

PERFORMANCE & WELLNESS RESILIENCE

MINDSET, MINDFULNESS AND MEANINGFUL PROGRESS TAKES PRACTISE!

DR ADRIAN MEDHURST

Modern Challenges



PACE & PRESSURE

JUGGLING OBLIGATIONS

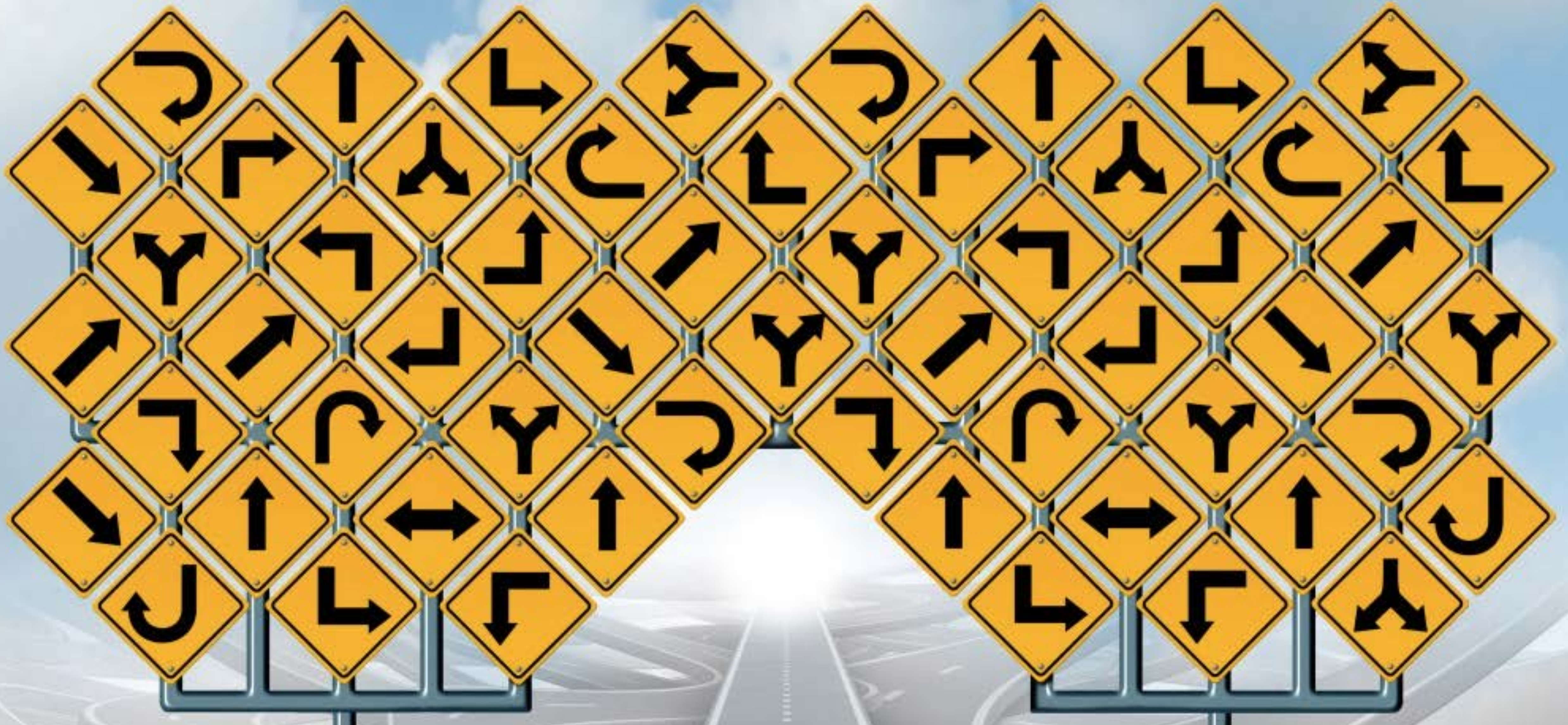




**OVERLOADED &
UNDERPRODUCTIVE**



DISTRACTED & DISCONNECTED



CONSTANT CHANGE

DO MORE WITH LESS



THE COSTS ARE DISTRESSING

**STRESSED, STRUGGLING
& SICK**



A\$125 BILLION+

**\$44 BN ABSENTEEISM
\$34 BN PRESENTEEISM
