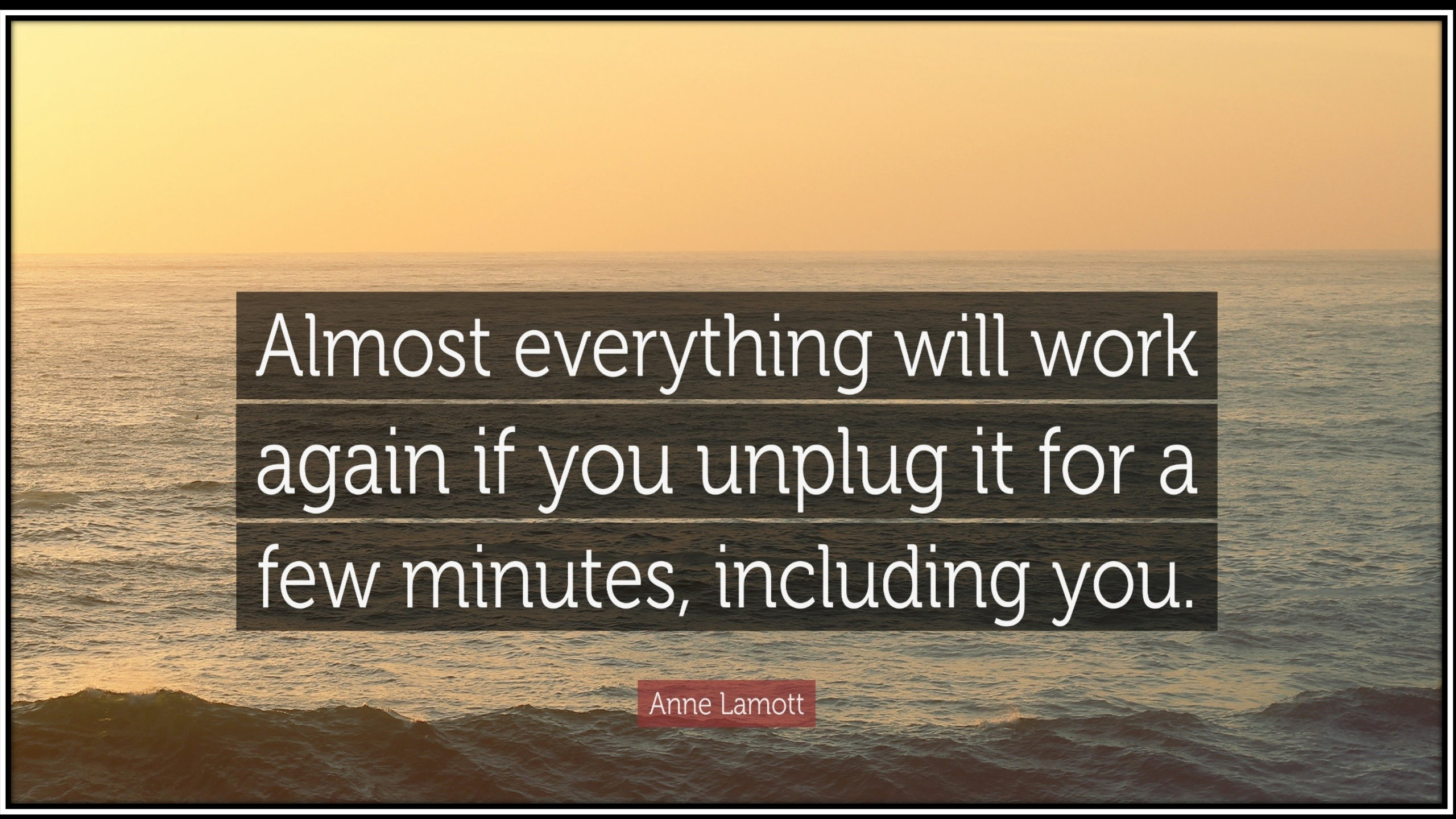




Finding Calm in the Storm: Empowering Mindful Leadership

Melanie Carvell, PT,
*Author of **Running with the Antelope; Lessons of
Life, Fitness, and Grit on the Northern Plains***

A photograph of a sunset over the ocean. The sky is a warm, golden yellow, and the water is a deep blue with white-capped waves. A dark, semi-transparent rectangular box is centered over the image, containing a quote in white text. The quote is: "Almost everything will work again if you unplug it for a few minutes, including you." Below the quote, in a smaller red box, is the name "Anne Lamott".

