



*"You are not what happened to you.
You are what you choose to become."
~ Carl Jung*

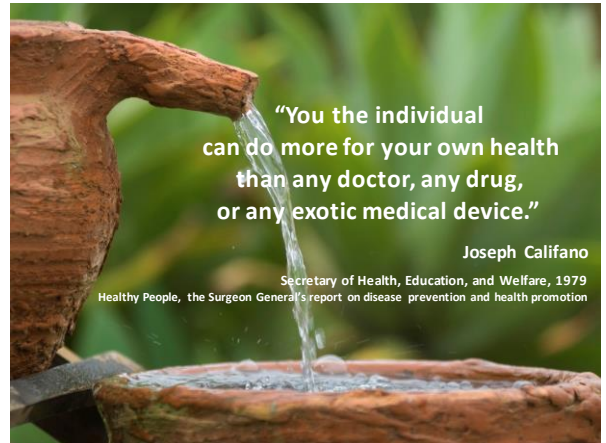


*Engaged Conscious
Awareness*

*I have choices and resources
now that I didn't have before*

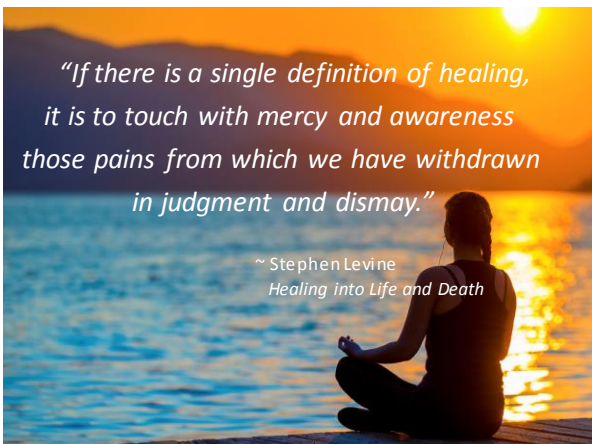


*What is the ONE Thing
that has helped my
patients the most?*



*"You the individual
can do more for your own health
than any doctor, any drug,
or any exotic medical device."*

*Joseph Califano
Secretary of Health, Education, and Welfare, 1979
Healthy People, the Surgeon General's report on disease prevention and health promotion*



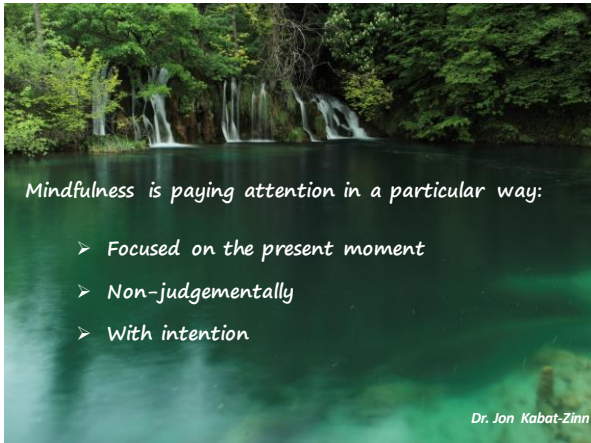
*"If there is a single definition of healing,
it is to touch with mercy and awareness
those pains from which we have withdrawn
in judgment and dismay."*

*~ Stephen Levine
Healing into Life and Death*



*Mindfulness is a
training of the Mind*

*Compassion is a
training of the Heart*



NEUROPLASTICITY
The Ability of the Brain to Reorganize Itself,
Both in Structure and How it Functions

HOW THE BRAIN CHANGES

NEUROGENESIS
Continuous generation of new neurons in certain brain regions

NEW SYNAPSES
New electrical connections are formed in the brain

STRENGTHENED SYNAPSES
Repetition and reinforcement of the neural connections

WEAKENED SYNAPSES
Connections in the brain that are not used

NEUROPLASTICITY CAN TAKE PLACE WHEN CHANGES OCCUR IN:

Characteristics of Genetic Factors

Activity of Motor and Sensory Neurons

Neuronal Activity

Stimulus Repetition and Reinforcement

Neuroinflammation

NEUROPLASTICITY CAN RESULT FROM:

Traumatic Events

Stress

Social Interaction

Medication

Emotions

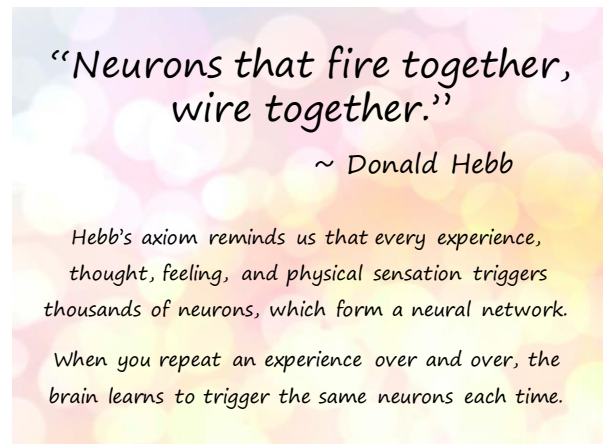
Learning **Paying Attention** **Over** **Sensory** **New Experiences**

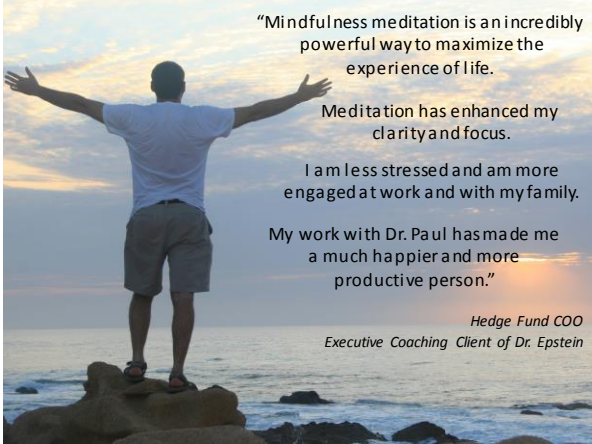
THE BRIGHT AND DARK SIDES OF NEUROPLASTICITY

Neuroplasticity makes your brain resilient! Neuroplasticity enables you to recover from stroke, injury, and brain abnormalities. You can learn new ways of being and responding to reality. In many cases, you can also overcome depression, addiction, obsessive compulsive patterns, PTSD, and other issues.

Neuroplasticity means the brain is always learning. But the brain is resilient. It doesn't know the difference between good and bad. It learns whatever is repeated. Both helpful and harmful thoughts, actions, and habits. Therefore neuroplasticity may worsen depressive, anxious, obsessive, and over-reactive patterns.

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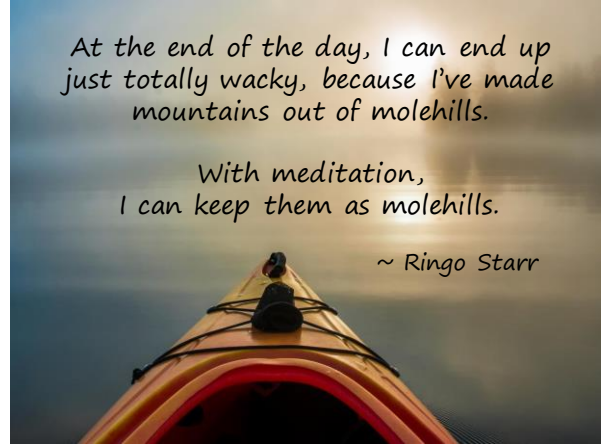
"Mindfulness meditation is an incredibly powerful way to maximize the experience of life.

Meditation has enhanced my clarity and focus.

I am less stressed and am more engaged at work and with my family.

My work with Dr. Paul has made me a much happier and more productive person."

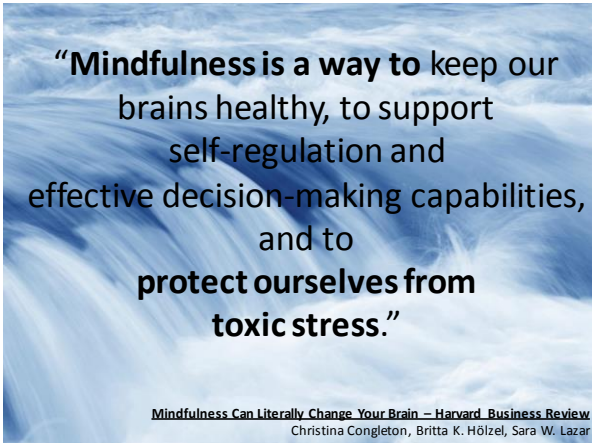
*Hedge Fund COO
Executive Coaching Client of Dr. Epstein*



At the end of the day, I can end up just totally wacky, because I've made mountains out of molehills.