\$47 BN FINANCIAL STRESS**

*PwC 2016
AIG 2015*

**DISENGAGED &
BURNING OUT**



A\$70 BILLION+

**76% DISENGAGEMENT
\$10'S BN BURNOUT**

*GALLUP 2013
MEDIBANK 2010*

**UNDERPERFORMANCE &
UNTAPPED POTENTIAL**

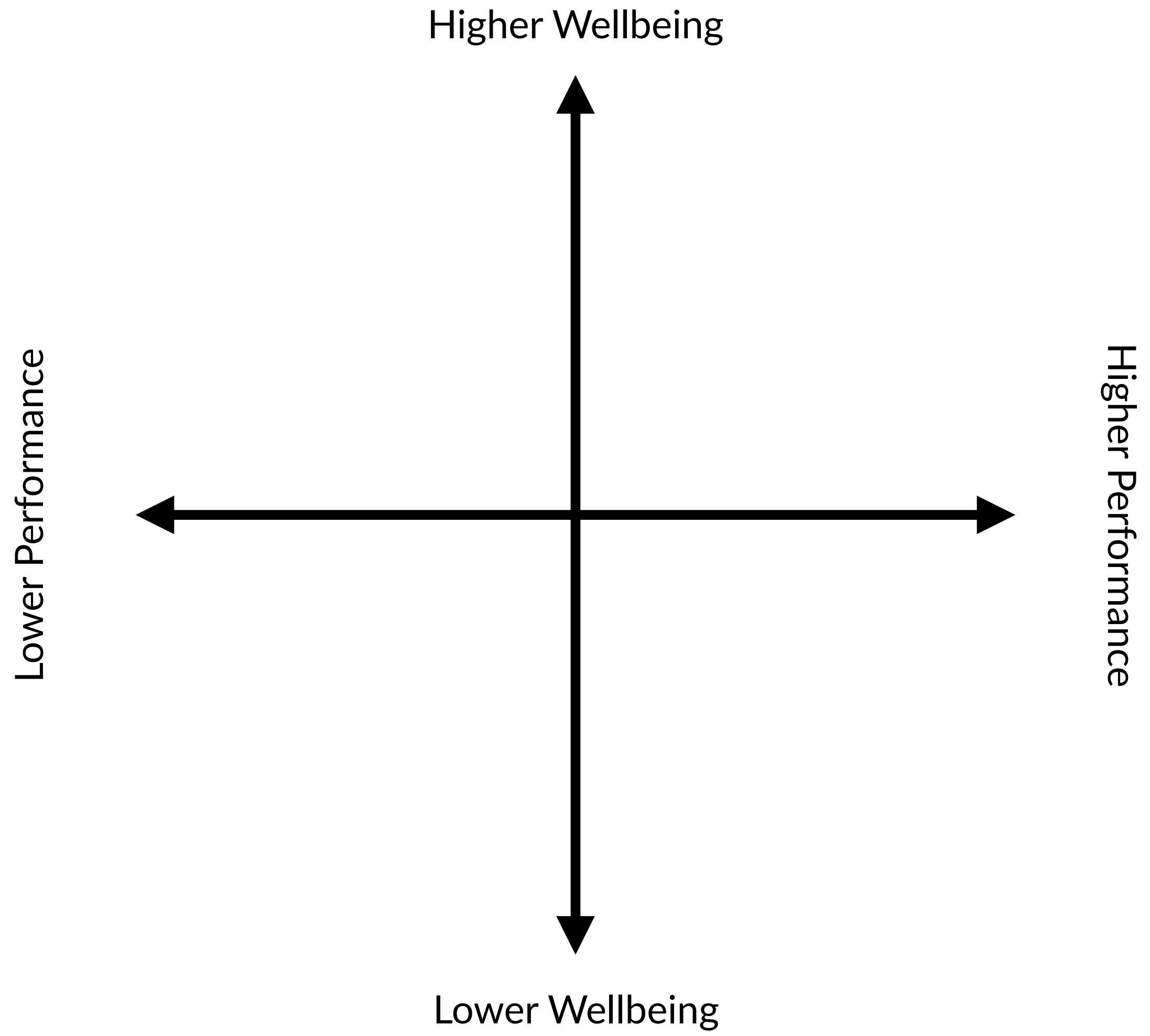


A\$305 BILLION

**85% MORE TO GIVE
21% IMPROVEMENT**

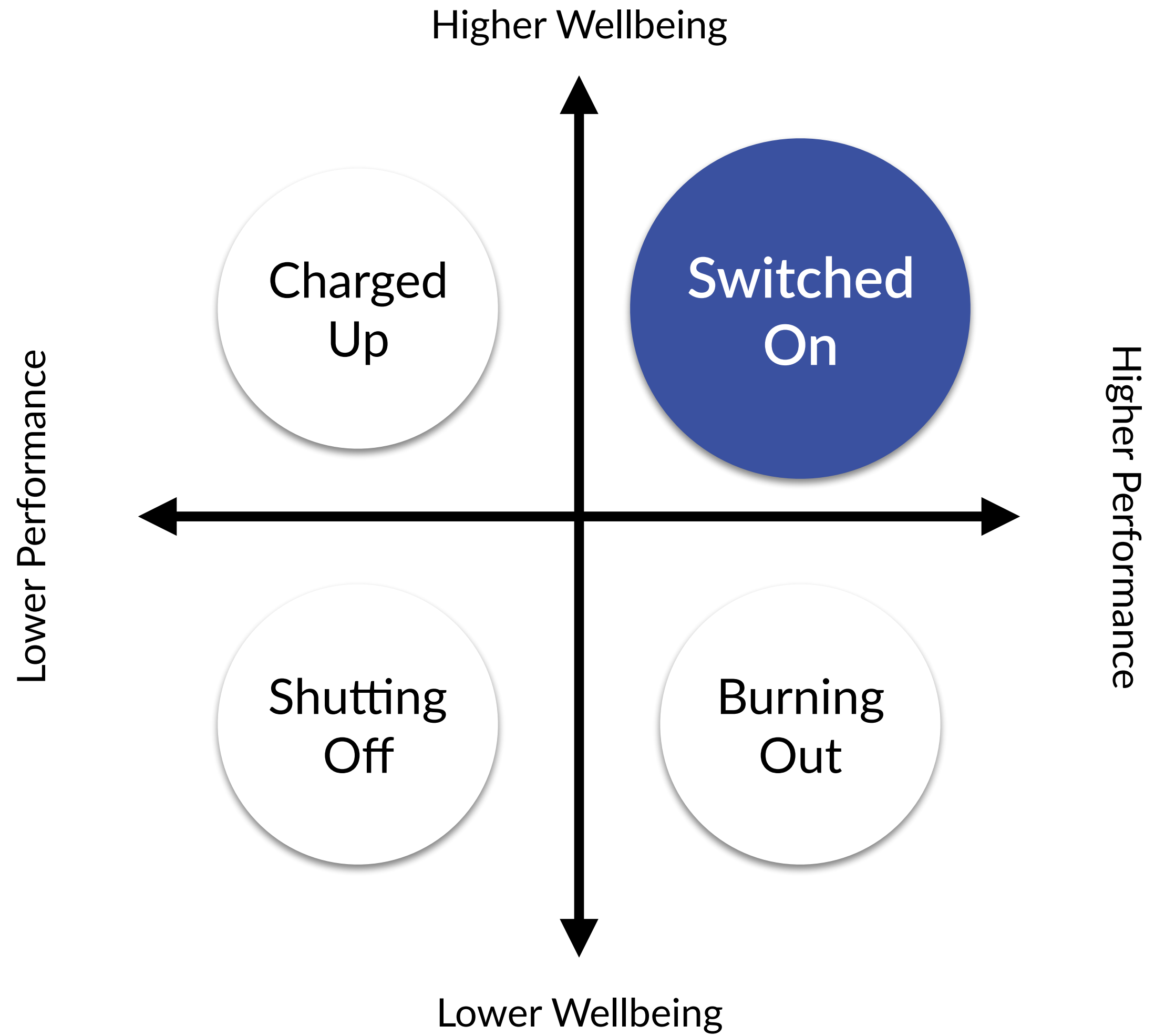
ERNST & YOUNG 2013

CAPACITY



CONTRIBUTION

CAPACITY



CONTRIBUTION

Why do I care?





