

OPM Presents: Mindfulness in a Hybrid Environment – Purpose and Connection

By Government, For Government

Road map for our time together

- Mindfulness and emotional intelligence
- Scientific framework for wellbeing
- Experiential learning



Session norms

- Be respectful
- Actively listen
- Challenge yourself and assumptions
- Be fully yourself as everyone else is taken
- Support each other's learning
- Honor yourself care
- Have fun and enjoy the experience



**“We don’t see things as they are.
We see them as we are.” – Anais Nin**



Mindfulness

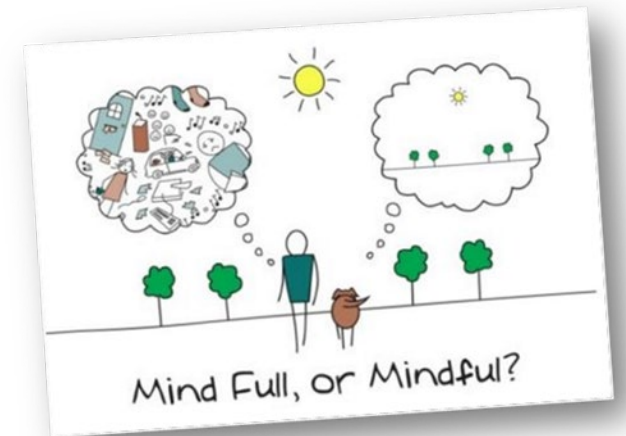
What mindfulness is:

"The awareness that arises from paying attention, on purpose, in the present moment, and non-judgmentally."

- Jon Kabat-Zinn, PhD

What mindfulness is not:

- Getting relaxed or calm
- Eliminating hard emotions
- Stopping your thoughts
- Being passive
- A panacea



Mindfulness can help you cultivate innate resources

- Stronger ability to focus and pay attention
- Deeper awareness of yourself and your surroundings
- More conscious decision making
- Greater sense of wholeness exactly as you are
- More compassion for yourself and others

Dr. Richard J. Davidson

TIME 100
MOST INFLUENTIAL PEOPLE

WORLD
ECONOMIC
FORUM

NATIONAL
ACADEMY
of MEDICINE


unesco
Mahatma Gandhi Institute of
Education for Peace and
Sustainable Development



- **Top 0.1%** most impactful and productive scientists in the world
- **167 thousand** individual citations in the field and 234 thousand combined citations from Center for Healthy Minds (CHM) and Healthy Minds Innovations (HMI)
- **40 plus** years in the field, founding father of affective neuroscience and contemplative science

Scientific Framework for Wellbeing – Awareness, Connection, Insight, Purpose (ACIP)



Awareness

- Attention
- Mindfulness
- Self-awareness



Connection

- Kindness
- Compassion
- Appreciation



Insight

- Self-inquiry
- Self-knowledge
- Self-transcendence



Purpose

- Finding meaning
- Embodying values
- Clarifying purpose

Awareness

- Attention
- Mindfulness
- Self-awareness



- A heightened, flexible attentiveness to one's environment and internal cues such as bodily sensations, thoughts and feelings
- Skills: Embracing a sense of attention, mindfulness, self-awareness

Insight

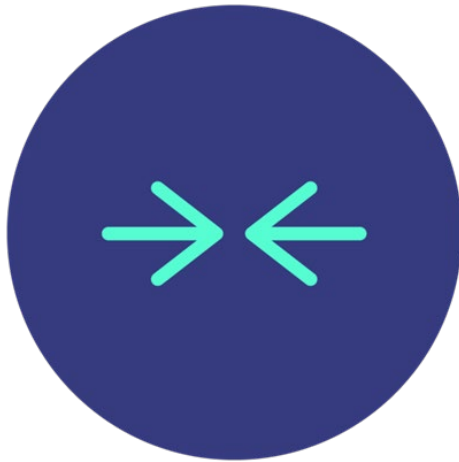
- Self-inquiry
- Self-knowledge
- Self-transcendence



- Self-knowledge concerning how one's emotions, thoughts and beliefs shape experiences and sense of self
- Skills: Practicing self-inquiry, self-knowledge, self-transcendence

Connection

- Kindness
- Compassion
- Appreciation



- A feeling of care and kinship toward other people, promoting supportive relationships and supportive interactions
- Skills: Exhibiting kindness, compassion, appreciation

Purpose

- Finding meaning
- Embodying values
- Clarifying purpose



- Being clear about one's core values and deeper motivation and being able to apply them in one's daily life
- Skills: Clarifying and embodying meaning, values, and purpose

The benefits of purpose

Body

Increased:

- Resilience to stress
- Longevity

Decreased:

