

# Speaker Introduction



Jessica Brazil, is a Licensed Clinical Social Worker and Certified Yoga Teacher who specializes in an integrative and multi-cultural approach to health and wellness. She has over 17 years of experience specializing in clinical and rural social work completing her BSW in 2003 and MSW in 2006. She currently serves as Founder and CEO of Mindful Living Group overseeing a team of professionals dedicated to mindful living and improving the lives of others through behavioral health and lifestyle wellness services. She has a thriving practice providing direct psychotherapy, supervision, and consulting services. She also provides public speaking engagements and continuing education services, leads international and local mindfulness retreats, helps implement mindfulness programs and self-care workshops in schools and business, and works as a Practicum Instructor for the University of Hawaii Masters of Social Work program. She also served on the National Association of Social Workers (NASW) board for over 10 years, is a former research assistant with Eastern Washington University, former professor at Northwest Nazarene University, and has influenced businesses such as Acadia Healthcare, Medtronic, and University of Hawaii's Telehealth COVID-19 Project. She obtained her Yoga Certification with the Kundalini Research Institute and Certification in Hypnosis through the American Society of Clinical Hypnosis. She has extensive training in trauma and specializes in treatment of anxiety disorders, life transitions, relationship challenges, and helping people develop desired states of consciousness. Jessica's passion is a continual evolutionary journey of creativity, play, and connection. She enjoys surfing, traveling, skydiving, music, and spending time with loved ones.



# Mindfulness for Self-Care, Stress Management & Immune Support

**Jessica Brazil, LCSW**

**Mindful Living Group Founder, Psychotherapist, Yoga &  
Meditation Teacher**



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MINDFUL LIVING GROUP

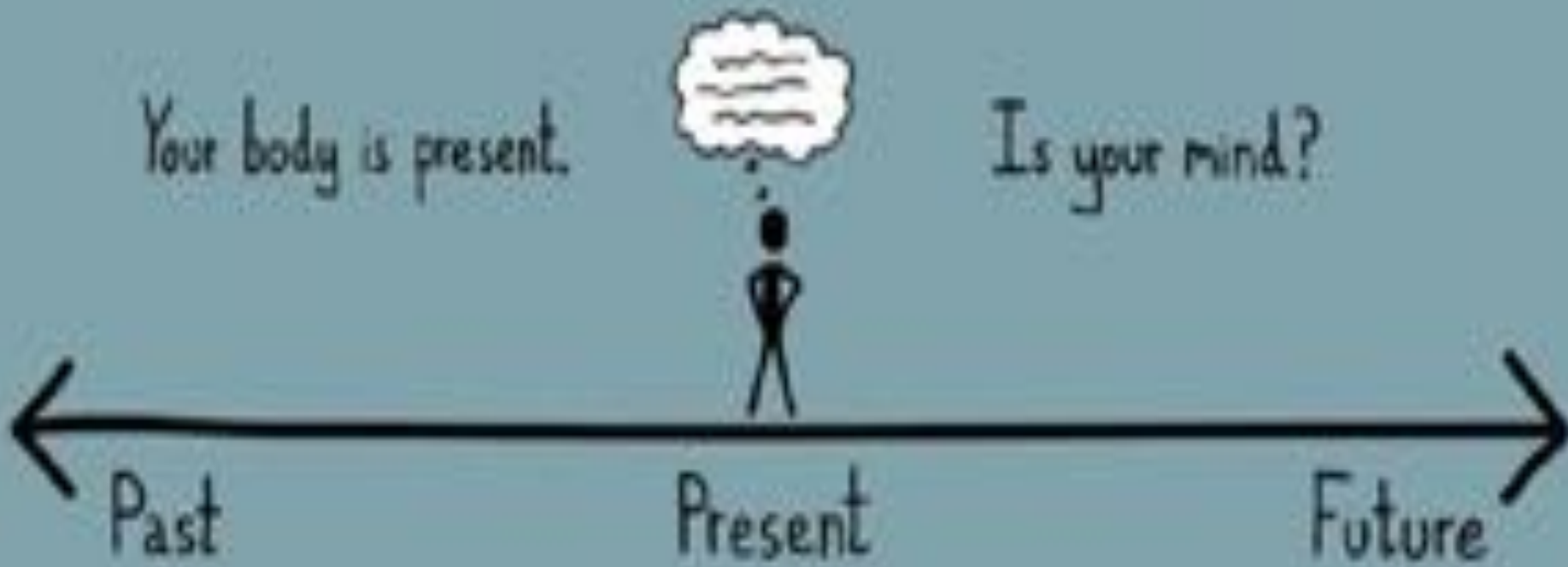
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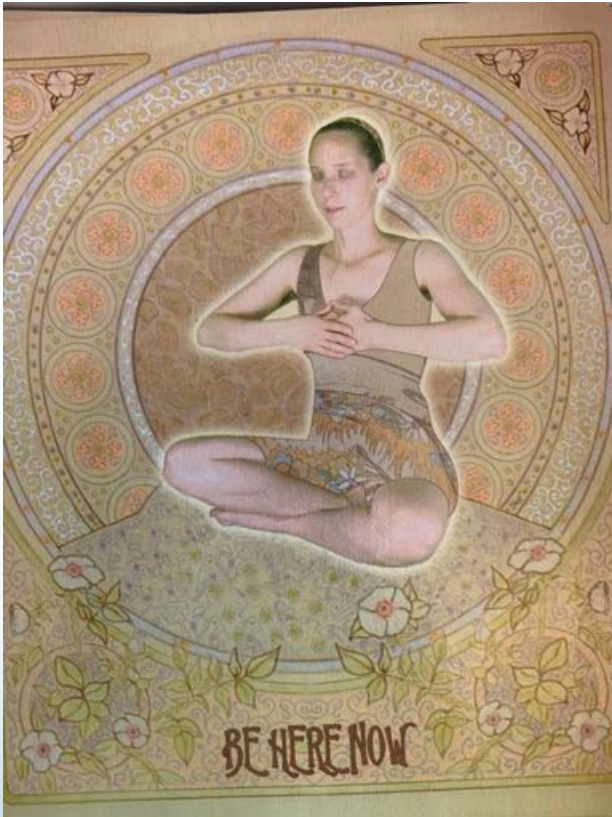
# Making the Mindful Connection