Cross-Training

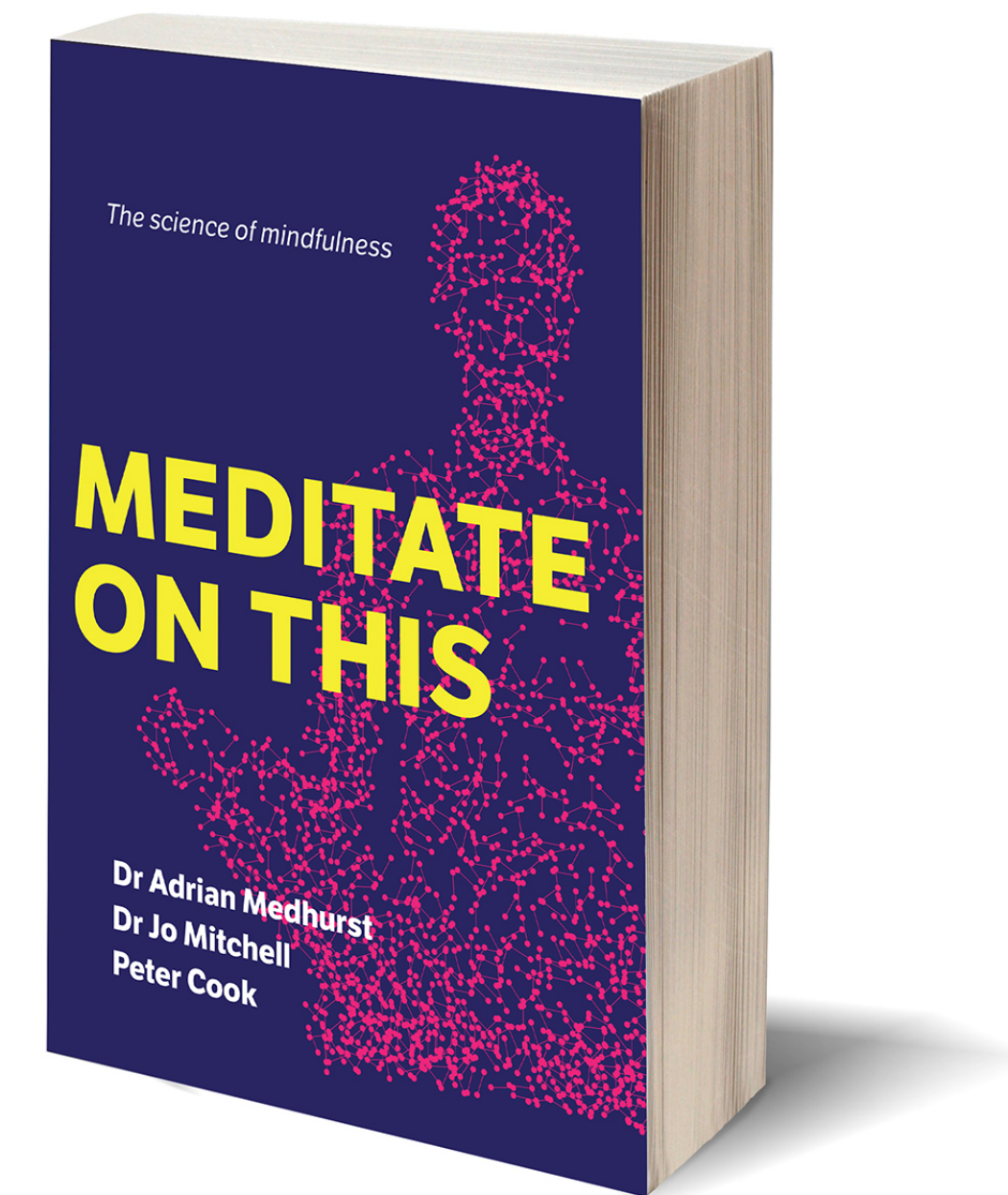


MONASH
University



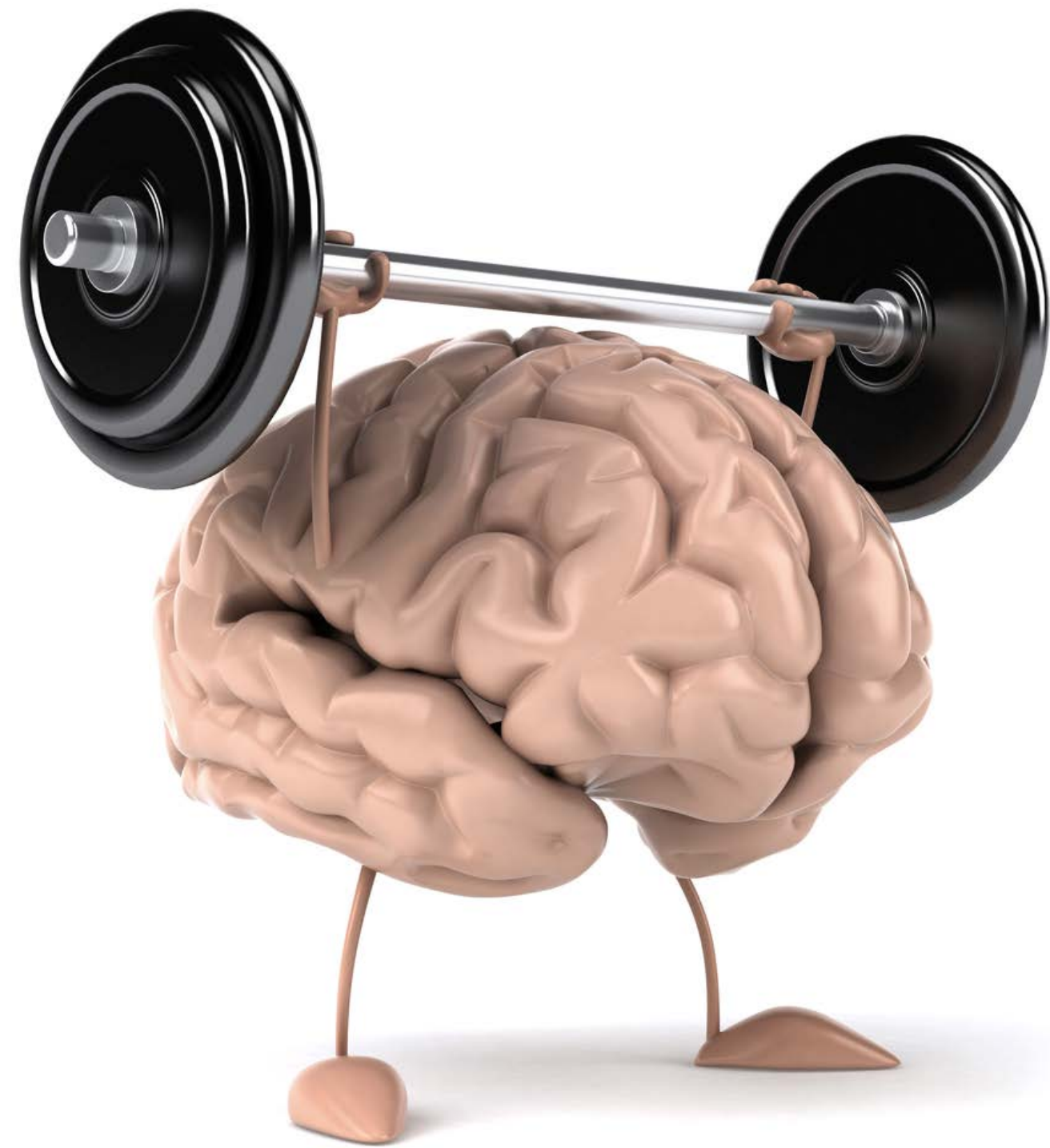
**BENNY
BUTTON**

Live Well. Have Impact.



