

Lifelong Balance

» MINDFUL RESILIENCE



Welcome to class! We will begin shortly!

Today's Discussion

Mindful Resilience

Today's Discussion

1

Understanding
mindfulness
and resilience

2

Exploring
mindsets for
wellness

3

Using
strategies
for mindful
resilience

What do you want to spend the
most time talking about today?



What is mindfulness?

What is Mindfulness?

- Paying attention to the present moment intentionally and without judgment
- Being aware of thoughts, feelings, and sensations as they arise



What is Resilience?

- The ability to bounce back after setbacks or challenges
- Resilience means bending, not breaking, like a palm tree in the storm



Understanding Mindful Resilience



Mindful Resilience

Allows you to:

- Stay calm and focused when life changes suddenly
- Adapt with awareness, not reaction
- Find solutions instead of getting stuck in stress



Strengthening Resilience with Mindfulness

Even if you already feel resilient, mindfulness can help you:

- Notice early signs of stress before they build up
- Understand and manage emotions more effectively
- Stay grounded and focused when things feel uncertain



**How does your brain
figure out new ways to
handle challenges?**

How Your Brain Builds New Habits



- Your brain contains a network of roads called neurons
- When you practice a new habit, your brain builds new “roads” (pathways)
- The more you practice, the stronger the new pathways get
- Your brain creates clear new paths
- When the paths are well worn your new behaviors stick over time

Understanding Your Mindset

Fixed Mindset

"I'm just not good at this"

- Allows you avoid challenges
- Causes you to give up easily

Growth Mindset

"I'm not there yet, but I'm making progress"

- Tries new things and learns from mistakes
- Keeps up even when it's hard

Refining Your Mindset

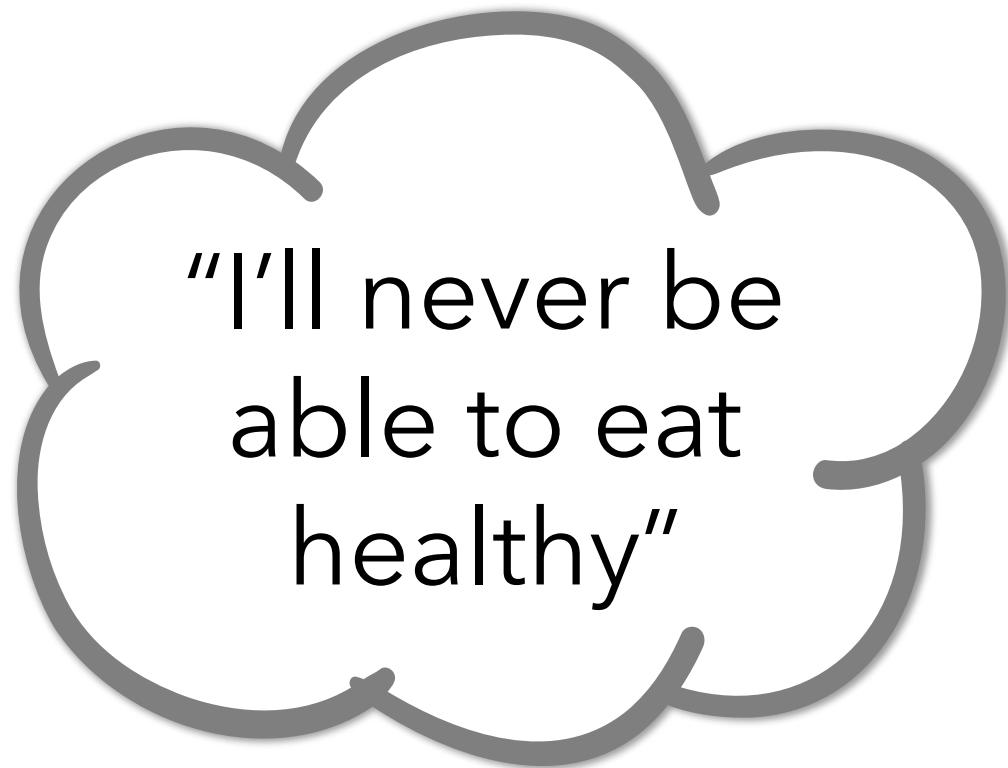
"I can't
do this"

"I'm still
learning"