- Mindfulness is about being Present with the Moment
- [Video](#)
- It's not just a formal practice. It is a state of being.
- Alo (presence) + Ha (breath of life) = Aloha

# Mindfulness – Be **HERE** Now



# Be HERE Now Practice



**Posture:** Hands meet at heart level a few inches from the body, with the fingers extended palms facing the body tips of thumbs touching, right hand over back of the left hand. Eyes are 1/10 open

**Breath:** Inhale deeply and hold for 10 seconds, exhale fully and hold the breath out 10 seconds. Concentrate on the breath

**Time:** 3-5 minutes at any time of the day.

**Purpose:** Brings Nervous and glandular system into balance. Thumbs together in mudra the sciatic nerve is neutralized at the place of the ego (thumbs), balance puts pressure on meridian points in the shoulders. *Connects one to the breath of life and generates hair-trigger efficiency in urgent situations.*

# What is Mindfulness

- *A method of paying attention to the present moment in a particular way with the intention of being non-judgmental, compassionate and in complete acceptance of the present moment exactly as it is. Core Components:*

**Compassion**

**Neutral Awareness (non-judgment)**

**Acceptance**

- The word Mindfulness is a translation of the Pali-term sati, a level of awareness, derived from Buddhist tradition and was popularized in by Jon Kabat-Zinn in the 1970s.

# Mindfulness Founders in America

- **Jon Kabat-Zinn, Ph. D** from the University of Massachusetts Medical Center who developed Mindfulness Based Stress Reduction (MBSR) was developed in 1979 and seeded the mindfulness movement which is now found all over the world bringing mindfulness to medicine, psychology, education, science, business, and government. Author of *Full Catastrophe Living*.
- **Bob Stahl, PhD**, expanded the MBSR movement
  - co-author of *A Mindfulness-Based Stress Reduction Workbook*, *Living With Your Heart Wide Open*, *Calming the Rush of Panic*, and *A Mindfulness-Based Stress Reduction Workbook for Anxiety*.