*With meditation,
I can keep them as molehills.*

~ Ringo Starr



"Mindfulness is a way to keep our brains healthy, to support self-regulation and effective decision-making capabilities, and to protect ourselves from toxic stress."

Mindfulness Can Literally Change Your Brain – Harvard Business Review
Christina Congleton, Britta K. Hölzel, Sara W. Lazar



"Life can be found only in the present moment."

~ Thich Nhat Hanh



Mindfulness Meditation

How Do You Do It?



7 Intentions for Meditation

- Non-Judging
- Patience
- Beginner's Mind
- Trust
- Non-Striving
- Acceptance
- Letting Go

Adapted from Jon Kabat-Zinn, *Full Catastrophe Living*



Guided meditation on the breath

10 Steps to Mindfulness Meditation (Garrison Institute)

1. Create time & space

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.

2. Set a timer

Start with just 5 minutes and ease your way up to 15 – 40 minutes.

10 Steps to Mindfulness Meditation (Garrison Institute)

3. Find a comfortable sitting position

Sit cross-legged on the floor, on the grass, or in a chair with your feet flat on the ground.

4. Check your posture

Sit up straight, hands in a comfortable position. Keep neck long, chin slightly tilted downward, tongue resting on the roof of the mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.

10 Steps to Mindfulness Meditation (Garrison Institute)

5. Take deep breaths

Deep breathing helps settle the body and establish your presence in the space.

6. Direct attention to your breath

Focus on the part of the body where your breath feels prominent: nostrils, back of the throat; or diaphragm. Try not to switch focus.

10 Steps to Mindfulness Meditation (Garrison Institute)

7. Maintain attention to your breath

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.

8. Repeat steps 6 – 7

For duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.

10 Steps to Mindfulness Meditation (Garrison Institute)

9. Be kind to yourself

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.

10. Prepare for a soft landing

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

The Heart of Compassion

"The love that will not die"

~ Pema Chödrön, *When Things Fall Apart*



"When the mind is still, tranquil,
not seeking any answer or solution even,
neither resisting nor avoiding,
it is only then that there can be a regeneration.
Because then the mind is capable of
perceiving what is true
and it is the truth that liberates,
not your effort to be free."