- Heart problems
- Stroke risk

Mind

Increased:

- Life satisfaction
- Positive emotions
- Grit and perseverance
- Overall psychological well-being

Behavior

Increased:

- Caring behaviors
- Academic performance
- Volunteering

Seminal work has contributed to global understanding of wellbeing

Bolstering, strengthening, shifting & expanding the scientific understanding of wellbeing

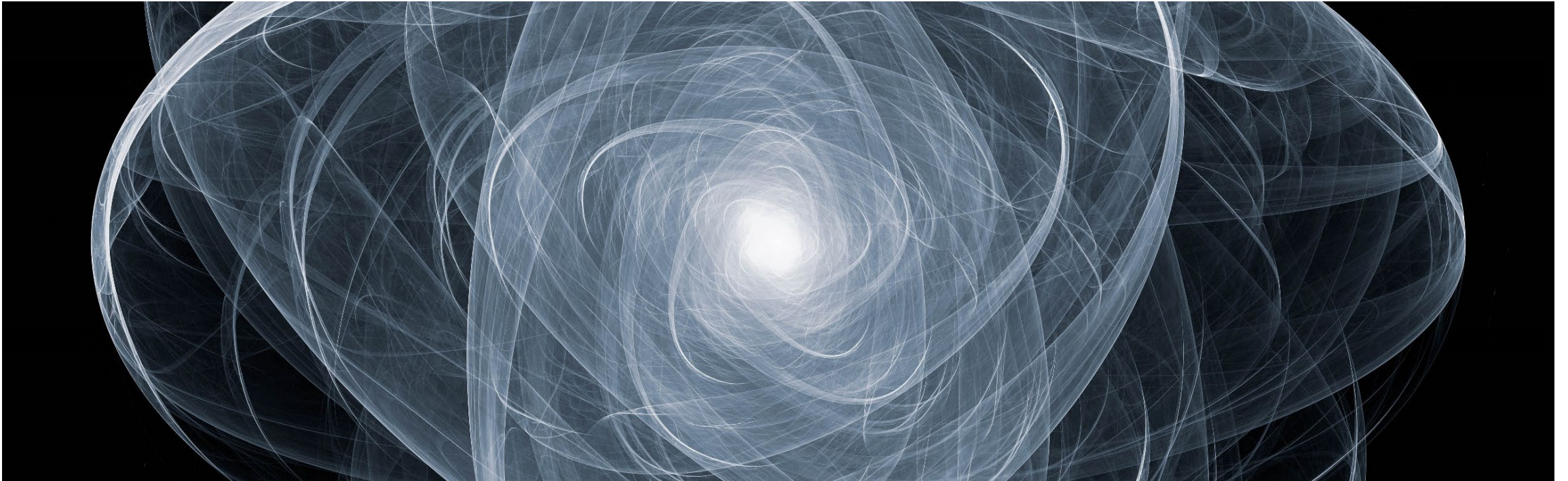
1995	2000	2003	2004	2012	2020	2023
Established affective neuroscience as a scientific discipline Article link	First paper to establish association between violence and emotional regulation Article link	Established contemplative science as a scientific discipline, inflection point for papers published on the effect of meditation Article link	First paper to show effects of mental training on a marker of neuroplasticity Article link	Established the connection between neuroplasticity and well-being Article link	Established key pillars of well-being Article link	Established that pro-sociality should be a public health priority Article link

Latest research

- Human being's attention span is 8 seconds
- Our attention span used to be 12 seconds
- A goldfish's attention span is 9 seconds



Mindfulness + neuroplasticity = we can learn to rewire ourselves



What we pay attention to matters!

An invitation to do some experiential learning: attention - connection - insight- purpose