**Why mindfulness is
so important...**

NEUROPLASTICITY



Energy & Efficiency

25% of our daily energy is consumed by the brain

Habits

Helpful & Harmful



Cadbury

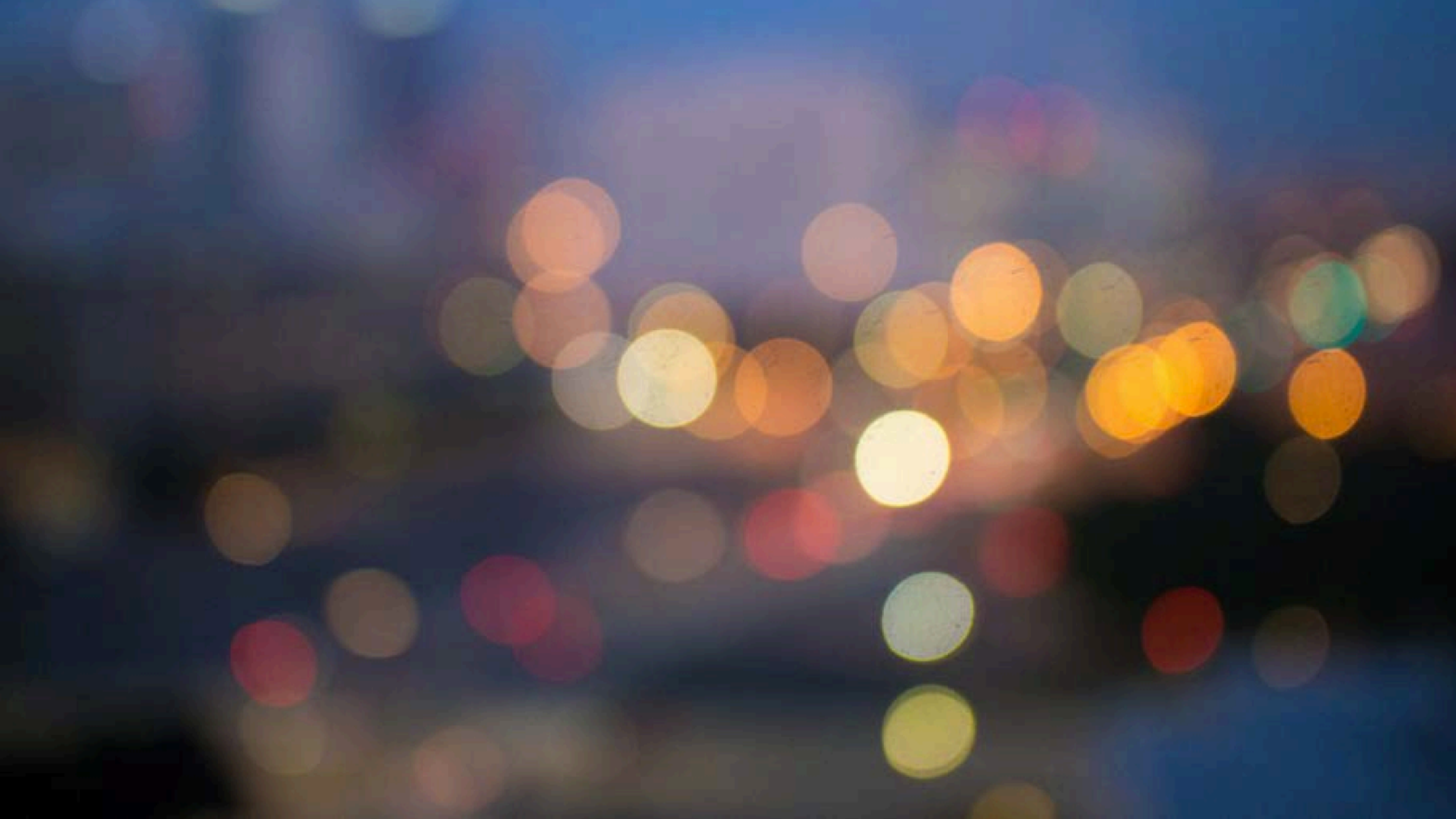
DAIRY MILK

MILK CHOCOLATE



official treat provider of London 2012

Be treatwise
Go to www.fairtrade.org.uk
SEE BACK OF PACK
Per Bar
360g



Autopilot



HD

Does your mind wander off?



47%

% of waking hours people spend thinking about something other than what they are doing

Killingsworth & Gilbert (2010)



© Universal City Studios, Inc.

**BACK
TO THE FUTURE**

Time Travel

Negativity Bias:

“a human mind is a wandering mind, and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost.”

Killingsworth & Gilbert (2010)

“A Wandering Mind Is an Unhappy Mind”, *Science*



Declining Attention Span

Goldfish = 9 Seconds

Humans = 8 Seconds!

10 IQ points

dumber

=

2x worse than

smoking marijuana



MY BRAIN HAS TOO MANY TABS OPEN!