- Krishnamurti



Mindfulness
is
Medicine



Happiness is
an
Inside Job



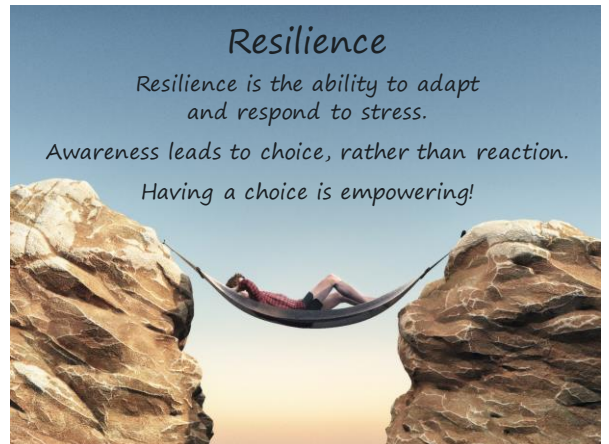
The 3 R's

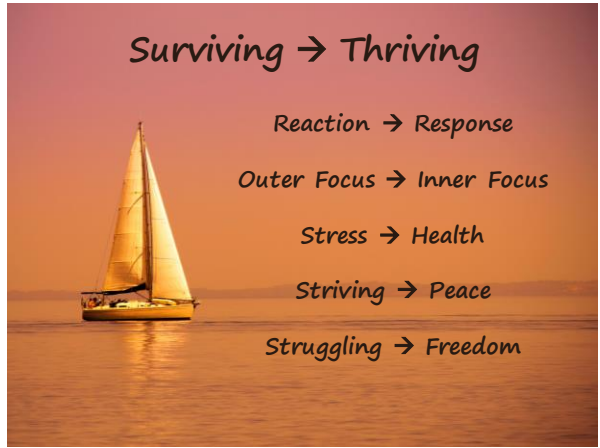
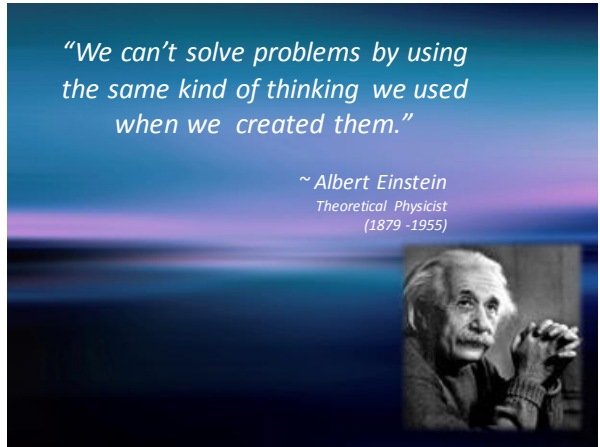
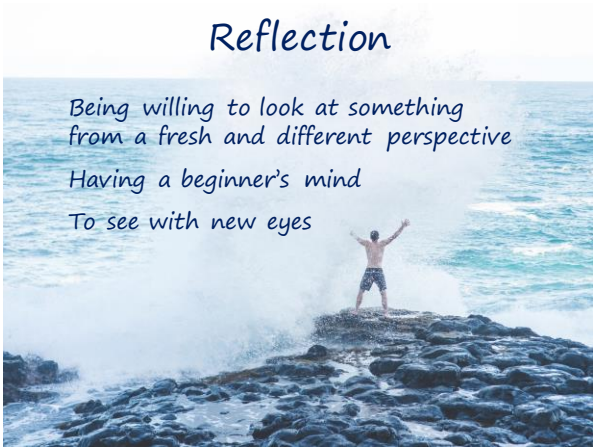
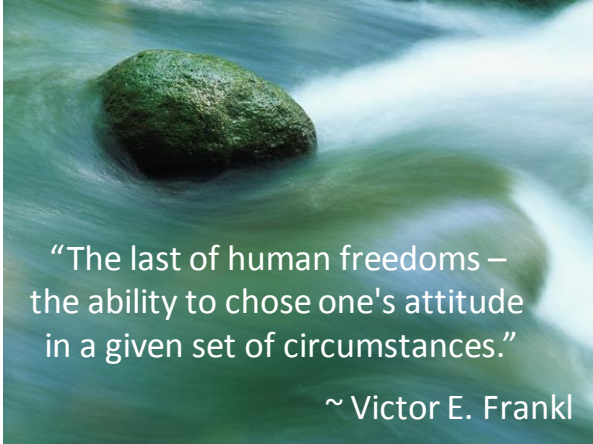
Reflection
Relationship
Resilience



Resilience

Resilience is the ability to adapt
and respond to stress.
Awareness leads to choice, rather than reaction.
Having a choice is empowering!





5 C's of Resilient Coping Linda Graham, MFT

- **Calm** - Stay calm in a crisis
- **Clarity** - See clearly what's happening both without and within to respond flexibly
- **Connection** - Reach out for support and resources, and look within for inner strength and resources
- **Competence** - Skills of mindfulness and compassion to better cope, optimism, humor, perspective
- **Courage** - To choose to face the challenge of the situation directly, to be with the difficult emotions

Cultivating Resilience

- Recognize and nurture your strengths and support systems
- Use Mindfulness, Acceptance, Gratitude and Compassion practices to increase coping skills and improve the overall quality of life

Qualities of Resilience

- ❖ Emotional Awareness
- ❖ Perseverance
- ❖ Internal locus of control
- ❖ Optimism
- ❖ Social support
- ❖ Sense of Humor
- ❖ Perspective
- ❖ Spirituality
- ❖ Self-Care
- ❖ Do good, be good

"Serenity is not freedom from the storm,
it is peace amidst the storm."

Acceptance

Appreciating what IS
while peacefully working
towards greater goals

Instead of grasping for MORE,
we move towards our goal
with the qualities of

Self-love,

Self-worth &

Self-Empowerment



*"You are allowed to be both a masterpiece and a work in progress, simultaneously."
~ Sophia Bush*



Self Compassion

If you are at war with yourself...

You cannot be truly prosperous



Compassion practice



Attitude of Gratitude



Gratitude as a Practice

What we focus on expands and grows



Meditation
Gratitude

Mindfulness, Gratitude & Compassion

*The pathway to a life of health,
happiness & prosperity*



*“As we are present in our lives
and conscious of our power to choose
how to be, we cultivate greater
happiness in everyday life.”*

~ Dr. Paul Epstein



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