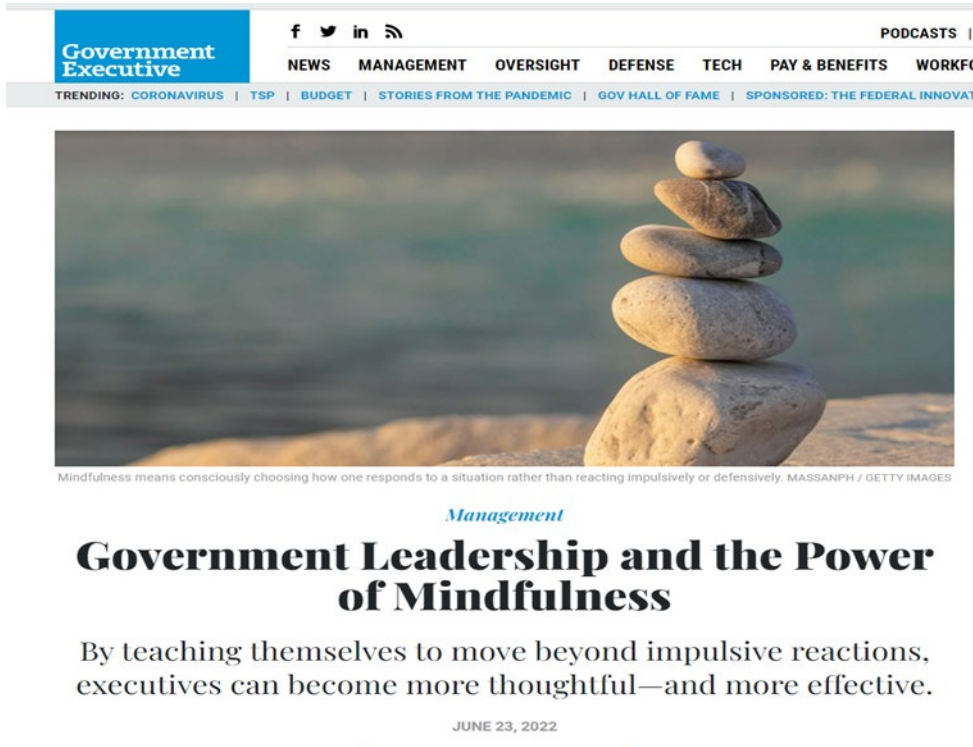
- Align with your True North
- “Who you are, what your values are, what you stand for, they are your anchor, your north star. You won’t find them in a book. You’ll find them in your soul.” - Anne Mulcahy Chairman and CEO, Xerox



Resources



Mindfulness enhances leadership development



The image shows a screenshot of a webpage from Government Executive. The page features a navigation bar with social media icons (Facebook, Twitter, LinkedIn, RSS) and a 'PODCASTS' link. Below the navigation bar are several menu items: NEWS, MANAGEMENT, OVERSIGHT, DEFENSE, TECH, PAY & BENEFITS, and WORKFORCE. A trending section lists topics like CORONAVIRUS, TSP, BUDGET, STORIES FROM THE PANDEMIC, GOV HALL OF FAME, and SPONSORED: THE FEDERAL INNOVATION. The main content area includes a photograph of a stack of five smooth, light-colored stones on a beach. Below the photo is a caption: 'Mindfulness means consciously choosing how one responds to a situation rather than reacting impulsively or defensively. MASSANPH / GETTY IMAGES'. The article title is 'Government Leadership and the Power of Mindfulness' under the subheading 'Management'. The text reads: 'By teaching themselves to move beyond impulsive reactions, executives can become more thoughtful—and more effective.' The date 'JUNE 23, 2022' is displayed at the bottom of the article.

Government Executive

PODCASTS |

NEWS MANAGEMENT OVERSIGHT DEFENSE TECH PAY & BENEFITS WORKFORCE

TRENDING: CORONAVIRUS | TSP | BUDGET | STORIES FROM THE PANDEMIC | GOV HALL OF FAME | SPONSORED: THE FEDERAL INNOVATION



Mindfulness means consciously choosing how one responds to a situation rather than reacting impulsively or defensively. MASSANPH / GETTY IMAGES

Management

Government Leadership and the Power of Mindfulness

By teaching themselves to move beyond impulsive reactions, executives can become more thoughtful—and more effective.

JUNE 23, 2022

Government Leadership Competencies:

- Resilience
- Conflict Management
- Team Building
- Problem Solving
- Partnering

Mindful FED panel

OPM Highlights Benefits for Mental Health Available to Federal Employees

*Published: May 24, 2022
More in: Issue Briefs*



- Recording Link: [Reduce Stress: Mindfulness for Feds - YouTube](#)
- Michelle is a master coach and has been featured in mindful and Time Magazine for her work

Join the mindful FED community

- Federal employees can send a blank email to Mindful-FED-subscribe-request@listserv.gsa.gov to receive email invitations, resources, and updates or visit [CLD Learning Central: MINDFUL FED | CLD Learning Central \(usalearning.gov\)](https://www.usalearning.gov/CLD-Learning-Central/MINDFUL-FED)
- **Mindful FED Weekly Practice:** Wednesdays: 4:00pm ET / 1:00pm PT
- Mindful FED sessions are 30 minutes long, approximately 10 minutes of gathering and reflection, 10 minutes of guided practice, and 10 minutes of sharing and community building
- Come when you can, leave when you need



All levels of experience are most welcome!

Thank you!



“Gratitude is understanding that nothing is owed to us in life; everything we receive is a gift.”

– Michelle Reugebrink