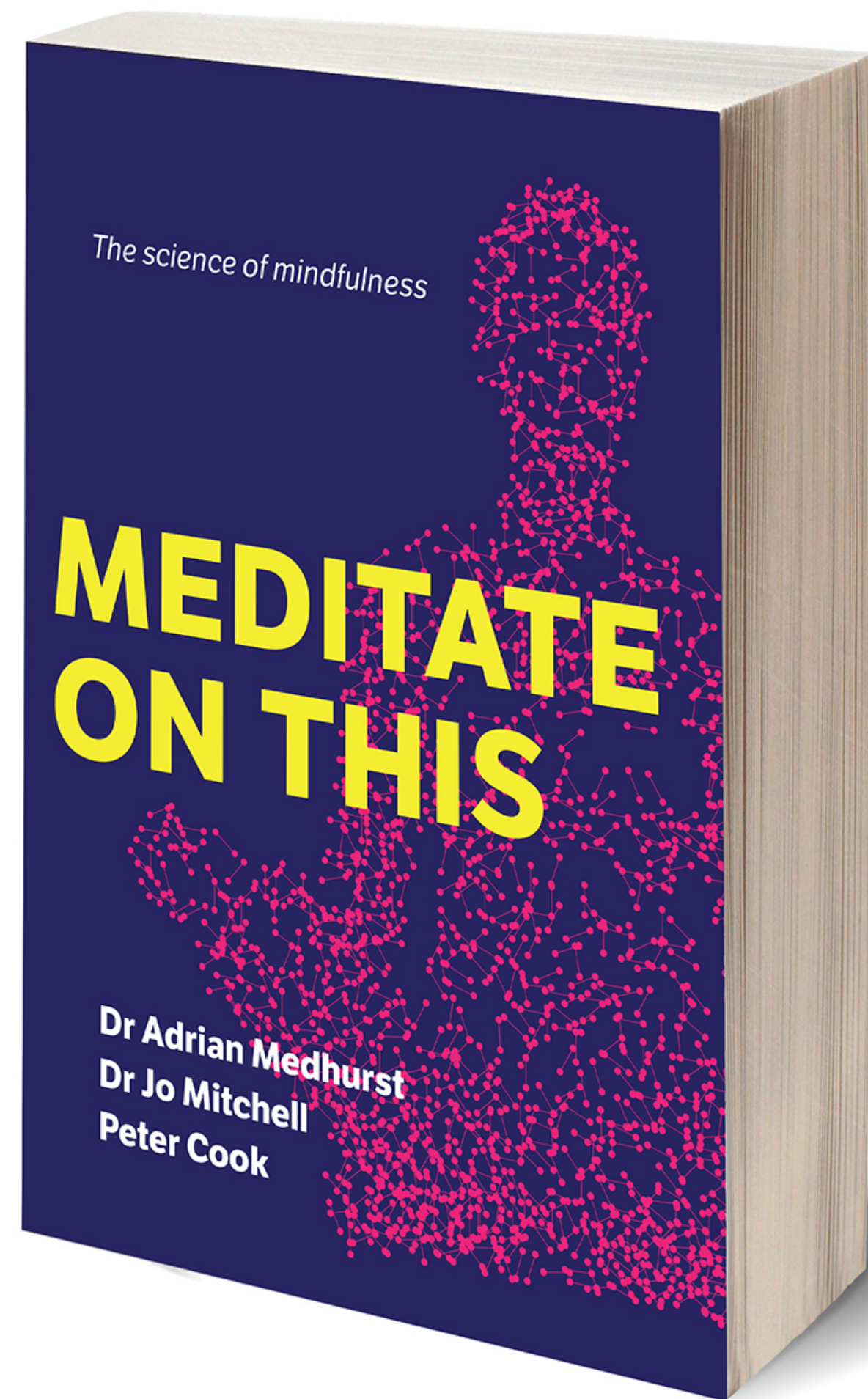
Distraction & Multi-Tasking

Tip!

Mind the Traps

- Autopilot
- Time Traveller
- Distraction
- Multi-tasking

MINDFULNESS



The Science of Mindfulness

Performance | Wellbeing | Health | Relationships

MINDFULNESS

Mindfulness is a state of skilful **attention** we invest

- **on purpose,**
- in the **present moment,**
- with **openness & curiosity.**

MINDFULNESS PRACTICES



- **STRUCTURED:** Mindfulness Meditation, Yoga, Qigong, Pilates.
- **SITUATIONAL:** Mindful during day-to-day activities; being tuned into tasks moment-by-moment.



OFF YOUR BUTT - INTO YOUR LIFE!

Quiz

(A)

Stress is harmful and should be avoided, reduced and managed

(B)

Stress is helpful and should be accepted, utilised and embraced

8 years later...

(A)

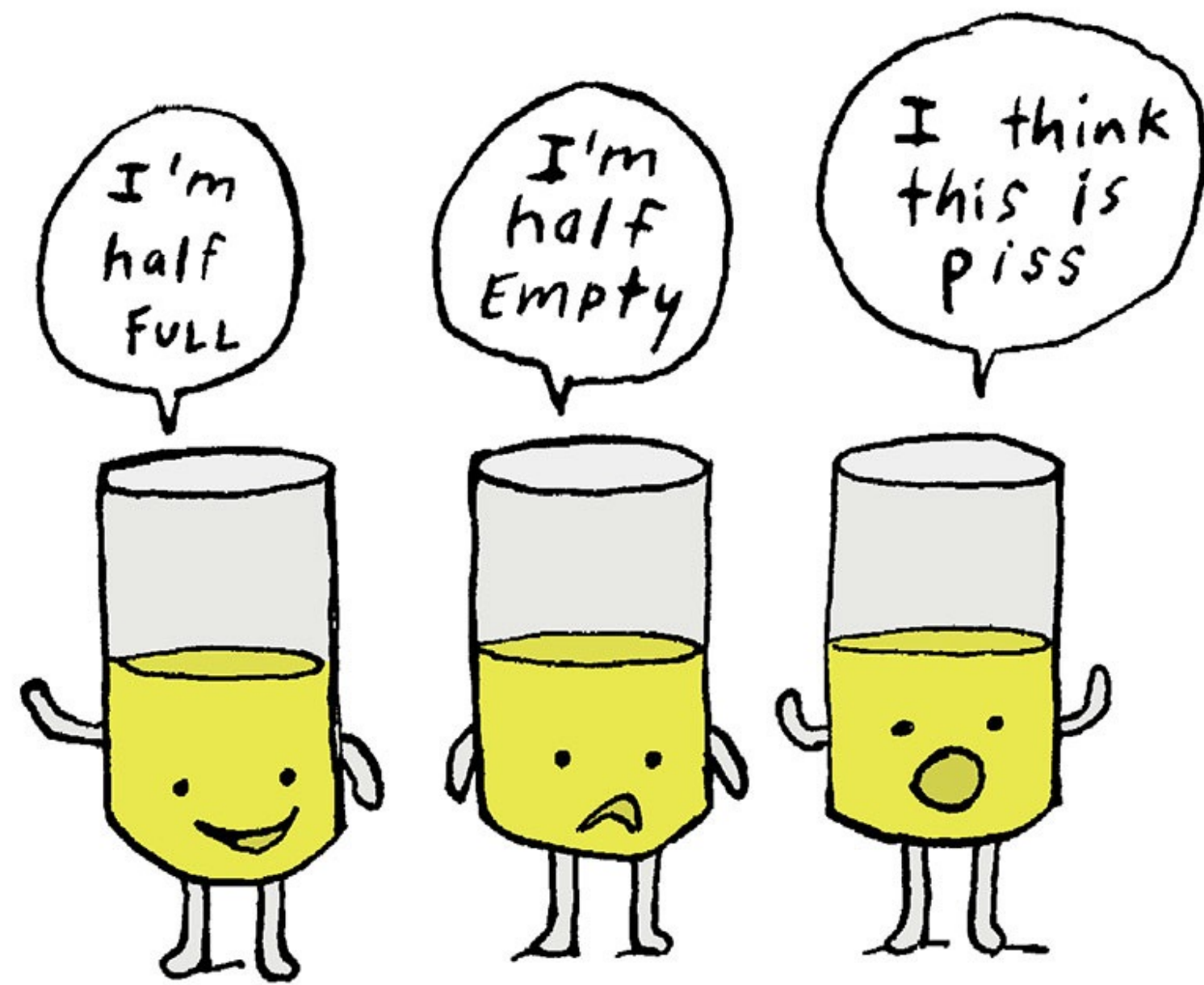
Stress is harmful and should be avoided, reduced and managed



43%*

*Keller, et al., (2011). "Does the Perception that stress affects health matter?" The association with health and mortality. *Health Psychology*, 31, 677-84

What do you believe?



