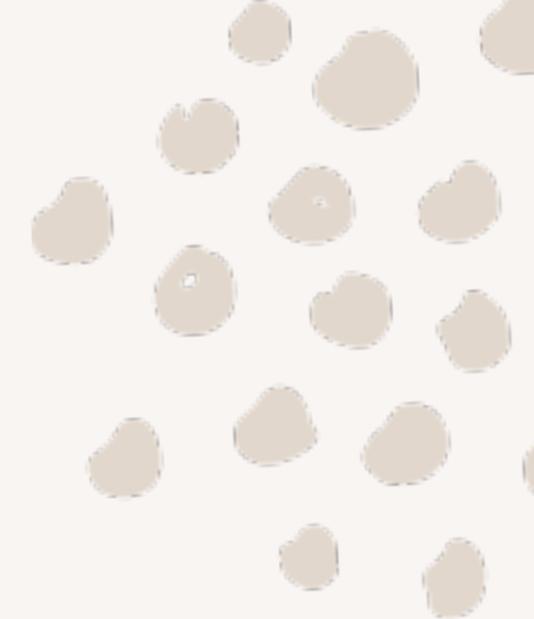


Women Mindfulness & Wellbeing

Online Workshop

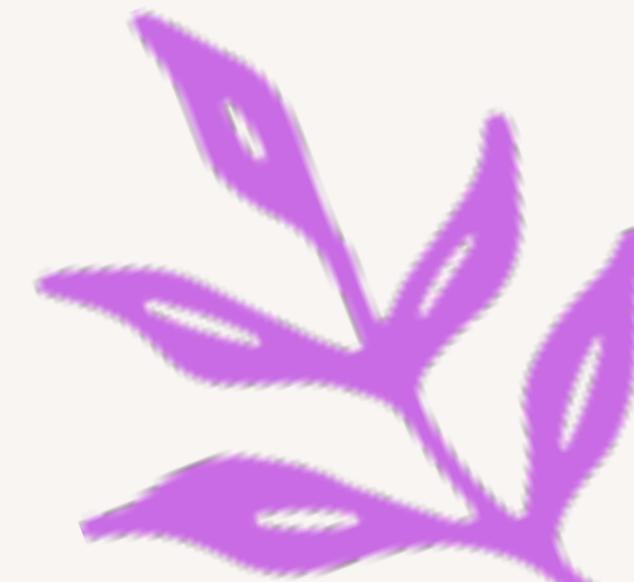


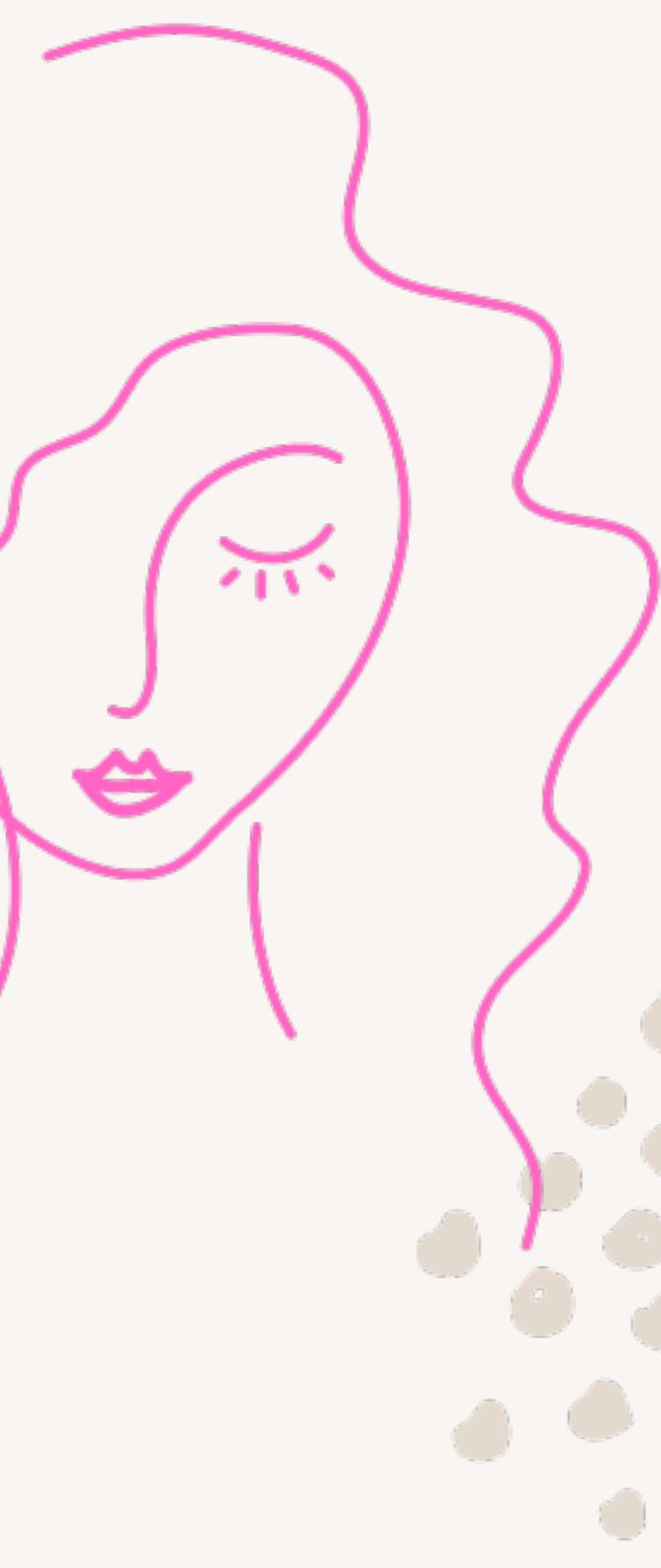
Today's Agenda

Introduction

- 1 - Exploring Mindfulness
- 2 - Mindful Activities
- 3 - Women's Health & Hormonal Balance

Practical takeaways





Let's Start With This Quote!