# Why Mindfulness?

- Respond vs. react to life events
- Reduces the Stress Response
- Treats health concerns: Depression, Addiction, Anxiety, Chronic Pain, ADHD, PTSD, etc.
- Improves memory & concentration
- *Boosts our immune system*
- Improves quality of life



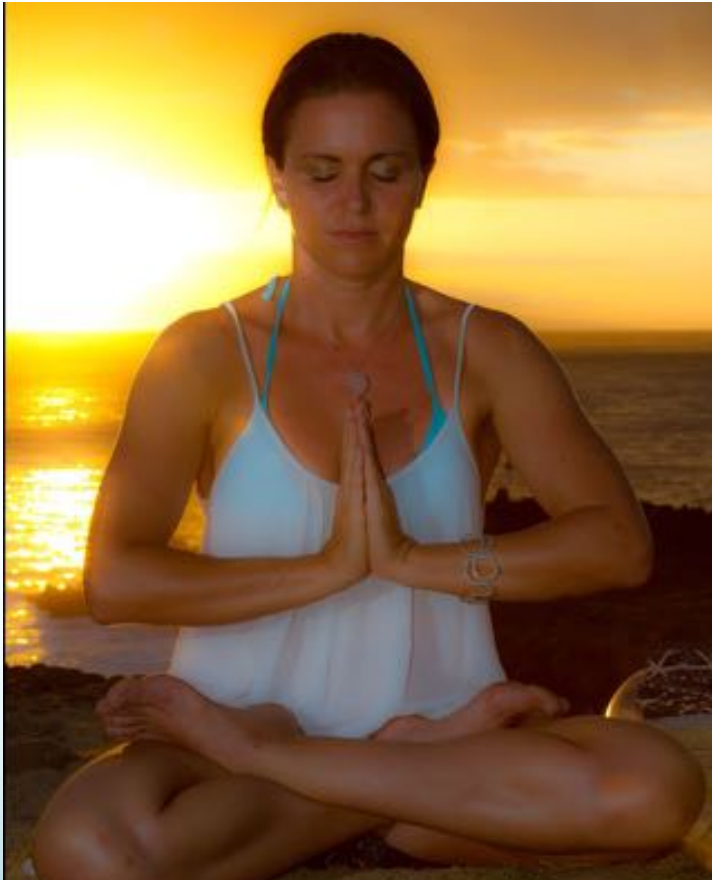
# Experiencing Mindful Connection for **Healing**



The only source of knowledge is experience.

ALBERT EINSTEIN

# Mindfulness Practice



- Body Positioning
  - Sitting
  - Straight Spine
  - Dignified posture
  - Easy Pose / Lotus Pose / Lying / Feet
  - Hands / Mudras
- Breath
  - Diaphragm breathing
  - Nostrils
- Eye gaze
  - Closed vs. Open, Tip of Nose
  - Stimulating the Pituitary Gland
- Locks
  - Root
  - Neck
  - Tongue

# “Ha” Practice

- **Alternate Nostril Breathing**

- Balances the Right and Left Brain, helps with headaches, migraines, stress and balancing negative emotions.
  - **Right** nostril is often compared with the **heat** of the **sun**. Increases alertness, action, will power, concentration, & the air secretion of acid. It is associated with the **LEFT** brain (Logic).
    - Regulates the Sympathetic nervous system, our Gas Pedal.
  - **Left** nostril is compared with the **cooling** of the **moon** and is calming, activates empathy & sensitivity. The air blowing from the left nostril could increase the secretion of alkali. It is Associated with the **RIGHT** Brain (Intuitive/Creative).
    - Regulates the Parasympathetic Nervous system, our Braking System.
- Generates a calming of emotions
  - **The nose is in direct contact with the hypothalamus through the lane with the olfactory lobes** in the brain. The hypothalamus is part of the system which connect with **emotions & motivations**.

