difficult or unhelpful thoughts
- Be more compassionate towards yourself



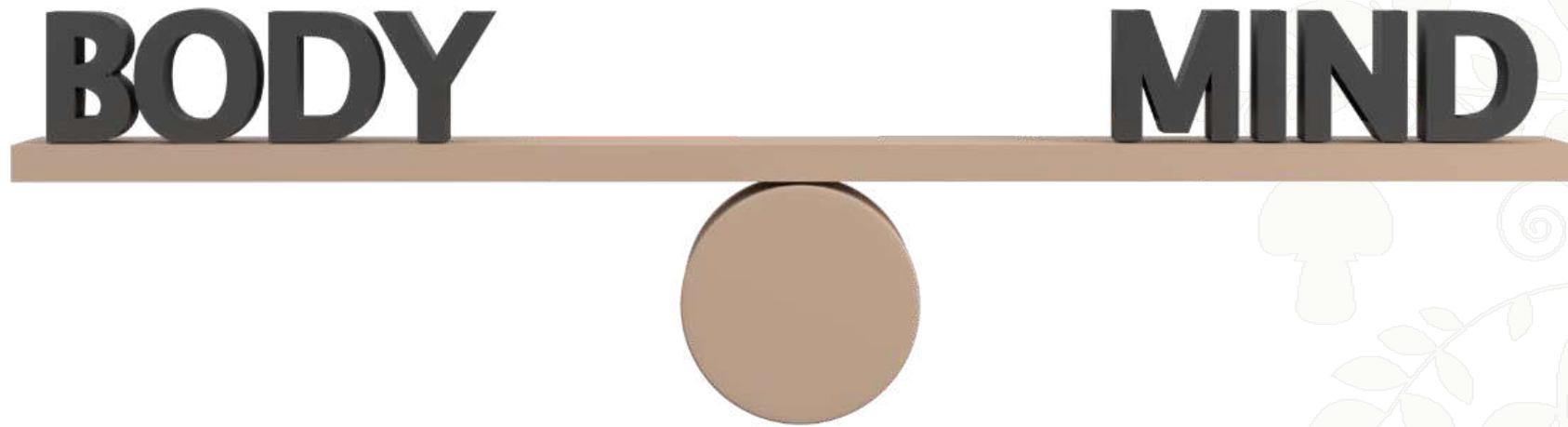
Observing the language of your subconscious mind

- Stores everything that has happened to you in life
- It is unable to distinguish between fact or fiction
- Uses imagery and symbolism
- Uses feelings and emotions
- It is your inner guidance system and survival mechanism