"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

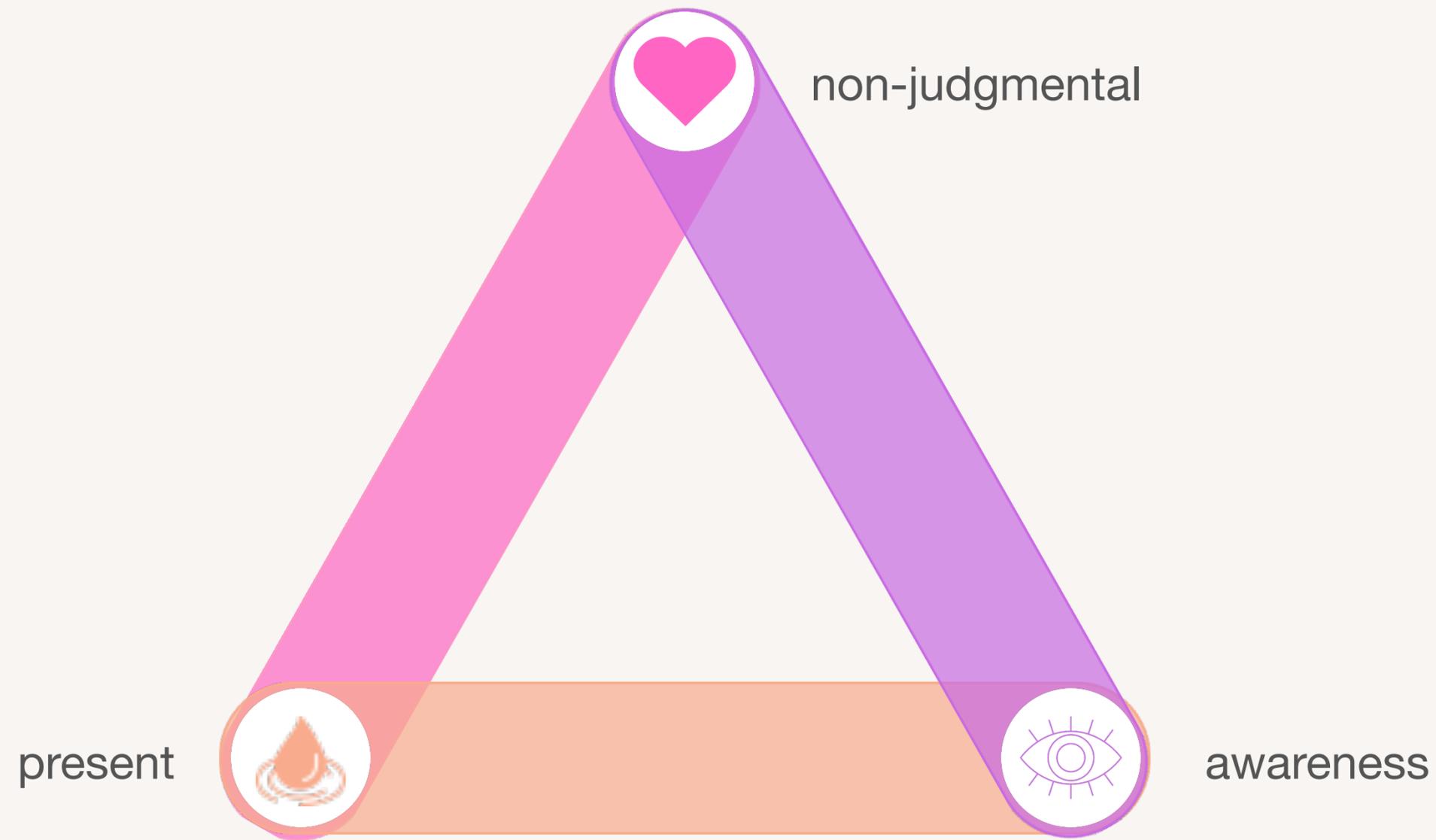
Hermann Hesse



What is Mindfulness?

Mindfulness is the awareness of your inner thoughts, feelings, physical sensations, and the outside world, in the present moment without harmful judgement.

Mindfulness is...



>>> the non-judgmental awareness of the present moment.

How do we live?

Absent-
Mindedness

Wandering
Monkey Mind

Reactivity
Auto-pilot

Impulsivity
Puppy Mind

Escapism

Disconnec-
tedness

Stress and
Anxiety

Poor
Judgment

Rumination

Shallow
Experience

>>> The lack of awareness, presence, and intentionality can hinder fulfillment in life and overall well-being.

What's Your Feeling Now?

Anxious

Calm

Stressed

Excited

Sad

Happy

Bored

Worried

Benefits of Mindfulness

1

Stress Relieve and Less Anxiety

Mindfulness helps reduce stress levels by promoting relaxation and decreasing the body's stress response. Mindfulness literally changes the brain by rewiring it to reduce stress and anxiety.

2

Improved Emotional Regulation

Mindfulness helps develop greater emotional awareness and regulation, the ability to manage difficult emotions and cultivate a greater sense of emotional balance.

3

More Patience

Mindfulness teaches us to practice patience so it comes naturally to us when we need it.

Benefits of Mindfulness



4

Better Sleep Quality

Mindfulness techniques can improve sleep quality by calming the mind and reducing nighttime rumination, leading to more restful and rejuvenating sleep.



5

Greater Resilience

Mindfulness helps develop resilience in the face of life's challenges by cultivating a mindset of acceptance, adaptability, and non-reactivity to stressors.

6

Improve Social Relationships

Mindfulness practices promote empathy, active listening, and present-moment awareness, leading to more fulfilling and harmonious relationships with others.

Benefits of Mindfulness

7

