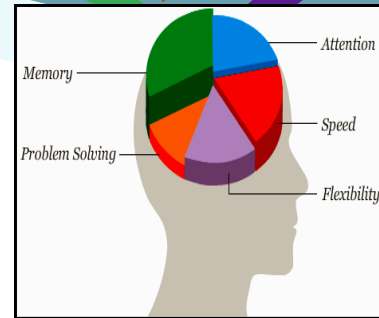


# Mindfulness:

## the brain and You



### The 3 Pillars of Mindfulness

How we use our **attention, intention and attitude** impacts every aspect of our work and lives. Here are some tips to use these as tools to improve mindfulness and efficacy during the review process. These can be done personally or as a board on a case-by-case basis.

**ATTENTION:** Ever get distracted? Pulled into drama? Side tracked? Avoidant of something super tricky? **TIP:** Decide where your attention is most needed and focus your attention there. When it strays, bring it back.

**INTENTION:** Who are you serving - do you ever forget? Setting an intention makes you 50% more likely to succeed at any goal you set. **TIP:** Use board prep time to set an intention at the beginning of the day. Ask yourself: How do I want to be? Decide and do-it. When you stray, simply return to your intended stance.

**ATTITUDE:** How do your biases or reactions impact your ability to respond to cases? **TIP:** Practice a neutral attitude - non judgmental, unbiased, available to listen and learn, open and adaptable.

"Mindfulness isn't about knowing that you're hearing something, seeing something, or even observing that you're having a particular feeling. It's about doing so in a certain way - with balance and equanimity, and without judgment. Mindfulness is the practice of paying attention in a way that creates space for insight. " ~ Sharon Salzberg

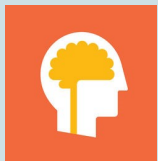
## Mindfulness...

Improves immunity, builds resilience, increases memory, reduces violence, improves sleep, promotes safety, builds creativity, strengthens relationships, balances power and control, reduces the impact of trauma, improves focus, and allows for ease in day-to-day interactions.

It is a simple approach, becomes easier with practice and is becoming hugely popular in the legal profession and field of social work.

How can you integrate these practices in your life?

What can you do differently as a board?



### Mantras in your Pocket

Research shows we are less intelligent and adaptive under stress.

Using cues, whether spoken or in thought, is an effective way to redirect our focus and remain present. TIP: Develop a few go-to phrases of your own to cue yourself or others. For example,

I've got this!

Speak up (my input matters).

Just breathe.

For others present at the review:

I am hearing you loud and clear.

Is there anything else you'd like to say?

Thank you for sharing that.

Your point is valid.

## References:

### SCIENTISTS & RESEARCHERS

Dr. Dan Siegel

<https://www.drdansiegel.com>

Dr Shauana Shapiro

<https://www.drshaunashapiro.com>

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