# RECHARGE

## Meditation to Totally Recharge You



**POSTURE:** Sit in Easy Pose with a straight spine, and a light Neck Lock.

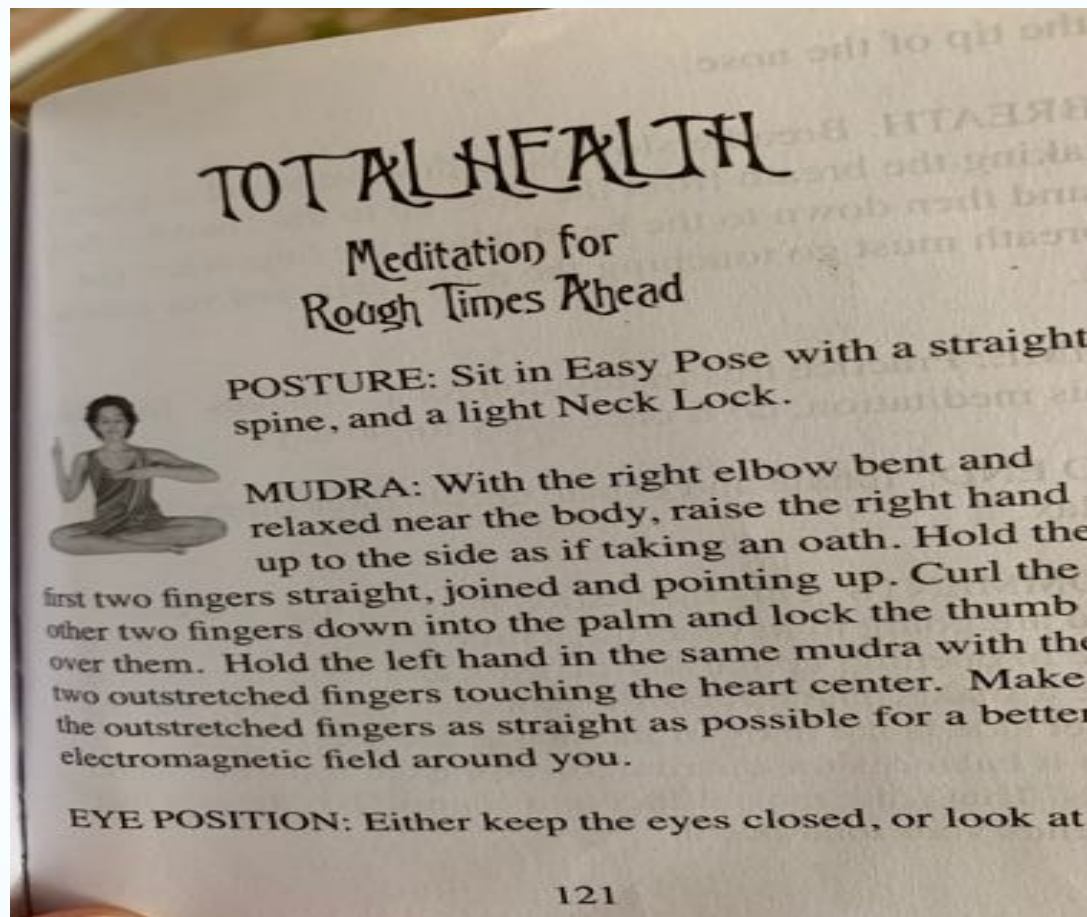
**MUDRA:** Extend the arms straight out in front of you, parallel to the ground. Close your right hand into a fist. Wrap the left fingers around the right fist. The base of the palms touch, thumbs are extended up and touch along the sides.

**EYE POSITION:** The eyes are focused on the thumbs.

**BREATH:** Inhale for 5 seconds. Exhale for 5 seconds. Suspend the breath out for 15 seconds. Continue.

**Recharge** meditation improves mood when feeling depressed or depleted. It gives you a relationship to the pranic body and caliber to deal with life. *Practice*

*Time: 3-11 minutes*



**Total Health** meditation helps balance red and white blood cells which is the body's defense system for preventing disease. Practice with long deep breathing moving the breath from nostrils to middle brow point.

*Practice Time: 11 minutes.*

# Mindful Breathing

- Relaxes and calms
- Stimulates endorphins which help fight depression
- Pumps spinal fluid to brain
- Fights addictions
- Energizes
- Cleanses blood of carbon dioxide
- Regulates body, PH, acid alkaline balance
- Reduces Pain
- Reduces irritability
- Balances autonomic nervous system
- Cleanses blood by removing toxins from tissue, lungs, and mucus membranes
- Improves digestion
- Strengthens nervous system to handle stress

# Breath Frequency

- Normally men breathe at a rate of 16-18 cycles per minute; women breathe at 18-20 cycles per minute. (IKYTA)
- Slowing down the breath:
  - 8 cycles per minute calms the parasympathetic nervous system, relieves stress and increased mental alertness and healing processes are elevated.
    - Counting to 4 on the inhalation & 4 on the exhalation
  - **4 cycles per minute positive shifts in mental function, intense awareness, increased visual clarity, heightened body sensitivity, pituitary and pineal gland begin to coordinate at an enhanced level producing a meditative state.**
    - **Counting to 8 on the inhalation & 8 on exhalation**

# Making the Mindful Connection







# Mindfulness & the Senses

- **Senses are Transducers** from the physical world in the realm of the mind where we interpret the information creating our perception of the world around us.