Enhanced Body Awareness

Mindfulness techniques increase body awareness, helping women develop a deeper connection with their bodies and better understand their physical sensations and needs.

8

Hormonal Balance

Mindfulness practices may help regulate hormonal balance by reducing stress-related hormonal fluctuations, benefiting women's reproductive health and overall hormonal well-being.

9

Increased Overall Well-being

By promoting a state of calm, clarity, and presence, mindfulness enhances overall well-being, enabling women to live more fully and enjoy life's experiences to the fullest.



Practice #1

Mindful Breathing



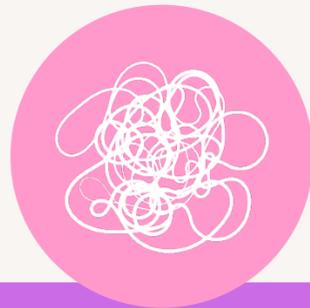
Science Behind Mindfulness

Neuroplasticity



Mindfulness practices have been shown to induce structural and functional changes in the brain. Research using MRI has demonstrated that regular mindfulness practice can lead to increased gray matter density in brain regions associated with attention, emotion regulation, and self-awareness.

Stress Reduction



One of the most well-documented benefits of mindfulness is its ability to reduce stress. Studies have found that mindfulness can lower levels of cortisol, and reduce perceived stress levels. These effects contribute to improvements in overall mental and physical well-being.

Cognitive Functioning



Mindfulness results improvements in cognitive functioning, including attention, memory, and executive function. Studies have found that mindfulness training can enhance cognitive performance and increase attentional control, leading to better focus and concentration.

Enhanced Wellbeing



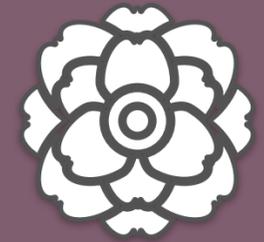
Numerous studies have demonstrated the positive effects of mindfulness on overall wellbeing and quality of life. Mindfulness practices have been linked to greater levels of life satisfaction and happiness, as well as reductions in symptoms of anxiety and depression.



