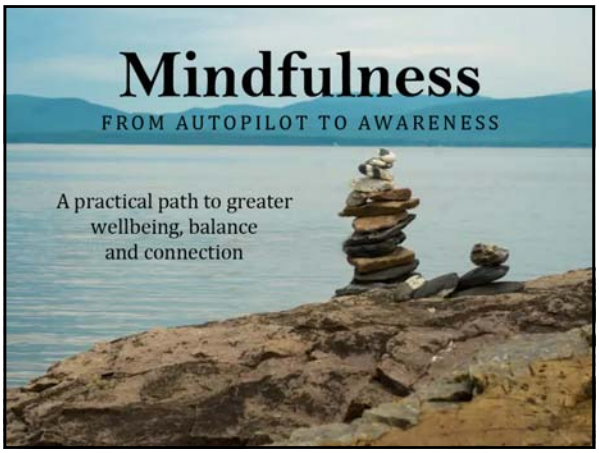
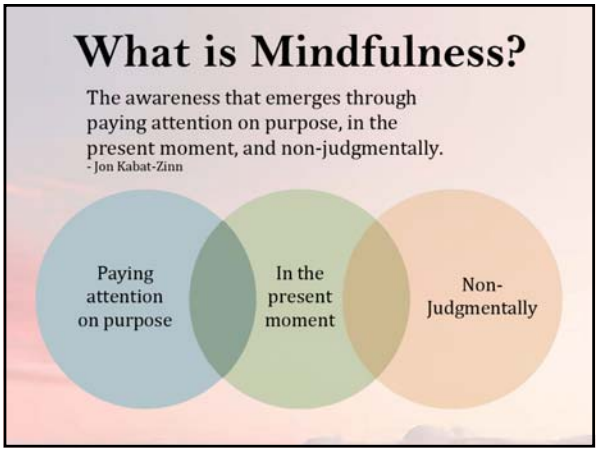
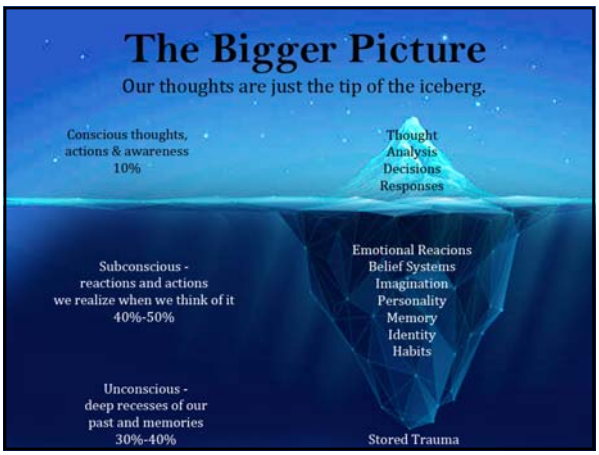
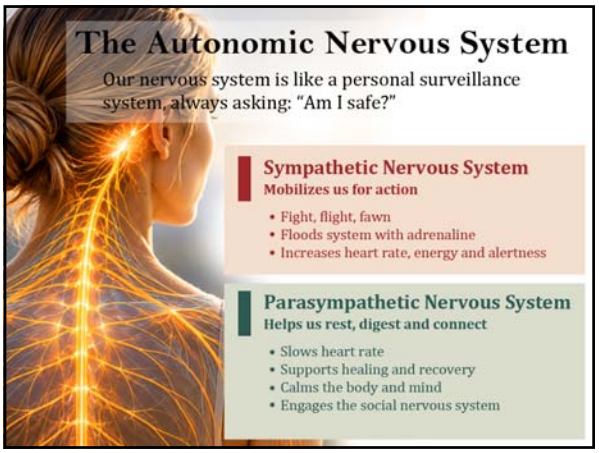

Mindfulness
FROM AUTOPILOT TO AWARENESS
A practical path to greater wellbeing, balance and connection


What is Mindfulness?
The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally.
- Jon Kabat-Zinn
Paying attention on purpose
In the present moment
Non-Judgmentally