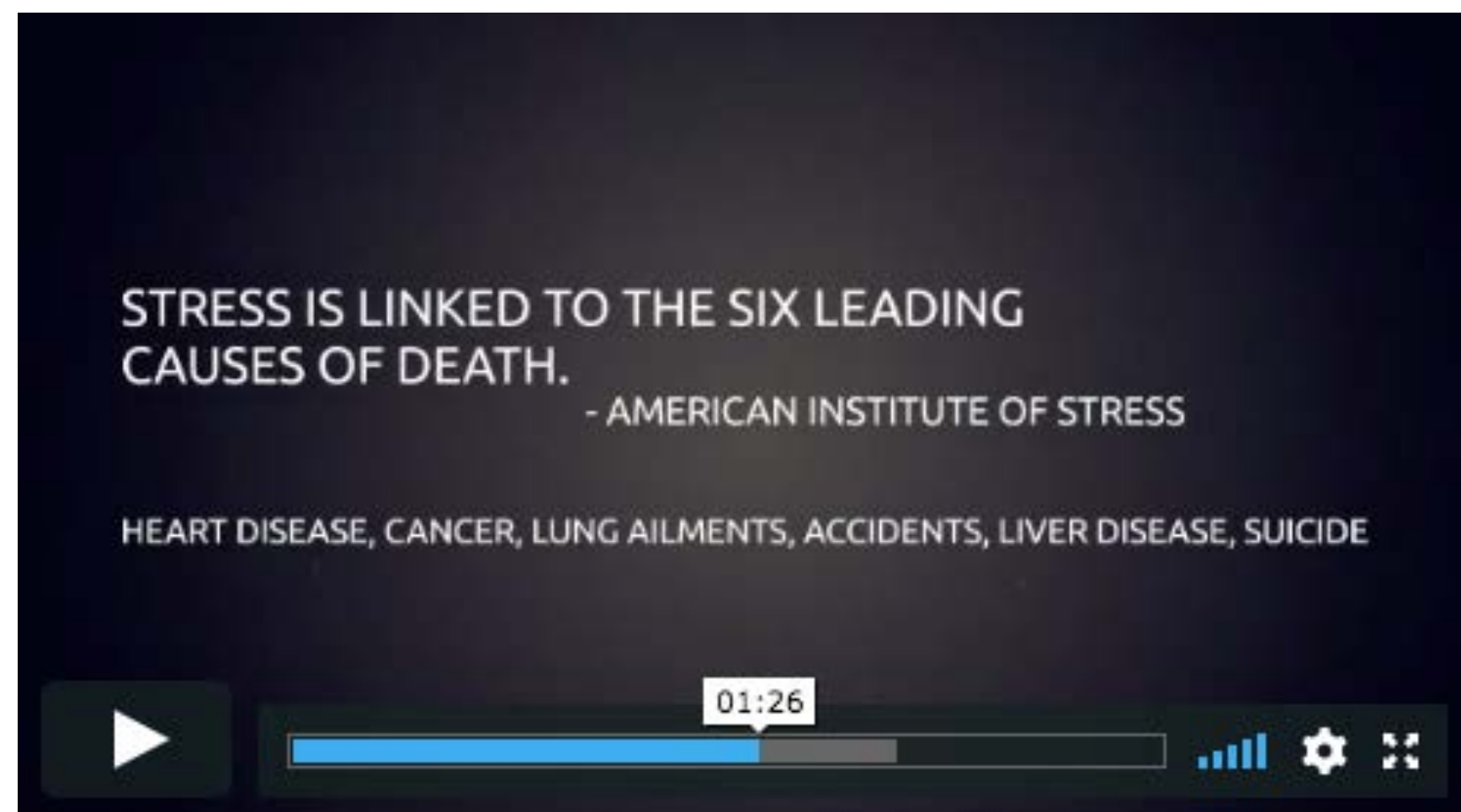
*"Men are disturbed not by things,
but by the **VIEWS** which they take
of them"*

Epicetus, 1st Century, A.D

Mindset Group

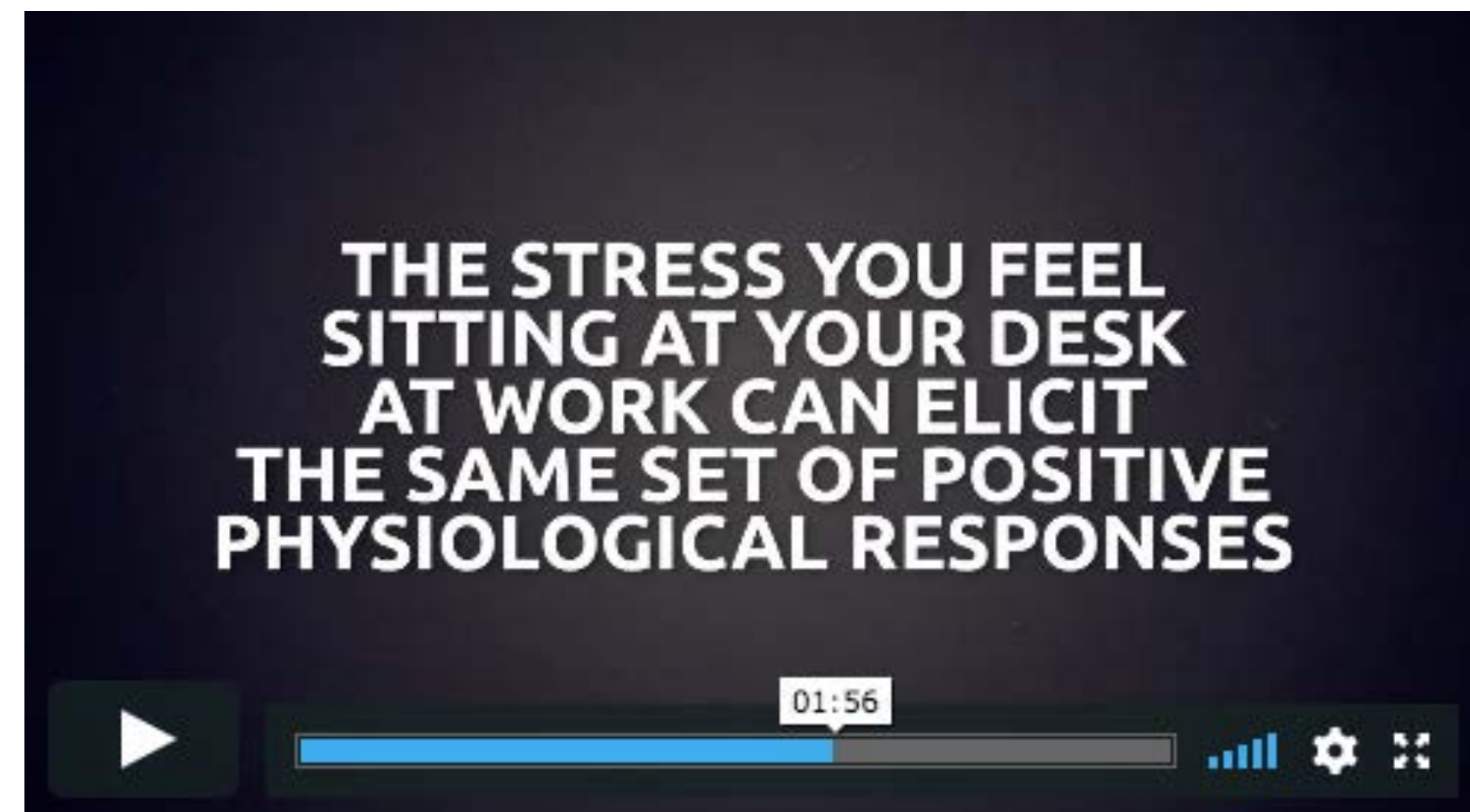
(1)