Practice #2
Breathing for
Stress Reduction
& Relaxation

Women's Health & Hormonal Balance

Hormones have a profound impact on every aspect of a woman's life, from her physical well-being to her emotional state and overall quality of life.



Hormones are responsible for biological processes that govern everything from reproduction and metabolism to mood regulation and energy levels.



Hormonal balance can be influenced by a myriad of factors ranging from genetics and lifestyle to environmental exposures and stressors.





The role of Hormones

Our hormones are not merely biochemical entities coursing through our veins; they are the silent orchestrators of our vitality and resilience.

They shape our experiences, influence our choices, and play a pivotal role in defining our sense of self.

Understanding Hormonal Fluctuations

Puberty and Menstrual Cycle

With puberty the production of estrogen & progesterone starts. Each menstrual cycle prepares the body for potential pregnancy.

Pregnancy and Childbirth

Pregnancy, labor and breastfeeding are characterized by dramatic hormonal shifts, followed the restoration of hormonal balance.

Menopause and Hormonal Decline

During Perimenopause hormone levels fluctuate. Menopause marks the end of reproductive function, leading to various physiological changes.

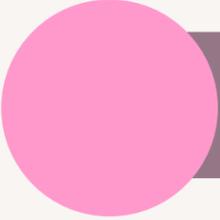
Hormonal Influences on Mood and Mental Health

Hormone fluctuations impact mood regulation and can contribute to mood disorders such as depression, anxiety, and mood swings.

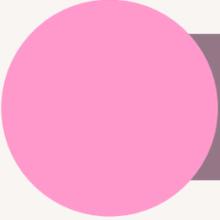
Impact of Lifestyle Factors on Hormonal Balance

Poor dietary choices, sedentary lifestyle, chronic stress, and exposure to chemicals can disrupt hormonal balances.

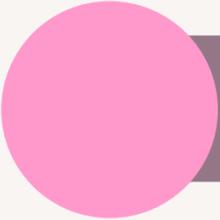
Common Hormonal Imbalances



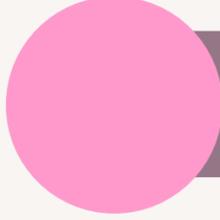
Thyroid Disorders



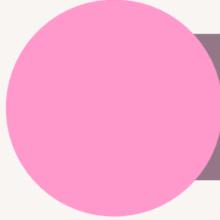
Estrogen Dominance



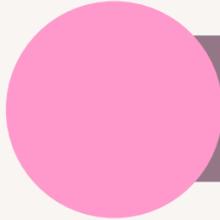
Polycystic Ovary Syndrome (PCOS)



Adrenal Fatigue or Dysfunction



Insulin Resistance & Metabolic Syndrome



Menopausal Hormonal Changes

Achieving Hormonal Balance

1

Balanced Diet

Whole, nutrient-dense foods rich in fiber, vitamins, minerals, and healthy fats that support blood sugar regulation and promote stable energy levels. Minimizing processed foods, sugar, and refined carbohydrates.

2

Regular Exercise

Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week, including cardio exercise, strength training, and flexibility exercises.

3

Stress Management

Practice mindfulness meditation, deep breathing exercises, progressive muscle relaxation, and yoga to lower cortisol levels and promote relaxation.

Achieving Hormonal Balance



4

Quality Sleep

Maintain a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing sleep environment. Aim for 7-9 hours of quality sleep per night.

5

Limit Exposure to Endocrine Disruptors

Avoid toxins found in plastics, pesticides, personal care products, and household cleaners. Choose natural and eco-friendly products. Opt for organic and hormone-free produce, meat and dairy products.

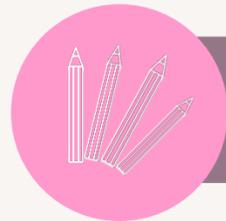
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Herbal Supplements and Adaptogens

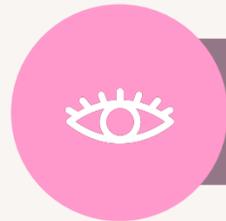
Consume herbal remedies known for their hormone-balancing properties, such as maca root, ashwagandha, chasteberry (vitex), and black cohosh.

