

# THE DOMINO EFFECT

SELF-LOVE, AUTHENTICITY & PERSONAL POWER

---

## Mindfulness

## Some Eye-Opening Facts

---

In today's day and age, we are exposed to more information *on any given day* than the average person living in the 1500s would experience *in their entire lifetime*.

Our subconscious mind is processing up to *11 000 000 bits of information per second* but our conscious mind, can only process around 40-50 bits of information per second.

Although the amount of information and demands have increased significantly, our brains are still operating ancient systems designed for when our biggest threat was from predator attacks.

So, how do we function?

Our brains have developed the ability to selectively filter information, allowing only that which has been deemed most important to enter into our conscious awareness.

**This means that most of what determines what we give our attention to is decided by our unconscious minds before we even become aware that a decision has been made!**

The millions of neurons in our brains are constantly monitoring our environment and then selecting, based on our experiences, values and beliefs, the most important things for us to focus on.

## The Myth Of Multi-Tasking

---

We are in fact attention switching not multi-tasking.

(Remember the exercise: A1, B2, C3, D4...)

When we engage in attention switching, we slow ourselves down.

Every time we switch our attention from one task to another, our attention system goes offline for up to ½ a second and we miss any information being presented to us in that time.

It takes the average person 64 seconds to get their attention fully back onto the task they were originally working on. If you are doing this every 5 minutes, the average person working a 40 hour work week is wasting 8 ½ hours of their time, refocusing their attention on the task at hand.

**Harvard Medical School conducted a study that found that: 47% of our waking hours are spent contemplating something other than what we are doing. This means, for almost half of our lives, we are not actually present in the here and now!**

We need to learn how to condition our minds, just as we have conditioned our muscles.

## Mindfulness

---

Mindfulness is intentionally paying attention, without judgement.

Mindfulness is not the stopping of thought but rather it is the practice of being able to notice when your mind has wandered off and being able to bring it back to the present moment.

It is the practice of maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

The practice of mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.

The more you practice this ability, of being able to spend longer in the present moment, the more we can apply that focused attention to anything that we choose.

Mindfulness gives us the tools to wake up and become more consciously aware.

## **“Neurons that fire together, wire together”**

---

Practicing our ability to intentionally pay attention, without judgement changes the physical structure of the brain. Encouraging growth of new neurons in response to repeated practice.

## **Mindfulness Practices**

---

### **1. Mindful eating**

Choose 1 meal per day to practice mindful eating. It is important to engage all 5 senses. Notice what you see, smell, feel, taste and even hear.

Allow yourself to become fully immersed in the experience of eating with full conscious awareness.

### **2. Conscious Breathing**

Practice breathing with your full awareness and attention.

You can use the box-breathing technique or simply practice taking a few deep conscious breaths at any time throughout your day to refocus and come back to the present.

When you practice conscious breathing, notice the expansion and contraction of your chest, ribs and belly on the inhale and exhale. Feel the air moving through your nostrils or mouth. Allow yourself to become fully immersed in the experience of breathing.

### **3. Create Mindful Moments**

Create moments in your day where you are triggered to become fully present and aware.

Examples of this could include: each time you walk through a specific doorway in your home, pause and tell yourself "I am walking through the door."

Feel the touch of your hand against the doorknob, feel your feet in your shoes or against the ground, become fully immersed in the experience of walking through the doorway.

Another could be: each time you brush your teeth, pause and tell yourself "I am brushing my teeth." Become fully immersed in the experience of brushing your teeth.

Notice how many times you forget to do this.

Tip: If you notice you are frequently forgetting to practice mindful moments, place a postit note on the door or mirror that will act as a visual reminder/ trigger to be present.

Enjoy!