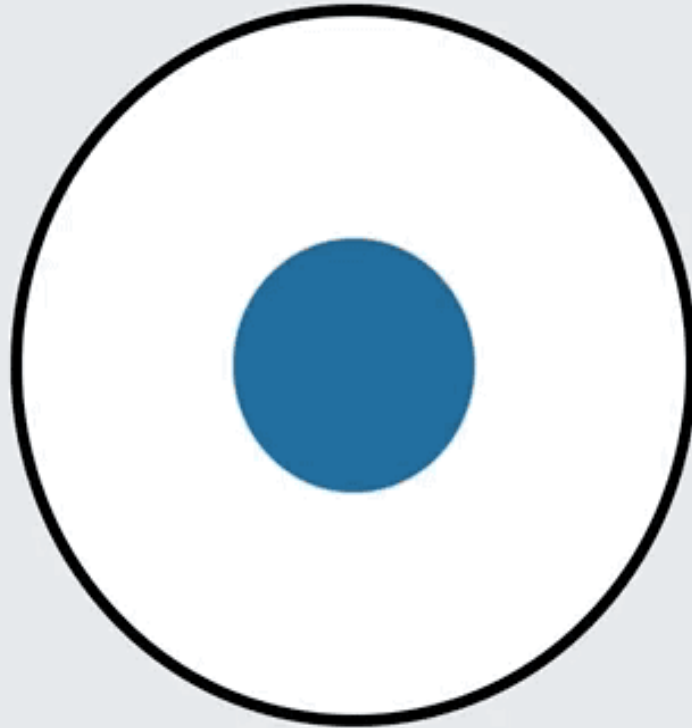
Almost everything will work
again if you unplug it for a
few minutes, including you.

