‘Mindfulness PILARS for Mental Fitness’
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Playing the Game of your life

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‘Humans perform everything better when they are happy, relaxed, positive and confident’

"Be so happy that when others look at you they become happy too." - Anonymous
EXERCISE:
Relax one arm and see it magically get bigger?
‘Your brain will give you more of what you focus on’

So be careful of what you keep telling it?
So, what are the groups of thoughts that we can have?
The 6 important groups of thoughts & sayings that we can focus on are?

The Positive thoughts are helpful and put us in a positive confident state

The Negative thoughts are unhelpful and put us in a negative stressed state

The Positive thoughts are helpful and put us in a positive confident state
The Brain Reacts to Perceived reality
Most people spend their lives worrying about things that never really appeared.
The 6 important groupings of thoughts we have?

- **PAST NEGATIVE**
- **PRESENT NEGATIVE**
- **FUTURE NEGATIVE**
- **PAST POSITIVE**
- **PRESENT POSITIVE**
- **FUTURE POSITIVE**

The Negative thoughts are unhelpful and put us in a negative stressed state.
The Positive thoughts are helpful and put us in a positive confident state.
The 6 important groupings of thoughts we have?

**PAST NEGATIVE**
- PTSD
- REGRETS
- GUILT/SHAME
- CRITICISM
- SELF-DOUBT

**PAST POSITIVE**
- GLORIES
- SUCCESSES
- ACHIEVEMENTS
- CONTENTMENT

**PRESENT NEGATIVE**
- STRESSES
- PARANOIA
- DEPRESSION
- RISKS/THREATS

**PRESENT POSITIVE**
- MOTIVATION
- CONFIDENCE
- MINDFULNESS
- HAPPINESS
- RESILIENCE

**FUTURE NEGATIVE**
- WORRIES
- ANXieties
- FEARS

**FUTURE POSITIVE**
- GOALS
- DREAMS
- HOPES
- ASPIRATIONS

The Negative thoughts are unhelpful and put us in a negative stressed state.

The Positive thoughts are helpful and put us in a positive confident state.
The 3 important groupings of thoughts & sayings that result in Stress?

- PAST NEGATIVE
- PRESENT NEGATIVE
- FUTURE NEGATIVE

The Negative thoughts are unhelpful and put us in a negative stressed state.
Cognitive processing

External info in

Stress or risk

External reaction out
The Positive thoughts are helpful and put us in a positive confident state

The 3 important groupings of thoughts & sayings that result in confidence

- PAST POSITIVE
- PRESENT POSITIVE
- FUTURE POSITIVE
Brain waves | Temp | BP | Tight | RR | HR | Tension
Our thoughts influence our Physiology
Our Physiology then influences how we feel
Our Feelings then influence how we behave
Our behaviours influence the thoughts of the people around us
The mindfulness question you should ask yourself is

1= What is currently One thing which you are grateful for having in your life?

‘If you knew that there was a tablet that would reduce your heart rate and blood pressure and stress levels each day?

Would you take it each morning?
• Simple 3 stage Mindfulness techniques tend to focus on:

- Eye Closed and focus
- Relaxing Breathing exercises
- Anchoring exercises to focus and link positive thoughts to positive emotions
- Muscle relaxation
Why is the breath so important in helping us to relax and focus our mind?

- It is Always available and easily felt
- Connects mind and body, a measure of well-being
- We can use our breath as a Physical anchor to our thoughts and to slow down our physiology?

**ACTIVITY: USE FACEMASKS OR STRAWS TO DO THE 10 BREATHS**
• Simple 3 stage Mindfulness techniques tend to focus on:

1= Eyes Closed
2= Now focus on your breath with a Relaxing Breathing exercise
Curley’s Simple Relaxing Breathing technique

- 3 second breathing cycles x10 for 1 minute

Smell the flowers

Blow out the candles
Simple 3 stage Mindfulness techniques tend to focus on:

1= Eyes Closed
2= Now focus on your breath with a Relaxing Breathing exercise
3= Create an Anchor from your one positive PRESENT thought to a Physical switch that you can press and repeat whenever you need to change your minds focus back to the present positive.
“Anchoring” refers to the process of CREATING your own bridge between An external physical trigger which links to a pre-trained internal thought and therefore feeling.

It is similar to the stimulus-response “conditioning” technique used by Pavlov to create a link between the hearing of a bell and salivation in dogs.
Simple 3 stage Mindfulness techniques tend to focus on:

1= Eyes Closed
2= Now focus on your breath with a Relaxing Breathing exercise
3= Create an Anchor from your one positive PRESENT thought to a Physical switch that you can press and repeat whenever you need to change your minds focus back to the present positive.
4. Progressive muscle relaxation
Curley’s Simple 1 minute Muscle Tension-Relaxing technique
10 second cycles of muscle tension from 5 areas of the body from toes to head

-Eyes-
-Fist-
-Stomach-
-legs
-Toes-