Homework #1

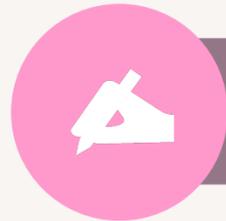
Mindful Colouring



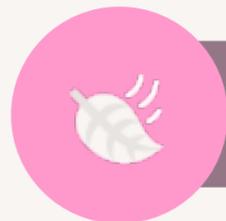
Prepare



Explore



Colour

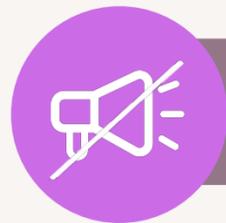


Reflect



Homework #2

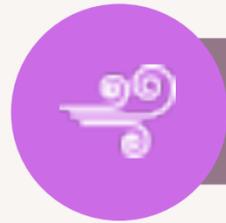
Mindful Journaling



Find a quiet place



Set your intention

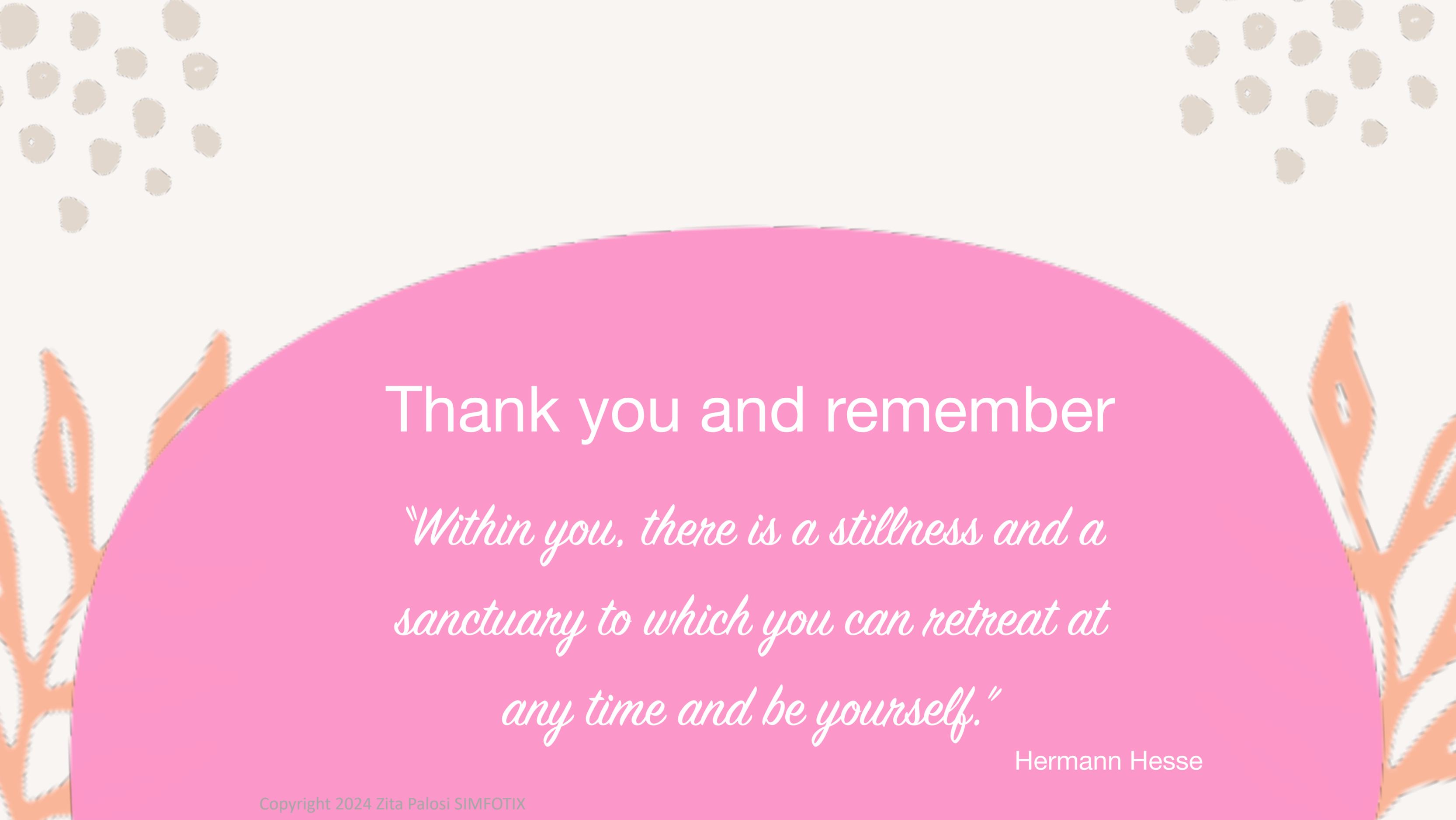


Centre yourself with deep breaths



Write without judgement





Thank you and remember

"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

Hermann Hesse