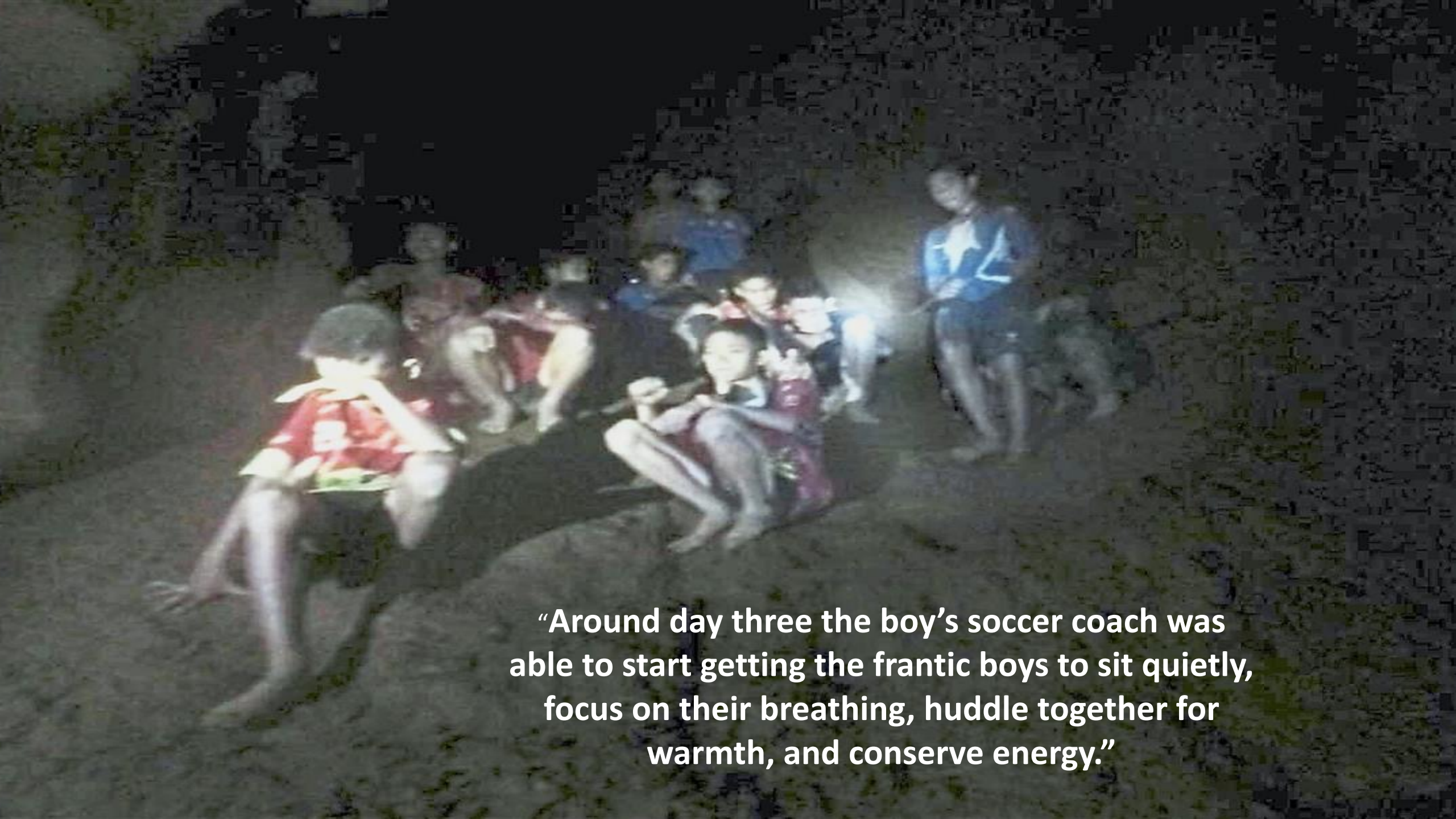
Anne Lamott

<p>“How The Beatles’ Meditation Technique Could Cure Depression”</p> <p>THE INDEPENDENT</p>	<p>“Can Meditation Top Medication?”</p> <p>The Boston Globe</p>	<p>“Why Meditation Helps You Focus: Mindfulness Improves Brain Wiring In Just A Month”</p> <p>Daily Mail</p>	<p>“Meditation Boosts Part Of Brain Where ADD, Addictions Reside”</p> <p>ars ars technica</p>	<p>“Why Meditation And Orgasm Feel The Same To The Brain”</p> <p>THE HUFFINGTON POST</p>
<p>“Meditation Boosts Genes That Promote Good Health”</p> <p>NewScientist</p>	<p>“It’s Not Just For Your Brain: Meditating Can Actually Change Your DNA”</p> <p>FAST COMPANY</p>	<p>“We Need To Take Meditation More Seriously As Medicine”</p> <p>TIME</p>	<p>“Re-Wiring Your Brain For Happiness: How Meditation Can Physically Change The Brain”</p> <p>abc NEWS</p>	<p>“Meditation ‘Makes People More Intelligent By Growing The Brain”</p> <p>The Telegraph</p>
<p>“Short-Circuit Stress: Mindful Meditation May Be Key To Better Sleep”</p> <p>TODAY</p>	<p>“Meditation Gives Brain A Charge”</p> <p>The Washington Post</p>	<p>“Mindfulness As Good As Antidepressant Drugs, Study Says”</p> <p>CNN</p>	<p>“Even Beginners Can Curb Pain With Meditation”</p> <p>npr</p>	<p>“Meditation Can Improve Your Memory, Focus, And Productivity At Work”</p> <p>lifehacker</p>
<p>“Meditation Gives Brain Power A Boost: Study”</p> <p>FOX NEWS</p>	<p>“Meditation Makes People More Rational Decision-Makers”</p> <p>USA TODAY</p>	<p>“Study: Meditation Improves Memory, Attention”</p> <p>the Atlantic</p>	<p>“Want A Sharp And Youthful Mind? Meditate”</p> <p>TORONTO STAR</p>	<p>“Meditation Is Proven To Be The Serene Way To Get Smarter”</p> <p>Daily Mail</p>

