



MINDFULNESS & MICRO- MOMENTS OF CALM

Pillar #2 Mindset: Stress
Reduction, Resilience, Focus



Prepared by Alejandra Negrete



THE BRAIN ON OVERDRIVE

- The corporate environment frequently triggers the Sympathetic Nervous System (SNS).
- SNS = 'Fight or Flight.' This is our ancient survival mechanism.
- The challenge is shifting to 'Rest and Digest' (PNS) instantly.



INTERRUPTING THE AMYGDALA HIJACK

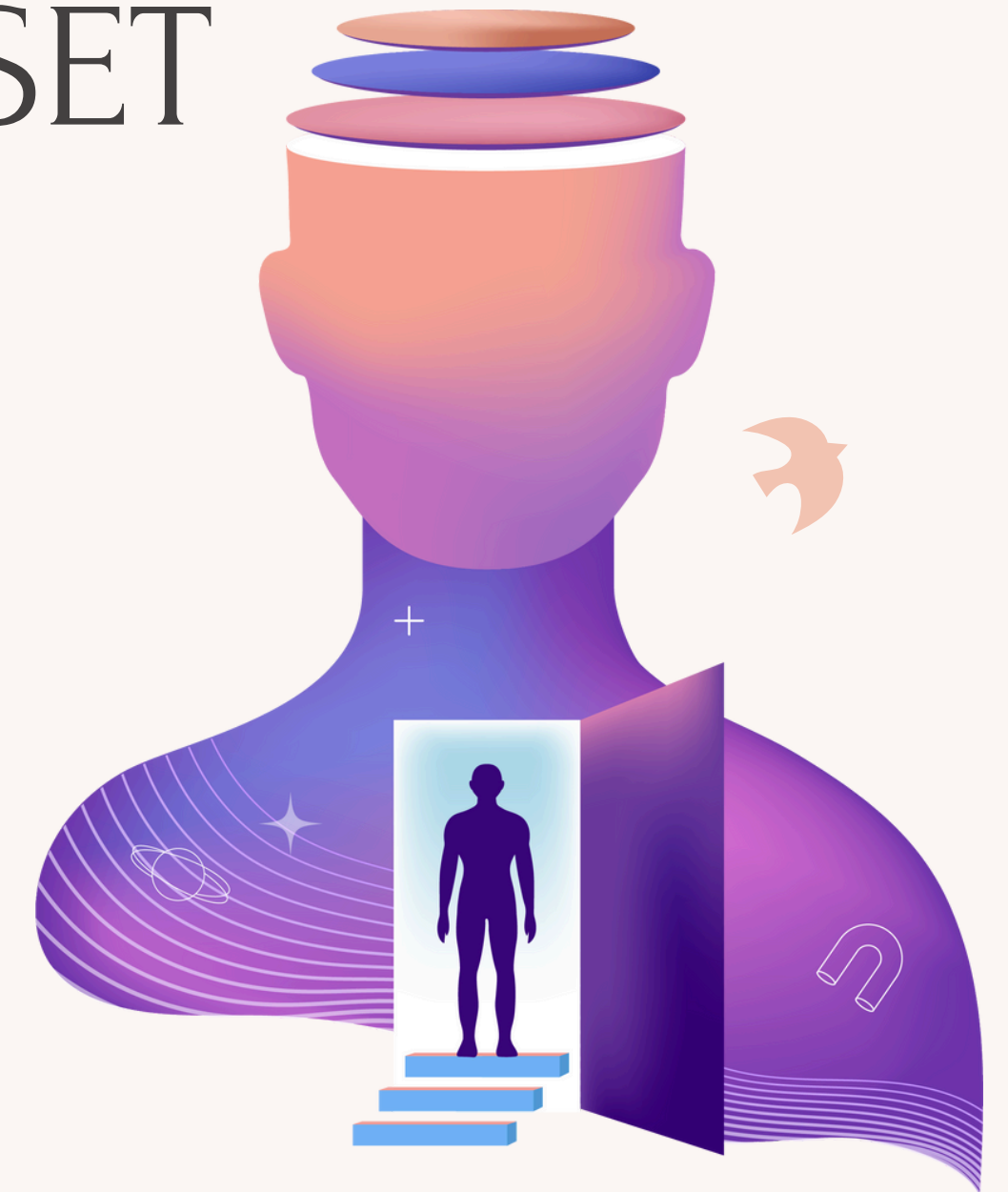


- The Amygdala (emotion) is faster than the Prefrontal Cortex (logic/CEO).
- This leads to Reactivity (irrational, emotional decisions).
- The Solution: A targeted, physical Pattern Interrupt.



TOOL 1: THE THREE-BREATH RESET

- **Practice:** Square Breath / Box Breath (4-4-4-4 cycles).
- **Key Focus:** The slow, deep EXHALE.
- **Mechanism:** Deep exhale stimulates the Vagus Nerve—the body's instant reset button.





TOOL 2: ANCHORING & GROUNDING

- **Practice:** The 5-4-3-2-1 Technique (Sensory Focus).
- **Mechanism:** Engaging the Parietal Lobe (sensory processing) diverts resources from the Amygdala loop.
- **Discreet Anchor:** Use the texture of your keyboard or the temperature of your coffee cup.



NEUROPLASTICITY: BUILDING RESILIENCE



- Every Micro-Moment used strengthens a new neural pathway.
- This is how the calm response becomes the default response.
- Resilience is a skill, built one discreet repetition at a time.





SUSTAINED CHANGE: YOUR COMMITMENT

- **Action:** Commit to practicing ONE Micro-Moment (Breath or Anchor)
- **Frequency:** At least three times this week.
- Consistent, small repetitions lead to deep, lasting change.



Q&A



MEDITATION



Integrating Calm

Purpose: To reinforce Vagus Nerve stimulation and sensory grounding, making calm the default response





THANK YOU

