IT’S WHAT WE PRACTICE

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Our objective today is to gain the skills to cultivate physical, psychological, and physiological well-being.

**Definition of well-being.** : the state of being happy, healthy, or prosperous : welfare. (Webster’s)

*well-being is never mastered, it is a skill, and the practice is due daily.
Get what you came for…

At no point are you off the hook for your own development.
This is Water...
HELLO
MY NAME IS
This is Water...

• The most obvious and basic realities are often the hardest to see and talk about
  
  • Awareness
  • Attention
  • Body
  • Heart
  • Breath
  
• Being???
  • So automatic, so obvious that I might not stop to consider how to optimize my being....

• What is Well-Being?
  • Being with awareness I would offer is self regulating.
  • Being without awareness is reactionary, unconscious, automatic.
Most Obvious and Basic Realities....

• Driving
• Walking
• Handwriting
• Breathing
• Sitting
• Standing

• Habituated patterns... Unconscious.
  • Thoughts, Feelings, Mood, Personality Traits....
  • Automatic or Intentional?
  • Reactionary vs. Proactive

• Let’s stick with driving as our example.
  • I’ve been driving for close to 25 years, and while I’ve been getting tons of reps, I plateaued long ago.
• Why is that?
  • Good enough is good enough. So that I can do other things while I drive. Really!?!?

• Path to better. Optimizing new skills, adaptation.
Optimizing Modality (Adaptation)

Clear Ideal – Mental Representation

Orienting Dissatisfaction

- Shifting our relationship with dissatisfaction
  - Productive Struggle
  - Seek disconfirming feedback

Deliberate Practice
- Clear stretch goal
- Immediate feedback
- Repetitions in clear context

Make an effort/Fall Short/Try Again

Where I am

Vulnerably committing to being responsible for the space between where I am, and where I am trying to go.
Being Well - It's what we practice

Breath
Attention/Awareness
Heart

Starting as close to our Being as possible. Breath is the number one inducted behavior we have, breathe, stay alive, assuming the heart, is doing it's thing, lastly, a felt sense of the whole thing; awareness.
CONSCIOUS BREATHING

- Conscious Breathing
  - O2 & CO2
  - Breath is both voluntary/involuntary
  - Directly influencing our Central Nervous System
  - By intentionally shaping our breath we shape our physiological state
  - Slow, Smooth, Steady, and Deep breathing is the way to go, all the time.

- Breath Anatomy

- Breathwork
  - BreathWave (Pause/Inhale/Pause/Exhale)
  - 3 Part Breath
  - Long Slow Inhale/Exhale
  - Sigh of Relief – Extend Exhale
  - Forceful long fast exhale
  - Circular breath with sigh

- Conscious breath equals intentional physiology, it’s that simple.
  - Clear standard – Intended Physiology (Upregulated or Downregulated)
  - Immediate feedback (Breathe consciously until intended state is reached)
  - Repetitions in clear context with feedback (How do I feel?)
ATTENTION/AWARENESS

- Attention/Awareness (Mindfulness Practice)
  - Anchor attention practice (back of hand)
  - Breath awareness practice
    - Can you maintain awareness over how and when you are breathing?
    - While attending to everything else can you maintain the sensation of breath coming and going?
    - The spaciousness of your life, your emotional reactivity, decision making, emotional intelligence, all those things go up as long as you are aware of your breath.
  - Stages of Attention
    - Distraction, Mind-Wandering, Forgetting

- Attention is the behavioral and cognitive process of selectively concentrating on a discrete aspect of information, whether deemed subjective or objective, while ignoring other perceivable information. (Webster’s)

- Awareness
  - What is in awareness?
  - What is awareness?
  - What is aware?

- Body Scan practice
  - Internal/External Somatic Awareness
Happiness and Attention Study

- 47% of the time
- Average time spent mind-wandering:
  - 11.28 hours per day
  - 8.46 (6 hours of sleep)
  - 128 days per year

In a well-known study, Killingsworth & Gilbert developed a smartphone app to sample the experience of more than 2,000 individuals (mean age=34 years) while they went about their daily activities in the world. They were interested in the frequency with which people reported their minds to be wandering (i.e., not focused on the activity in which they were predominantly engaged). At the same time, they also asked participants to rate the degree to which they were happy or unhappy at that moment. They found that on average, these participants reported their minds to be wandering 47% of the time. Moreover, when they reported their minds to be wandering, they also reported significantly more unhappiness than when they were focused on the activity at hand. In a very recent report,
HEART

- Physical Heart
  - Beating, life giving

- Feeling from heart
  - Intention Setting
  - Life guiding

- Heart Awareness/Coherence
  - Heartmath
  - Freeze Frame (Stop, Drop, Listen In)
    - Within ourselves
  - Heart Lock In (Feeling Appreciation)
    - Within ourselves

- Gratitude Practice (Someone or Something)
  - Shift Cognitive Bias
  - 1 minute journal per day
  - Set aside a minute to hold some gratitude in your heart
  - This helps to cultivate accepting things as they are, not as we might ‘want’ them to be. This is a major unlocking move to staying centered and reducing stress.
POWER OF THE PRESENT

Daydreaming – Pre-Frontal Cortex

Better Times  Fantastic Future

Something we don’t like about current situation – knocks us out to a better time.

Scanning triggers vigilence

Past Pain  Future Fears

Vigilance Response – Fight/Flight/Freeze
TAKE IT WITH YOU

- These practices offer transformational skills and capabilities to improve your well being.
  - The only downside is that you have to do the practices
  - 15 Minutes per day
    - 1 minute Gratitude
    - 4 minute Heart Lock In
    - 5 minutes breath awareness
    - 5 minutes Long, Slow Inhale/Exhale

- When?
  - Before school, after school, plan time, before you eat lunch (gratitude), before you go to sleep, when you wake up.....
  - When life happens, take a breath, take a deep breath, drop into your heart, feel elevated state intentionally, raise your well being.
This is true, so far.

N=1, conduct your own experiment, I am open to being wrong.