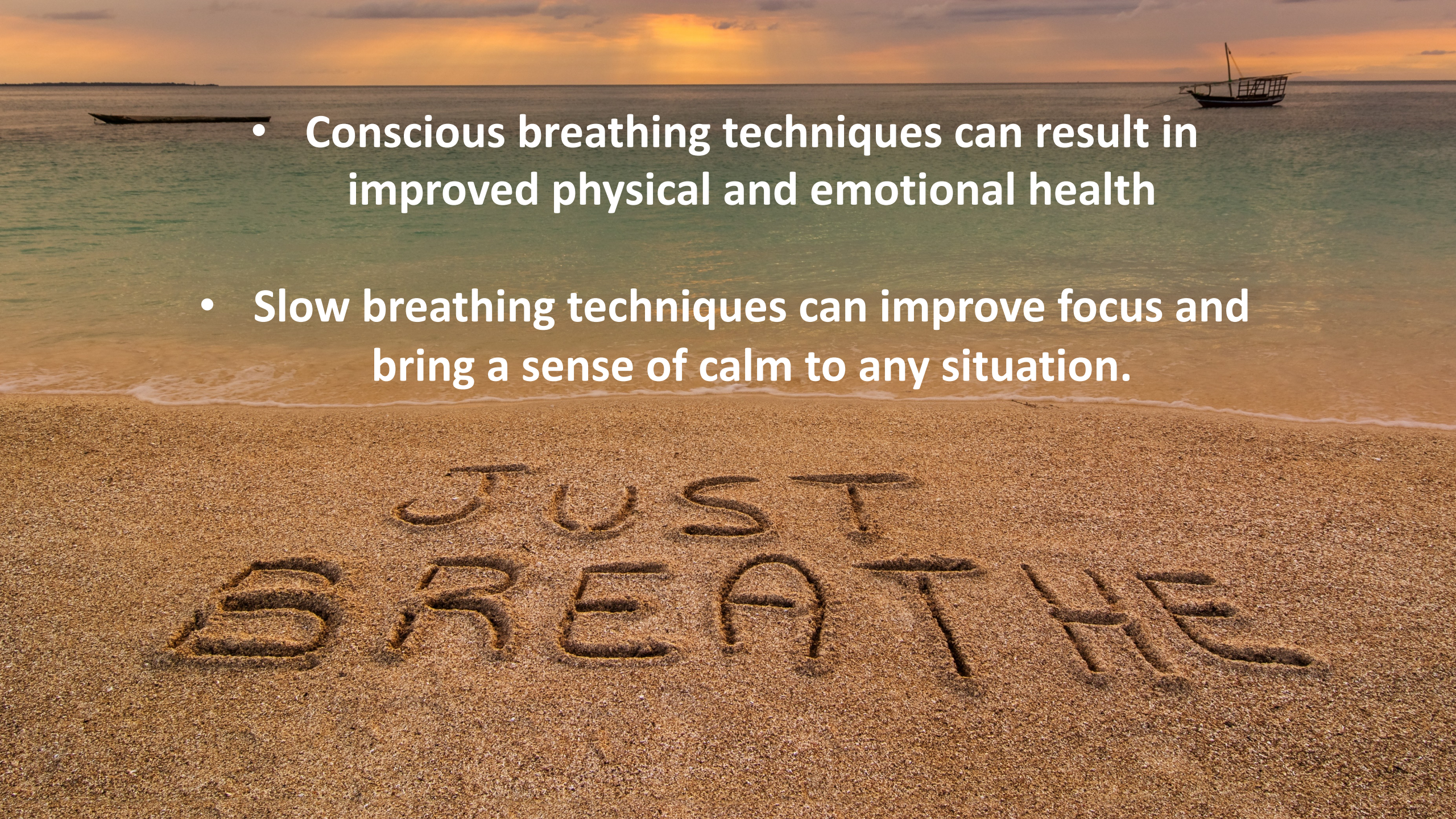
A Quick Shot of Calm...

