



Reducing Stress, Resetting Yourself, Mindfulness and Meditation

Originally Discussed: May 2021

Description: How do you reset? How do you handle the pressures of your day and find time for yourself along the way? Let's talk about mindfulness and share tools and practices.

Estimated time: 80 minutes

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

Personal Introductions

Please share your name, where you live, and if you currently have a 'go-to' activity or exercise when you are stressed?

*****Remember to ask to record and PRESS RECORD*****



(2) Reducing stress in our lives

30 - 35 min.

- Do you feel that our lives are more stressful now than they were several years ago? Why?
- How do you reduce the pressures from the stresses and worries in your life? Are there specific tools or techniques or practices that you especially rely on?
- How has your use of these tools, techniques and practices evolved over time?
- How do you feel about meditation? Do you feel that it really works to reduce stress and enhance mindfulness?

(3) Optional: 10-minute Meditation session led by meditation expert

10 - 15 min.

You can reach out to The Great Reset to help arrange for an expert. If no expert is available through The Great Reset, find a short meditation online and use that.

(4) Value of Meditation session

15 - 20 min.

- What do you think about the meditation session? How do you feel?
- How do you think meditation such as what we just practiced can help you become more mindful or reset yourself or better cope with the stresses and worries in your life?
- Do you think you would like to meditate again? How often do you think you would like to practice meditation? Regularly or just when you feel it would help you?

(5) Closing comments

5 - 10 min.

- Any additional comments or questions about reducing stress, resetting yourself, mindfulness or meditation?

Survey Link: <https://forms.gle/LHyBXqPoogP2igZG7>