Stress is debilitating



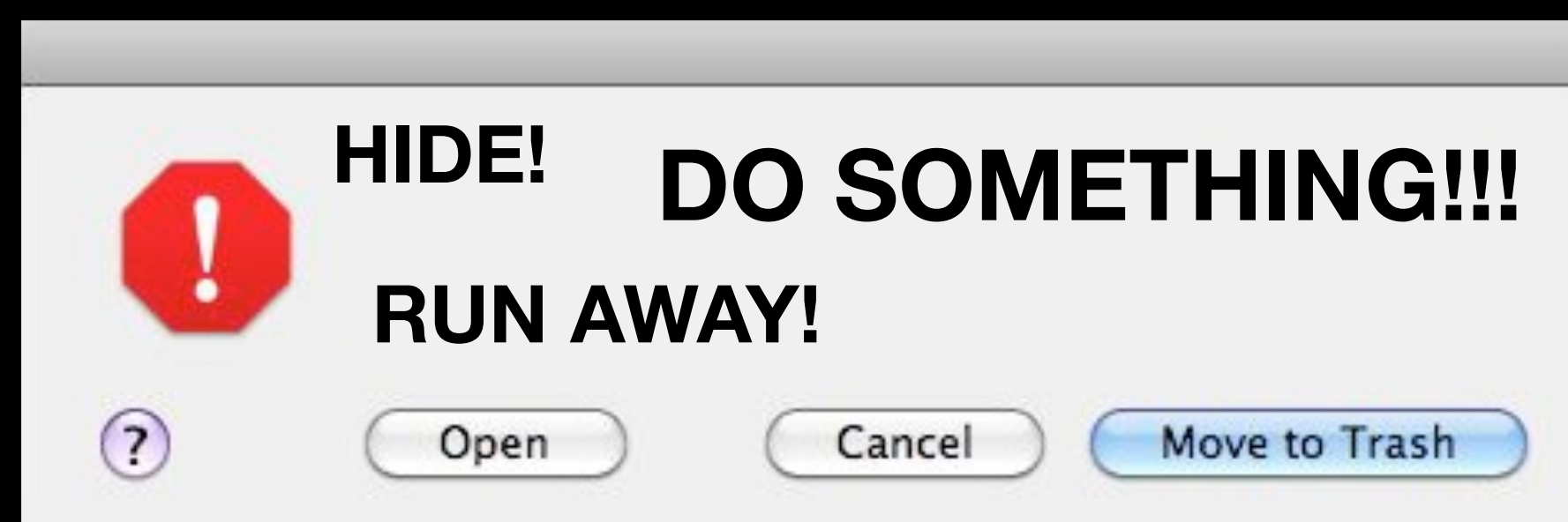
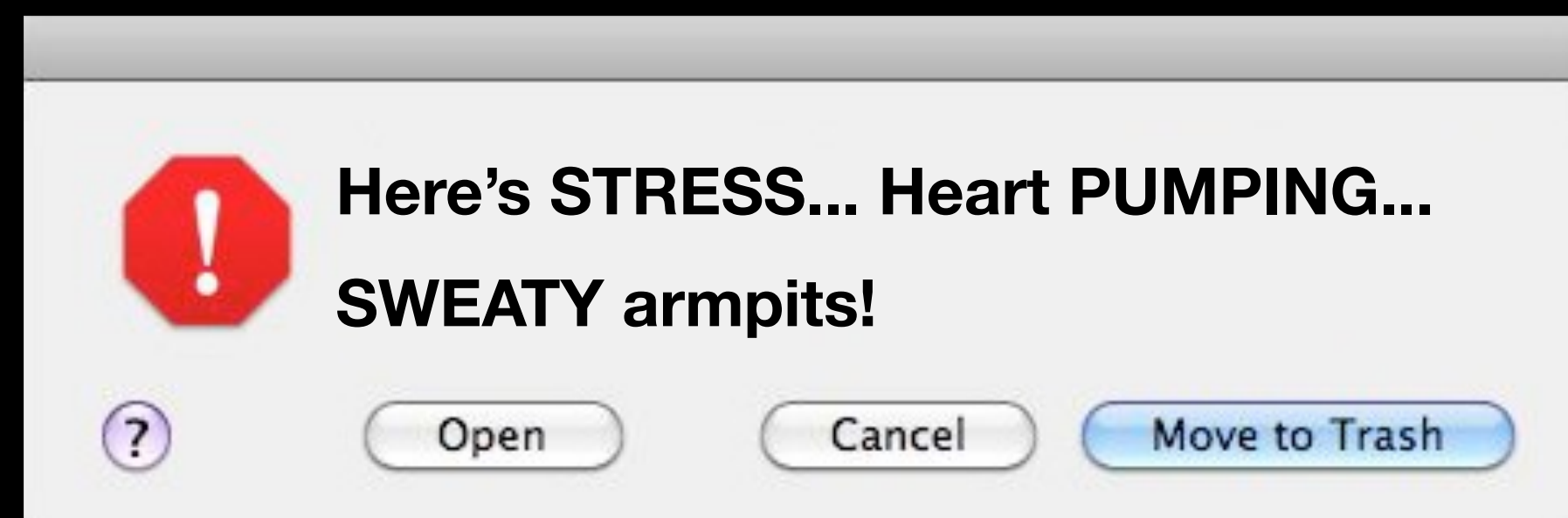
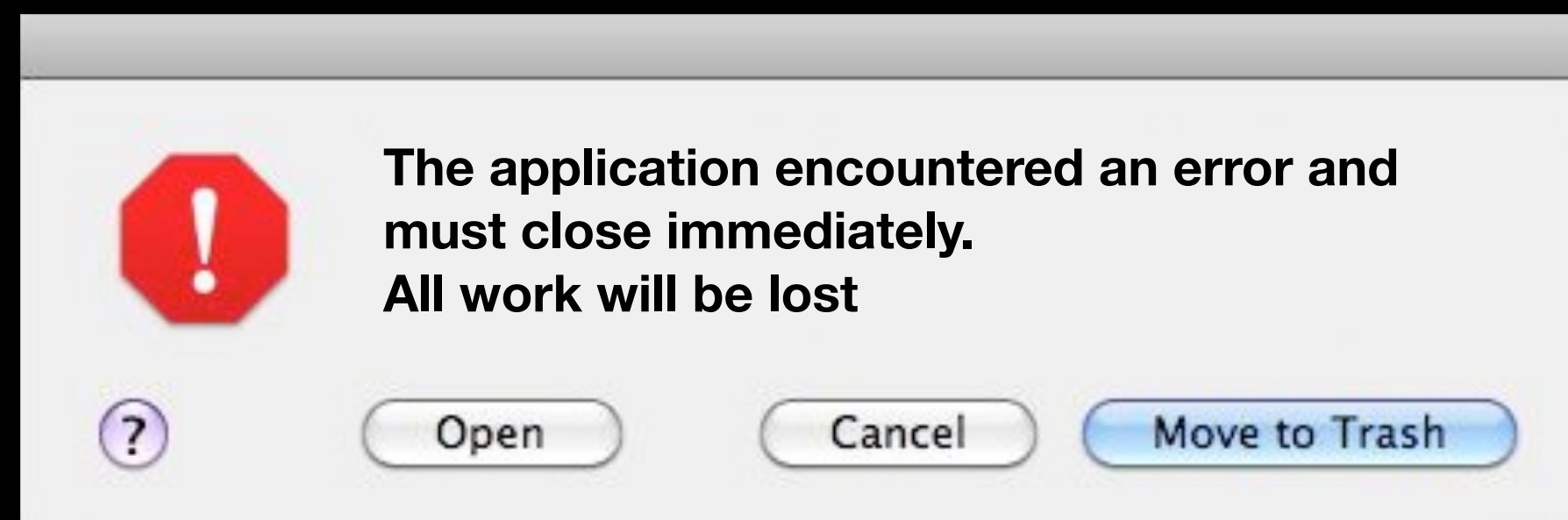
(B)