Creating a balanced mind and body



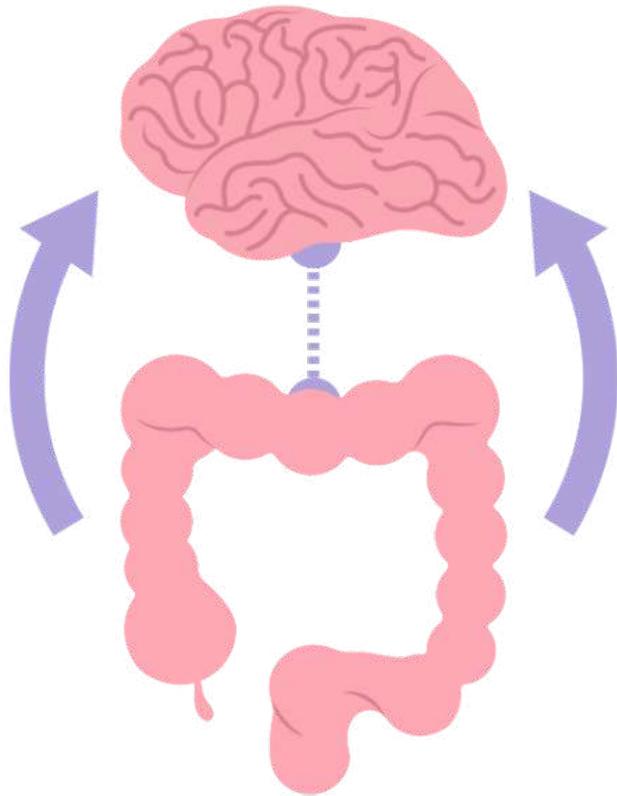


Mindful Eating





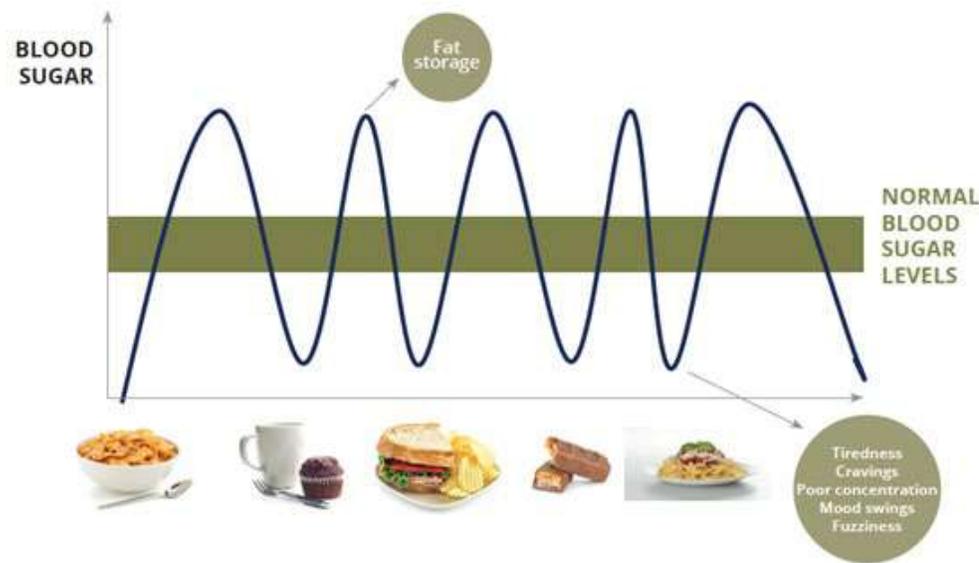
The gut brain axis



- 100 million nerve cells line your digestive system
- Stress reduces blood flow to your gut and impairs its performance
- This influences the absorption of nutrients and the production of chemical messengers
- Influencing thinking and memory



Balancing your energy levels



Things to avoid:

- Sugary breakfast low in protein
- Skipping breakfast
- Low protein meals
- Sugar & refined carbohydrates
- Sugary drinks
- Sugary 'health' bars
- Too much caffeine



Things to include

- Protein with every meal and snack
- Protein breakfast
- ½ - 1 tsp. cinnamon powder daily
- Slow releasing fibre-rich carbs (brown rice, quinoa, oats, rye bread, sweet potato, root veg, beans & legumes)



Foods for rest & relaxation

Tryptophan-rich foods



- **Meat** – chicken breast, turkey, beef, lamb
- **Fish** – shellfish, halibut, mackerel, cod
- **Shellfish** – lobster, prawns, crayfish, oysters
- **Legumes** – butter beans, black beans, lentils, kidney beans
- **Grains** - Whole oats, buckwheat
- **Cheese** – parmesan, mozzarella, cottage cheese
- Eggs
- Bananas
- **Nuts and seeds** – chia, sesame, flax, sunflower, pistachios, cashews, almonds and hazelnuts

Sources of Magnesium





Using the breath to relax and let go of anxiety

- Initiates your body's relaxation response
- Communicates with your diaphragm
- Involved in the control of your moods
- Sends anti-inflammatory signals to your body





JUST
breathe





Calm mind = calm body

Additional Resources

MINDFULNESS

Do you find yourself often caught up in negative thought patterns that impact your mood and relationships, or struggling to focus and get clarity on things? Many studies have highlighted the benefits of developing a mindfulness practice.

WHAT IS MINDFULNESS?

- A state of awareness
- No judgement
- Noticing what's happening in the present moment - In your mind (thoughts and feelings), body and surroundings (sights, sounds, smells and tastes)
- A skill you can learn and practise
- Rooted in Buddhism but you don't need to be spiritual to practise it

WHAT ARE THE BENEFITS?

- STRESS:** Reduces heart rate and blood pressure
- SLEEP:** Body scan technique especially helpful
- RELATIONSHIPS:** Increases emotional intelligence
- PAIN:** Changes the perception of pain and improves tolerance
- COGNITION:** Improves working memory, planning, decision making, creative thinking and focus
- MOOD:** Benefits shown in depression using Mindfulness-based Cognitive Behavioural Therapy
- ADDICTIONS:** Helps to manage cravings for food, cigarettes, alcohol and other substances
- GENERAL HEALTH:** 8 weeks of practice led to a change in the expression of 172 genes that regulate inflammation, circadian rhythms and glucose metabolism

MINDFULNESS CHANGES YOUR PERCEPTIONS AND FEELINGS:

- Become more aware of your own feelings
- Feel calmer and less stressed
- Choose how to respond to your thoughts and feelings
- Cope better with difficult thoughts
- Positively change the way we see ourselves and our lives
- Stand back from our thoughts and start to see their patterns
- Experience a fresh things that you have been seeking for granted
- Be kinder towards yourself

HOW TO PRACTISE?