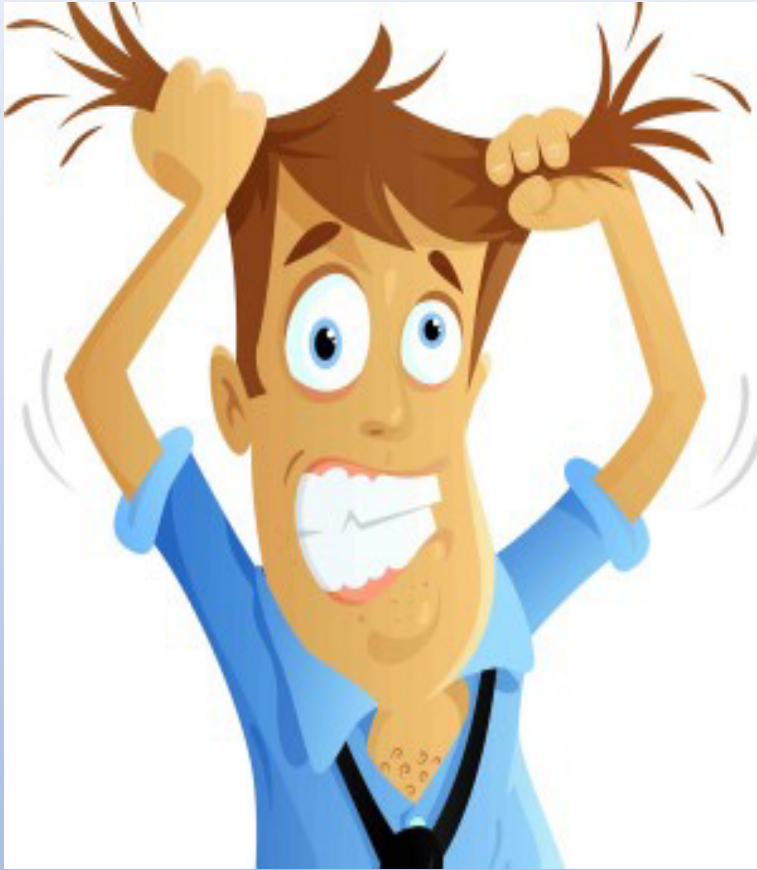
Tactical or “Box” Breathing



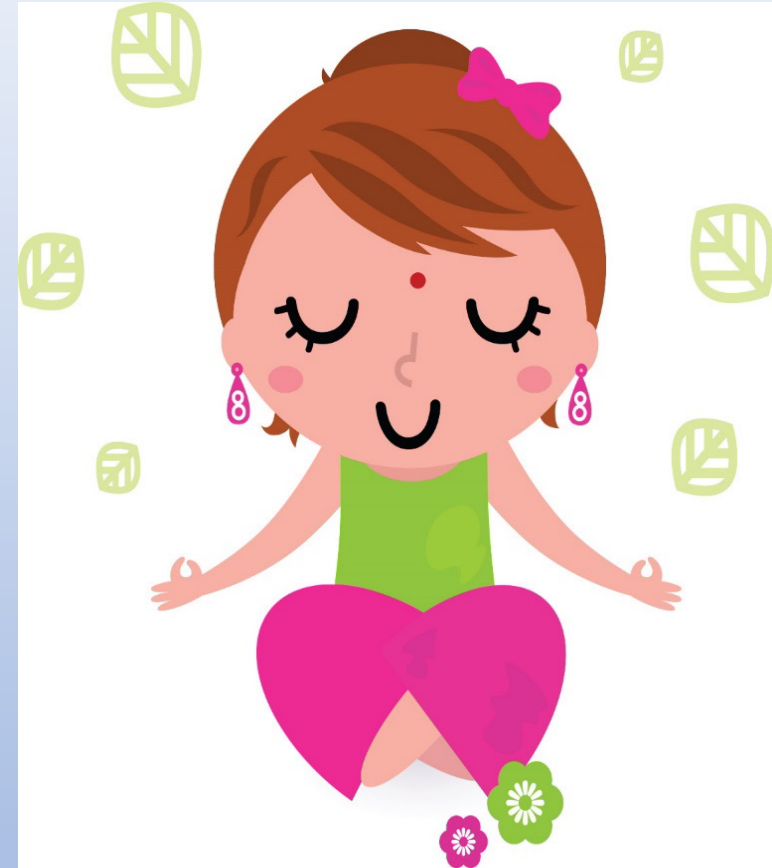


“Around day three the boy’s soccer coach was able to start getting the frantic boys to sit quietly, focus on their breathing, huddle together for warmth, and conserve energy.”

