

Mindfulness

- The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding experience moment by moment.

Jon Kabat-Zinn

Full Catastrophe Living

Why Mindfulness?

React → Respond

- I have been through some terrible things in my life, some of which actually happened. (MT)
- Your life is as it is. How you feel about your life is up to you. (JL)
- The mind is the mind is the mind. We're not trying to fix it or change it. It is what it is. But we can work on our relationship with it. (JKZ)

STRESS

Reacting vs Responding

Fight or Flight = STRESS	Rest or Digest = HEALING
Sympathetic Nervous System	Parasympathetic Nervous System
<ul style="list-style-type: none">• Increased heart rate• Increased respiratory rate• Increased blood pressure• Increase blood sugar• Blood sent to muscles, heart, lungs, adrenals (adrenaline, stress hormones)• Decreased blood to digestion organs, reproductive organs• Reptilian brain (oldest part of brain) makes snap decisions	<ul style="list-style-type: none">• Normal heart rate• Normal respiratory rate• Normal blood pressure• Normal blood sugar• Efficient wide-spread blood flow throughout body• Blood preferentially shunted to prefrontal cortex (intuition, flow, deepest wisdom)

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Basic tenets of Improv

- ***Flow - Being in the moment***

You are encouraged to pay attention and be present. Listening is a powerful tool to help you be present. When you are truly listening, you can't be somewhere else. Listen generously. When you have focus, you are in the present. What is happening now will be the key to discovery.

- ***Acceptance: Offerings are gifts***

All players must be in agreement to move a scene forward. Accept the ideas that come to you. Creative processes can fail because of judgement or frames that are applied incorrectly or too soon. Acceptance does not mean agreement. Acceptance is a form of acknowledging (listening).

- ***Yes, AND***

Consider how it feels to receive a YES AND versus a YES BUT. This is part of acceptance. Build on what your fellow players offer to you.

- ***Spontaneity - Giving up control and letting go of the outcome***

Take risks and embrace failure. Say the obvious things – whatever comes out of your mouth and/or body first. There are no wrong answers and no bad ideas. Try not to censor yourself. Embrace your intuition.

Life is one big improv!

Invitation to:

Explore shifting from

problems to solve

either /or

right and wrong

to *polarities to manage*

to *yes, and*

to *choose both/holistic
thinking*

Suspend judgment.

Be in the flow. Work with whatever “gifts” come your way.

Be in the moment. Listen actively.

Resources

- Some favourites...
- *Full Catastrophe Living* Jon Kabat-Zinn
- *Living Your Yoga* Judith Lasater
- *Comfortable with Uncertainty* Pema Chödrön
- *Polarity Management* Barry Johnson
- *Improv Wisdom* Patricia Ryan Madson
- *Playing Along* Izzy Gesell
- *A Whole New Mind* Daniel H. Pink