# Mindfulness & the Brain

- *Managing the BREATH greatly affects the function of the hypothalamus, pineal and pituitary glands.*
- The Master Gland – **Pituitary Gland**
  - Thyroid, adrenal, and reproductive glands and related hormones.
  - **Hypothalamus – the Sensory Nervous System Receptor Site.** The intermediary between the nervous and endocrine system, the two major control centers of the body.
  - It is the middle brain or center of the mind/body phenomena.

# Mindfulness & Time

- **Length of Practice: Time**
  - **3 minutes**
    - Affects the electromagnetic field, circulation, and stability of blood
  - **11 minutes**
    - Changes the nerves & glandular system
  - **22 minutes**
    - Balances 3 minds and they begin to work together (positive, negative, & neutral mind)
  - **62 minutes**
    - Changes gray matter in the brain,

# The Science of Meditation

- Researchers from several universities have published studies revealing meditation resulting in **structural changes to the brain** including –
  - *Prefrontal cortex* playing a role in attention, sensory information and internal bodily sensations.
  - Decreased gray-matter density in the *amygdala*, which is known to play an important role in anxiety and stress.
    - Lutz & Davidson, **Mind of the Meditator**, *Scientific American* (Nov. 2014)
  - Increased gray-matter density in areas, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection.
    - McGreevy, **8 Weeks to a Better Brain**, *Harvard Gazette* (Jan. 2011)

# Mindfulness for Health & Wellness

- **Personal Experiences in Mindfulness-Based Treatment Delivery**
  - My Experience with treating patients with Mindfulness Cognitive Therapy in my full-time private practice over the past 7 years, all but 1 have gotten off opiates for pain disorders.
  - There have been zero suicides, incidences of violence, or deaths.
  - More than 90% have not experienced legal or employment problems related to their substance abuse or mental health issues
  - About  $\frac{1}{4}$  had less than 6 sessions and reported learning a healing mindfulness practice that allowed them to find the peace they were searching for.

# How To Start?

## Create Personal Experiences with the Present Moment

1. Cultivating regular Self-Care habits
2. Focus fully on what you are doing in the moment at least a couple times a day.
3. Join a Meditation Group
4. Start a Mindful Book Club
5. Attend a Yoga Class or Watch a YouTube Video and follow along
6. Engaging in ritual and ceremony with COMMUNITY
7. Make a Commitment to your SELF!
8. Try a NEW practice until you find something that WORKS!
9. Allow Healing through LOVING Connection to the moment
10. Shape Positive Outcomes with **INTENTIONAL AWARENESS**

*Be Gentle with yourself, It is a PRACTICE & a Journey.*

# When to Start? NOW

- It takes:
  - 40 days to change a habit
  - 90 days to confirm a habit change
  - 120 days for a new habit to become who you are
  - 1,000 days to master the new habit (about 3 years)



THERE ARE  
SEVEN DAYS  
IN THE  
WEEK AND  
SOMEDAY  
ISNT ONE  
OF THEM.

# 100 Mindful Days

- Inspired by my own Experiencing First Experiment that developed a following.
- A project that challenges us to experience being mindful every day for 100 days.
- Seeks to inspire and encourage everyone to find a moment of mindful connection in their lives daily & to share their journey to inspire themselves & connect to others.
- Provides an online community to share a variety of mindfulness practices being applied to every day life.
- Receive Daily inspirational emails with mindfulness practices and focuses for the day.
- Sign up for FREE DAILY INSPIRATIONS at: [MindfulLivingGroup.org/100mindfuldays](https://MindfulLivingGroup.org/100mindfuldays)



MINDFUL LIVING GROUP

Thank you for sharing your  
Presence & Remember



# Mahalo nui loa...

- **Continued Practice & Resources at Mindful Living Group:**
- Telehealth Therapy (online/face to face) - 6 Week Mindfulness Course (online) - Mindful Mondays Meditation Group (online)
- Self-Care Support Group (online) – Mindful Recovery Peer Support Group (online) – Mindful MaMa’s Support Group
- [jessbrazil@mindfullivinggroup.org](mailto:jessbrazil@mindfullivinggroup.org)
- **(808) 206-9371**
- **Visit: [www.MindfulLivingGroup.org](http://www.MindfulLivingGroup.org)**



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