



TO BE OR NOT TO BE?

TAMING THE 'MONKEY MIND'

NIKKI JACKSON – MINDFULNESS TEACHER

Chippy
Well
Fest

“TO BE or NOT TO BE..?
...that is the question”

Hamlet, William Shakespeare





HARD WORK

MINDFULNESS

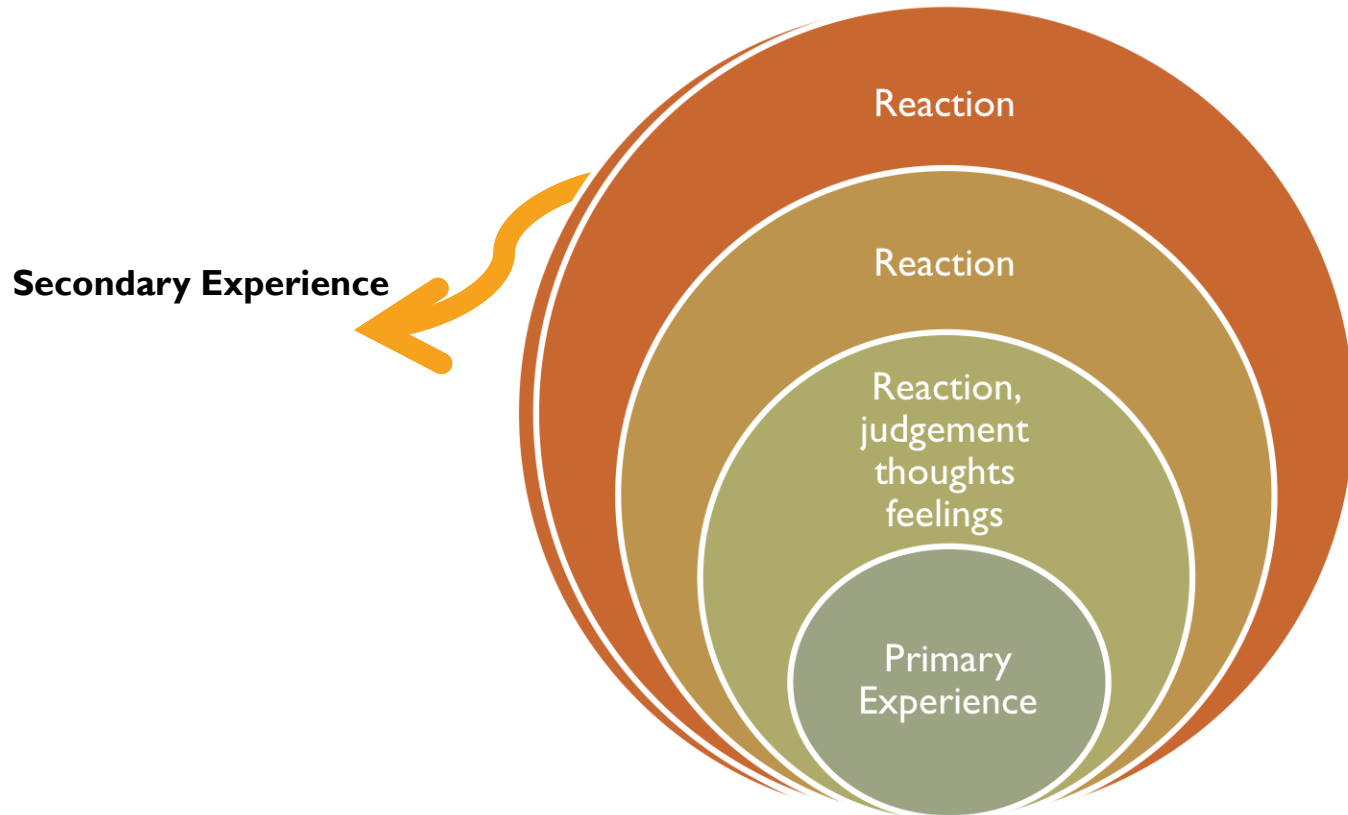
- *Awareness in the present moment*
- *Not worrying into future or ruminating over past*
- *With no judgements but acceptance of what is*

“There’s nothing **either good or bad** but thinking makes it so”