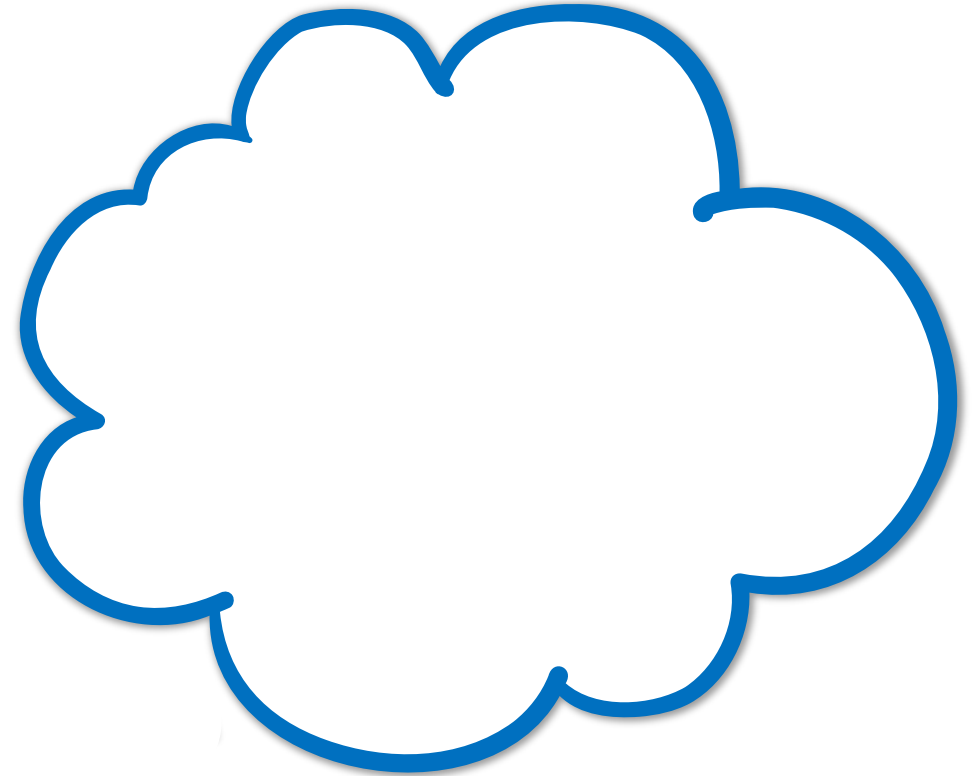


Refining Your Mindset

Instead of thinking...



I can reframe it by thinking...



Rethinking Positive Thinking

- Positive thinking doesn't mean everything is perfect
- It means choosing thoughts that help you move forward
- **Ask yourself:**
 - "What thought usually gets me stuck, and what could I say instead?"



“Don’t GO through life, GROW through life.”

- Eric Butterworth

- Growth happens when we practice new skills, not when we stay on autopilot
- Small, consistent changes lead to long-term success
- You don’t have to be perfect; you have to be willing to learn as you go

Redefining Progress

- Progress is more than a number on the scale
- It also shows up in your energy, habits, confidence, and daily choices

What non-scale victories have you noticed lately?



Celebrate Successes

Which success(es) are you celebrating?

- More energy
- Lower blood pressure
- Improved blood sugar
- Reduced medications
- Started new exercise program
- Better food relationship
- Improved sleep
- Clothes fit better
- More active
- Reduced aches and pains
- Less belly fat
- More comfortable
- Better daily habits
- Learned more about nutrition
- Other

Daily Practice for Mindful Resilience

The Power of Pause

Pausing helps you respond with intention instead of habit

Try pausing to:

- Notice your reaction before you respond
- Check in before eating or drinking
- Speak kindly to yourself instead of self-judging
- Take a breath and reset during the day