- Pick a regular time
- Choose a technique that works for you
- Simply observe your thoughts without judgment and let them go
- Keep bringing your attention back if your mind starts to wander
- An app or guided meditation can be helpful

SOME TECHNIQUES TO CHOOSE FROM:

- Breathing meditation
- Movement (yoga, walking, Tai chi)
- Mindful eating
- Body scan technique
- Apply mindfulness to an everyday activity

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Layered Chia Yogurt Pots

Brightly coloured tropical fruit may contain a range of healthy vitamins and phytochemicals, but they are also higher in sugar than berries and fruits from cooler climes. A good way to offset tropical fruit's blood sugar disrupting aspects are to mix them in with protein foods, additional fibre and healthy fats which slow down digestion and blood sugar release. These pretty pots pack a proper protein punch from both the yogurt and the chia seeds. Chia is also rich in plant fibres and essential omega 3 fats which support hormone, brain and immune health. Voilà!

Serves 2

Ingredients

- Option 1: Raspberry layer pot**
 - 1 tbsp chia seeds
 - 75g fresh raspberries, mashed
 - 75g fresh raspberries, whole
- Option 2: For Mango layer pot**
 - 1 tbsp chia seeds
 - 100 ml of mango puree - fresh or canned
 - Half a fresh mango, sliced
- Option 3: For Mandarin layer pot**
 - 1 tbsp chia seeds
 - 100 ml mandarin juice from tinned mandarins
 - 100g mandarin segments
- All options:** 150g plain yogurt - such as Skyr, or soya yogurt for a vegan alternative

Method

- In a small bowl mix the chia seeds and chosen fruit puree, or pulp, really well.
- Cover and leave in the fridge for at least 30 mins - or even overnight - so the mixture can thicken to a jam-like consistency.
- To make up the pots, put a layer of fresh fruit into your dish or travel container. Spoon on a layer of yogurt. Add a layer of the chia jam and finish with another layer of yogurt.
- Decorate with your choice of toppings fruit, sugar-free granola, toasted seeds or nuts. Mmm!

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Pepper Walnut & Bean Dip

Making your own hummus style dips is quick and cheap - and can be healthier than shop bought varieties. This tasty dip could be just the sort of snack your brain will thank you for... Walnuts provide omega 3 fats which help brain cells to communicate effectively, and zinc which may defend against depression. The beans are a nutrient rich mix of slow burn carbs, which will give the brain a steady flow of energy, protein which makes key brain chemicals - plus magnesium for healthy nerve message transmission. With their bright red colour the peppers and paprika spice are rich in antioxidants which can protect brain cells from damage and ageing.

Makes 1 portion

Ingredients

- 1.5 roasted red bell peppers from a jar, drained and roughly chopped
- 50g fresh shelled walnuts
- Half a can of cannellini beans, drained
- 2 tsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- ¼ tsp chilli powder (optional)
- 1 very small garlic clove, sliced
- Good squeeze of lemon juice (optional)
- Salt and pepper to taste
- Top with:**
 - Drizzle of olive oil
 - Teaspoon of harissa paste
 - Sprinkling of chopped walnuts

Method

- Roughly chop the bell peppers and put in a food processor with the rest of the ingredients.
- Blend for a minute or two, until you have a fairly smooth paste. Check the seasoning and add more if desired.
- Decorate with your choice of toppings and serve with raw vegetable batons, or spread the dip on oozcakes or wholegrain crackers.
- This dip can be covered tightly, taken in to work and kept in the fridge for 3-4 days.

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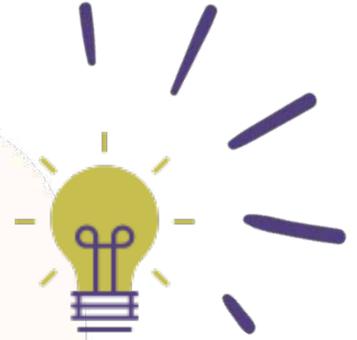
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