- 
- A serene beach scene at sunset. The sky is a mix of orange, yellow, and grey clouds. The ocean is calm with a few small boats visible in the distance. In the foreground, the words "JUST BREATHE" are written in large, capital letters in the sand. The sand is a mix of brown and tan colors.
- Conscious breathing techniques can result in improved physical and emotional health
 - Slow breathing techniques can improve focus and bring a sense of calm to any situation.



Fight or Flight



Rest and Restore

Activating our “Rest and Restore” system 5/8 breathwork





Meditation trains us to “be” with whatever is
happening rather than getting upset and
over-reactive

FEBRUARY 3, 2014

Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME

THE
MINDFUL
REVOLUTION

The science of finding focus in a
stressed-out, multitasking culture

BY KATE PICKERT

time.com

**Mindfulness is about being
PRESENT...simply being
aware of what is happening
right now, without the need
to judge or control.**



**How do you leave
others feeling after you
have crossed their
path?**



**QUIT WEARING BUSY
LIKE A BADGE OF HONOR**

Characteristics of mindful leaders:

- They are less likely to be reactive, jump to conclusions, or to take things too personally
- They can appreciate both sides of a situation
- They understand all things come and go
- They are much less likely to “multi-task”
- They are more likely to eat and drink mindfully

Meditation is a powerful mindfulness practice...

Sleep

Cardiovascular health

Wound healing

Immunity

Focus

Performance

Memory

Self Control

Acute and Chronic Pain

High blood pressure

Inflammation

Insomnia

Stress

Anxiety and depression

PTSD

Addictive behaviors

Meditation myths:

- **It's complicated**
- **You need to do it an hour a day**
- **You need to chant in a foreign language**
- **You need to empty your mind completely**
- **You need to sit in the lotus position**
- **You need to have a dedicated time and complete quiet**
- **It is a weird religious activity**
- **It will make you lose your edge**
- **Strange things will happen**



Stressful event

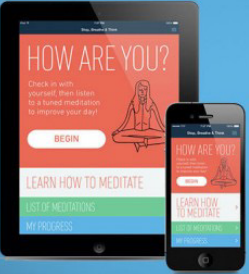


**React with anger,
frustration, and worry**

Stressful event



**Breathe, pause and think;
respond calmly and consciously**



STOP,
BREATHE
& THINK APP
stopbreathethink.org



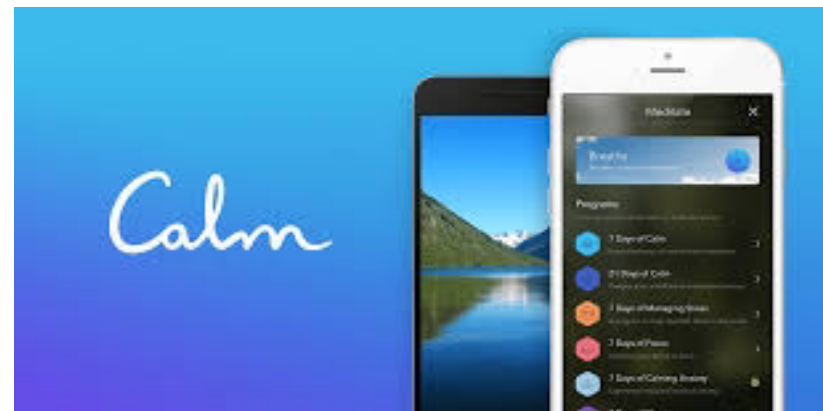
getting the
whole world
meditating
one person at
a time
www.insighttimer.com