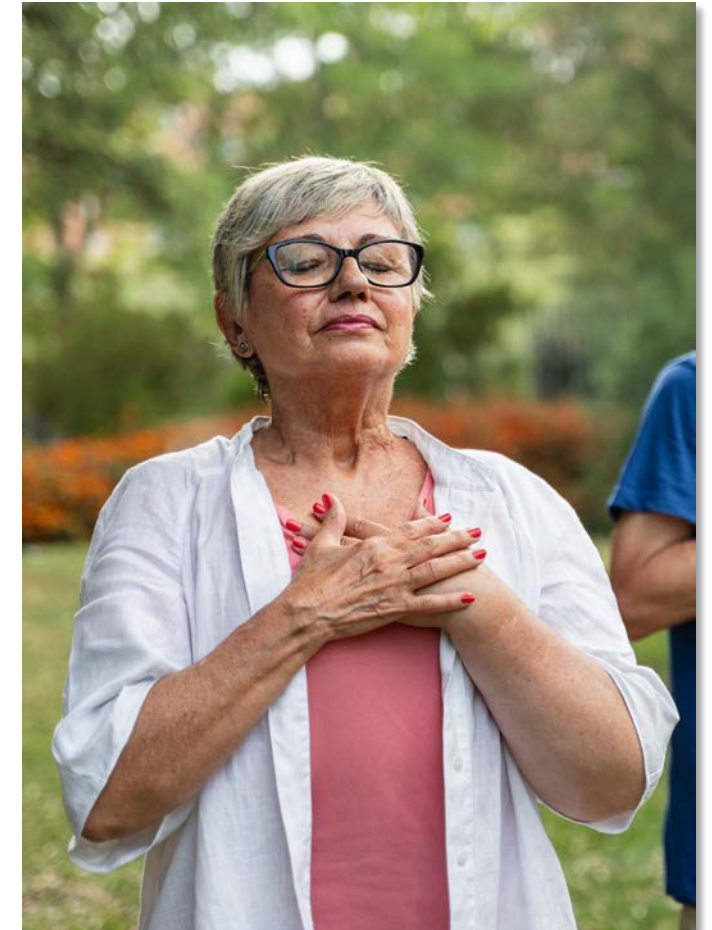
Daily Practice for Mindful Resilience

Take A Self-Compassion Break

Three Steps:

- **Mindfulness**
"This is hard right now."
- **Common Humanity**
"Others feel this way too. I'm not alone."
- **Self-Kindness**
"What would I say to a friend? I can offer myself that same care."

A self-compassion break calms your nervous system and helps you respond with more clarity and care



Bringing Mindfulness Into Your Day

How might you weave these practices into daily life?

Mindfulness

- Noticing the present moment without judgment

Growth mindset

- Viewing challenges as opportunities to learn

Self-compassion

- Treating yourself with the same kindness you'd offer a friend



When do you find these practices most helpful or needed?

Putting It Into Practice

Mindfulness

- Take one mindful breath before each new task
- Notice how your body feels, without judgment

Growth Mindset

- When something's hard, add the word "yet."
"I can't do this...yet."

Self-Compassion

- When you're struggling, pause and say:
"This is tough. I'm not alone. May I be kind to myself."



Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace Care (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started

Monitor Your Progress

Ways to track:

- Online log
- Smartphone app
- Wearable device
- Photos of your food
- Paper journal

Download the Daily Lifestyle Log at
positivechoice.org/Lifelong-Balance

Daily Lifestyle Log Today's Date:

NUTRITION

Breakfast	Lunch	Dinner	Snack	Other
Meal Plan » Write down what you plan to eat and drink today.				
Food and Drink Log » Write down what you actually ate and drank today.				
Water » How much water did you drink? (Each box = 8 ounces.) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				

ACTIVITY/MOVEMENT

Type	Amount/Time	Intensity
What type of physical activity/movement did you do today?		

SLEEP

How much sleep did you get last night?	Hours

MOOD AND EMOTIONS

How did you **feel** throughout the day? (Note any thoughts, feelings, triggers, or obstacles.)

TODAY'S REFLECTION

Did you **stay on track** with your **action plan** or **goals** for the day/week? (Note any thoughts, feelings, triggers, or obstacles.)

Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Practice mindfulness
strategies



Increase
activity



Take a self-
compassion break



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

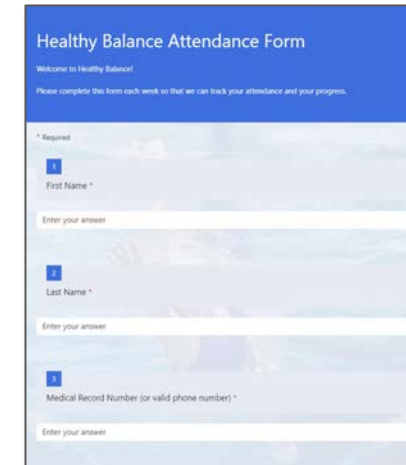
I will focus on practicing mindfulness by taking a self-compassion break this week.

Lifelong Balance

» MOVE MORE, SIT LESS

Discussion/Reflection Question:

What does an active lifestyle look like to you?



The image shows a digital form titled "Healthy Balance Attendance Form". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a corresponding input box and a "Required" label.

Have you filled out the attendance form?