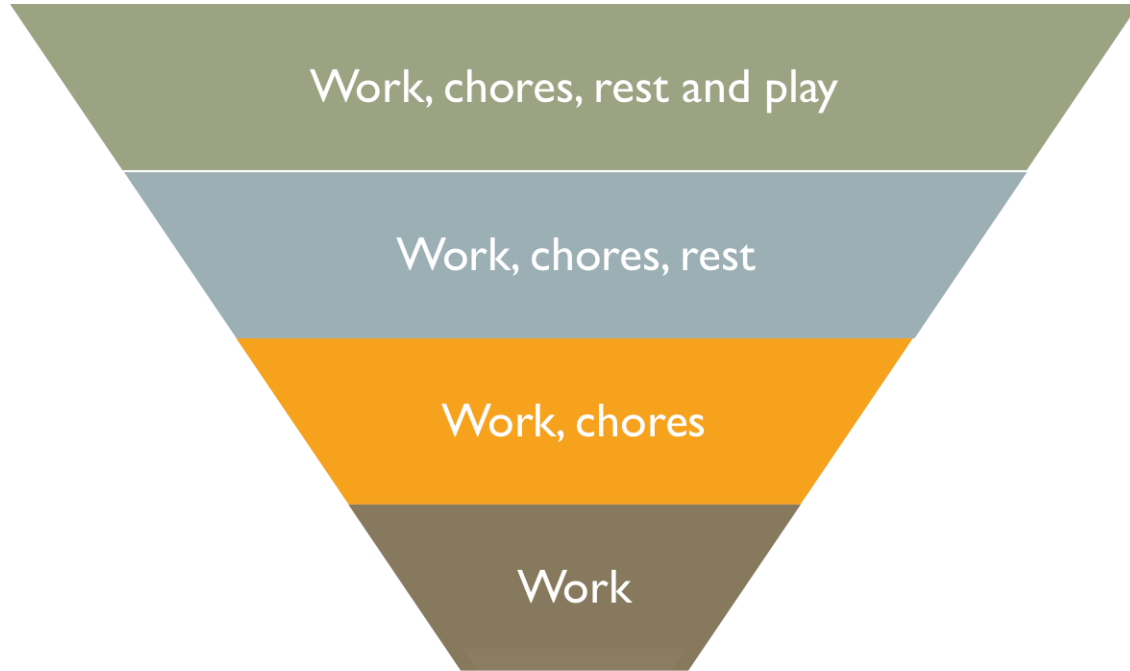
Hamlet, William Shakespeare



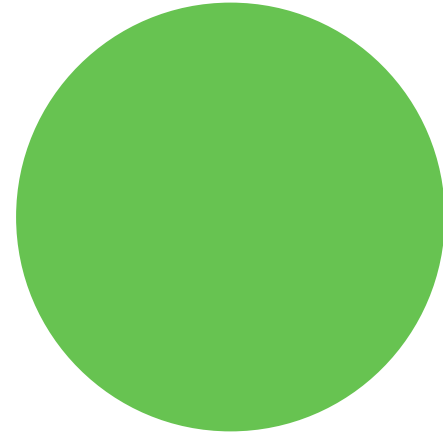
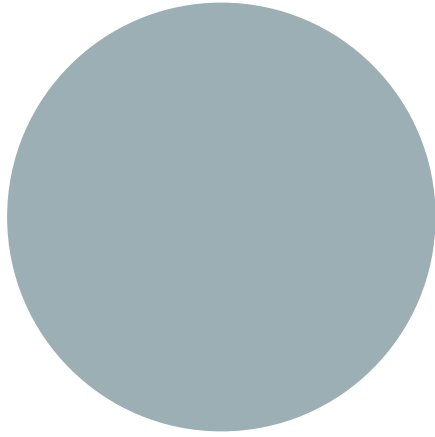
PRIMARY AND SECONDARY SUFFERING



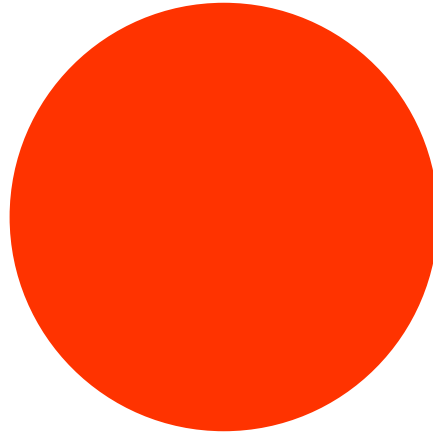
THE EXHAUSTION FUNNEL



Exhaustion



DR PAUL GILBERT'S EMOTIONAL REGULATION SYSTEM





Flight or fight... seeking safety by

running away

giving in

withdrawing

attacking self or others

shutting self off or rejecting others

looking for protection

Feelings

Anger, anxiety, aversion,
isolation



Threat
Self-
protection

Hormones

Cortisol and adrenaline



Incentive, drive-focused
wanting, pursuing, achieving,
consuming

- go get
- wanting
- striving
- succeeding

Feelings

Excitement, pleasure,
“buzz”, vitality

Hormones

Dopamine

Safeness, Kindness, Soothing

- feeling safe
- relaxed
- not wanting - just being
- closeness with others
- fun
- play
- kindness

Feelings

content, safe, connected,
peaceful



Hormones

endorphins, oxytocin



THE GREEN CIRCLE



MINDFULNESS TOOLS

- The Five Senses – *sight, sound, taste, smell and touch*
- The Body – *sensations inside*
- The Breath – *wavelike motion*

-
“TO BE or NOT TO BE ..?”
.....that is now *your* question





THANKS FOR LISTENING

 yogafocus.co.uk

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Well
Fest