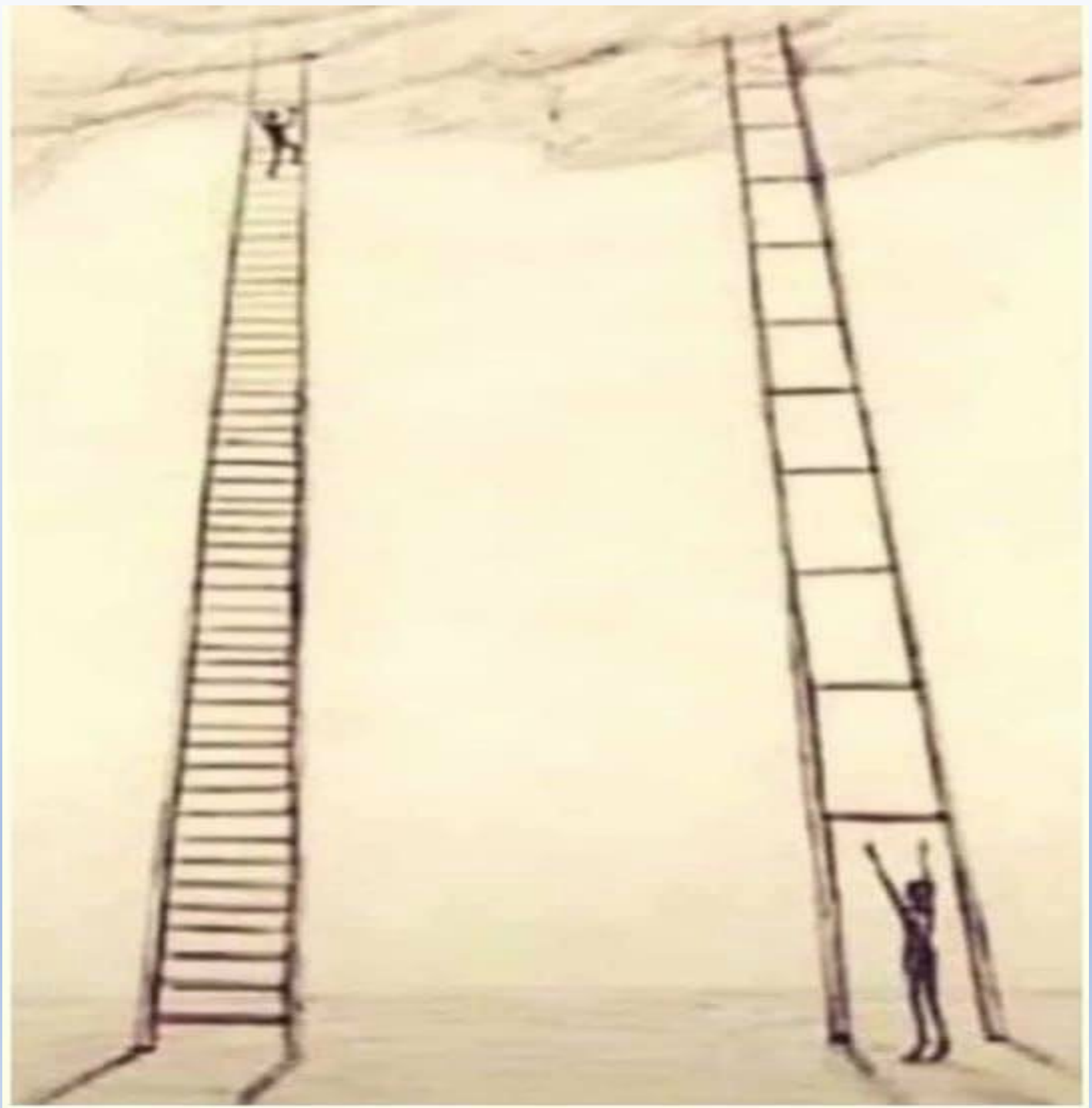
unplug
meditation



10% HAPPIER
WITH DAN HARRIS



**Never
underestimate the
power of taking
small steps**

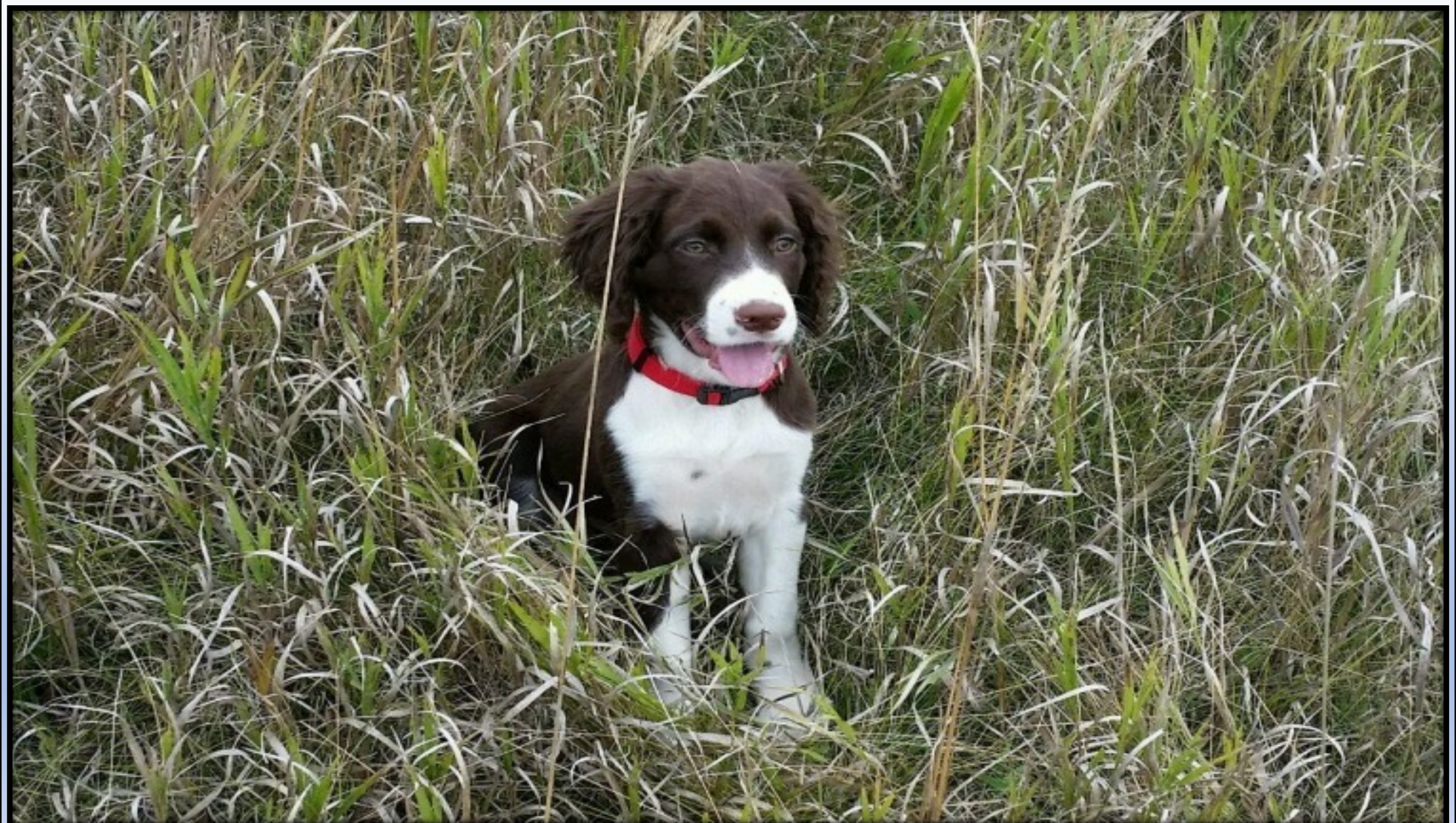


**Choosing the hard road sometimes
Is good practice for when the hard
road chooses you**



- If you can sit quietly after difficult news
- If in financial downturns you remain perfectly calm
 - If you can happily eat whatever is on your plate
- If you can love everyone around you unconditionally
- If you can always find contentment just where you are

You are probably...





Thank you!

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