Stress is enhancing



Tip

Mindset Matters



Stress

S*^~ Happens...

Meaningful Progress requires
Mindful Practise!



Balancing Breath

3-5 Min Practise

1. Inhale: Tap right thumb to each finger then open palm
2. Exhale: Tap left thumb to each finger then open palm
3. Breathe slowly & easily through nostrils into the diaphragm / belly
4. Allow thoughts, (re)focus on tapping & breath flow

Physical Performance requires consistent fitness practise





**Tooth
Performance
requires
consistent dental
practise**

**Are we consistently
practising?**



Tip

PRACTISE
makes
PROGRESS!

Stress Mastery

Presence

Mindfulness

Perception

Mindset

Meaning

Progress

“The right sort of **practice** carried out over a sufficient period of time leads to improvement.

Nothing else.”

Anders Ericsson and Robert Pool (2017)

Tip!

PUNCTUATE YOUR DAY WITH PRACTICES

,

.

!

Some of my practices



- Meditation



- Red Traffic Light



- Opening a door
(exc. public toilets)



- Yoga



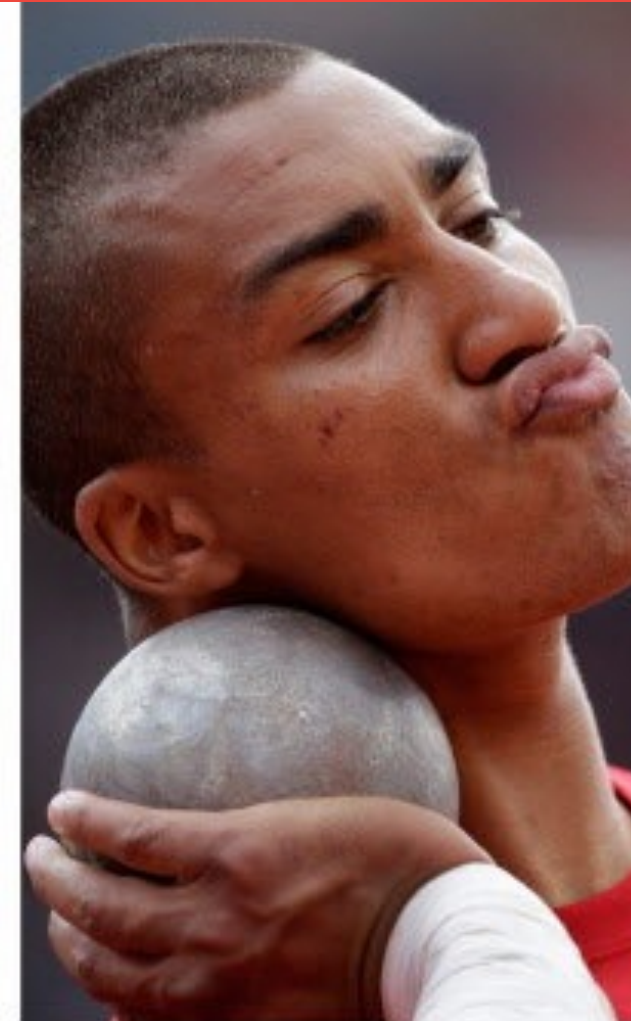
- Morning coffee, Wine

**1 minute
Cold Shower
practice**

I dare you!



Life is a *decathlon*,
not a sprint.





**We largely know what to
do, but...**

**“It takes practise to
move
from *KNOWING* better,
to *BEING* better.”**

“This is a Movement, not a Message”

- The Stress Mastery Challenge:
 - #1 Mindfulness - Mind the Traps & Practise, Practise, Practise!
 - #2 Mindset matters
 - #3 Meaningful progress requires practices (Seriously, PRACTISE!)
 - #4 Mastery - Cross-Training (Life is a decathlon, not a sprint!)



900 waking minutes / day

5 minutes = daily practise

480 working minutes / day

5 minutes = daily practise

1% of your day

“Continuous effort,
not strength or intelligence,
is the key to unlocking our potential”

Sir Winston Churchill