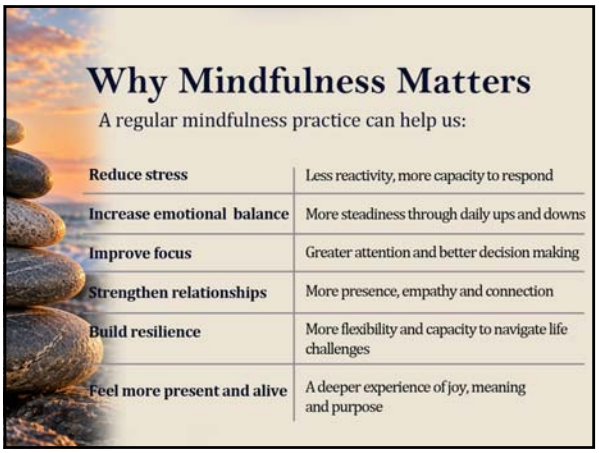

The Bigger Picture
Our thoughts are just the tip of the iceberg.
Conscious thoughts, actions & awareness 10%
Thought
Analysis
Decisions
Responses
Subconscious - reactions and actions we realize when we think of it 40%-50%
Emotional Reacions
Belief Systems
Imagination
Personality
Memory
Identity
Habits
Unconscious - deep recesses of our past and memories 30%-40%
Stored Trauma



Nervous System States

Each state shows up in the body, mind and behavior. All states are normal and have a healthy activation when the system is flexible to move from state to state in response to our environment.

	SAFE & CONNECTED (Ventral Vagal)	Mobilized (Sympathetic)	Shut Down (DorsalVagal)
How it Shows up	Calm, present, open	Alert, activated, on guard	Numb, disconnected
Body sensations	Steady breath and heart rate relaxed muscles warmth, ease	Increased heart rate, shallow, fast breathing, muscle tension, high energy	Low energy, feeling heavy, slowed down, weak muscles, foggy
Mind & emotions	Clear, curious, grounded, able to feel and think	Anxious, overwhelmed, focused on threat, harder to think clearly	Numb, empty, hopeless, hard to feel or engage
Behavior	Engaged, connected flexible, resilient	Fight, flight, fawn, reacting, doing, avioding	Withdrawn, shut down, disengaged, dissociated
Healthy activation	Regulation and resilience, connection with self and others, capacity to work, rest and play	Energy and motivation, alert, focused attention, ability to take action, mobilized for appropriate challenge	Rest, recovery, conservation of energy, natural pause and healing, ability to re-engage when safe


Why Mindfulness Matters
A regular mindfulness practice can help us:
Reduce stress
Less reactivity, more capacity to respond
Increase emotional balance
More steadiness through daily ups and downs
Improve focus
Greater attention and better decision making
Strengthen relationships
More presence, empathy and connection
Build resilience
More flexibility and capacity to navigate life challenges
Feel more present and alive
A deeper experience of joy, meaning and purpose

S.A.F.E.
A Simple Practice For Any Nervous System State
These practices can help us meet whatever is here with more awareness and choice.
S
Stop & Sense
Stop and sense what is happening in your body right now.
A
Allow
Let what is here be here without judgement.
F
Flow
Move with what your body is asking of you. Allow movement, breath or rest.
E
Expand
Choose to practice S.A.F.E. so you can build the capacity to move beyond familiar patterns of survival and into a life of greater connection, meaning, and possibility.

A Mindfulness Practice
Let's experience a few practices together to center, connect and build awareness.
1
Orient & Center
Arrive and allow the body to settle into safety.
2
Connection Breath
Invite connection through breath and touch.
3
Body Awareness
Notice what is here without judgment.
4
Mindful Movement
Awaken the body and experience movement with awareness.

Bringing Mindfulness Into Everyday Life
Mindfulness isn't something we just do on a cushion - it's a way of being.
Everyday Moments
Bring full attention to activities without multi-tasking.
Use Your Senses
Notice what you see, feel, smell, hear and taste.
Be Kind to Yourself
Notice and release self-judgment.
Create Touchpoints
Pair mindfulness with daily routines.
Cultivate Connection
Be more present with yourself and others.