

Thriving in Public Service

- Myths that cause harm
- Science of Mindset & Mindfulness
- Training domains
- Skills Practices
- Recommended next steps



Skills Practice

Breathe: Extended

Equanimity

A state of stability and composure, enhanced through curiosity, non-judgement and wise discernment.

Undisturbed by exposure to chaos.

Characterized by practice of awareness and compassion, seeing and hearing others, sensemaking with clarity, acting with humanity and skillful, right action.



Mindfulness Myths

- Clear the mind
- Relaxation technique
- Peace and happiness



Performance Myths

- Stress management is possible
- Emotions hijack clear thinking
- Stress injury is personal failure



Skills Practice

Breathe: 4-7-8

MINDFULNESS

**Paying attention on purpose
to internal & external information**

while

**skillfully regulating the experience of self
*without attachment to judgment or analysis***

Neuroplasticity

Neuropathways that transform

01

Stress
Resilience
Recovery

02

Compassion
Empathy

03

Attention

04

Sense of self

Skills Practice

2 Minute Sit in Stillness

Mental Activity

- The mind is relentlessly active
- Habitual negative thinking is normal
- Habits of thought influence health & performance

Mental activity is trainable – this requires becoming aware of thinking, and patterns and connections



Skills Practice

Notice Sound (1 min)

The Body

Awareness & Grounding

- **Interoception** – Awareness of sensory experiences within the body is the foundation for self regulation and performance
- **Proprioception** – Awareness of our body’s relationship to space and objects around us and with physical forces (gravity)
- **Movement** – Intentional movement supports fitness, health, self-awareness, self-regulation and self-compassion

Skills Practice

Gravity & Grounding

Emotions

- Emotions are constructed by the brain
- Emotions do not hijack cognitive performance
- Awareness is the first step to skillful regulation



Skills Practice

S.O.B.E.R.

Shift & Slow

Observe

Breath

Expand

Respond

Summary

- Adaptive Mindset is Trainable
- Mindfulness Skills Enhance Health and Performance
- Your Mind & Body are **One System**



Recommendations

- Cultivate Equanimity through Mindfulness
 - Get formal mindfulness training
 - Integrate micro practices starting today
- *Train your first responders and emergency and risk managers in mindfulness

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Skills Practice

Intention Setting



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