From Burnout to Balance

About Heartfulness

• Programs are offered by The Heartfulness Institute, a nonprofit global organization

• Mission: Develop peaceful, healthy and holistically-educated individuals and children, families and communities, organizations and businesses, and government organizations with a spirit of human well-being and oneness

• Over 50,000 volunteers and 8,000 trainers in more than 130 countries in the world
  • Programs for children to improve their creativity, interest in learning
  • Community relaxation, meditation and rejuvenation practices based
  • Self-development programs in colleges and universities
  • Wellness programs for corporations to lower stress and improve teamwork
Causes

- Stress is your body's response to change.
- Stress is caused by the body's instinct to defend itself.
- Stress is any experience that we believe should be different from what it is.
- Any circumstance that threatens, or is perceived to threaten, one's well-being thereby creates stress.
- Types of stress include conflict, pressure, frustration, change.

Statistics of stress among lawyers

- Stress among law students is 96%, compared to 70% in med students and 43% in graduate students.
- Psychological distress, dissatisfaction and substance abuse that begin in law school follow many graduates into practice.
- After completing law school, 20-40% students have a psychological dysfunction.
- Lawyers are 3.6 times more likely to suffer from depression than non-lawyers.
- Lawyers rank 5th in incidence of suicide by occupation.
### Physiological changes occur when we meditate

**Physical Benefits**
- Less Stress
- Better Sleep
- Deep Breathing
- Blood Circulation
- Deeper Healing

**Mental Benefits**
- Focus
- Awareness
- Productivity
- Positive Energy
- Creativity
- Emotional intelligence

**Emotional Benefits**
- Less Anger
- Acceptance
- Empathy
- Happiness
- Compassion

### Effects on the brain
- “Fight or flight” center – the amygdala shrinks
- Pre-frontal cortex - associated with awareness & decision making - thickens

### Effects on DNA
- Telomeres lengthened after 12-week study
Effects on Brain Waves
Access deeper states of Alpha, Theta & Delta

Leading with the HEART

"I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me."
- A. Einstein
How to Practice Heartfulness Meditation

Close your eyes

Have the suggestion that the source of light is present within your heart and it is attracting your attention from you.

If thoughts arise, then gently bring your attention back to the “source of heart”.

Relaxation & Meditation Session

Meditation in Progress
Note Your Observations:
How long could you meditate for?
What did you observe?
How did you feel to focus on the heart?

Questions?

Next Steps - 21 Day Challenge

• Practice on your own at home every day
  • visit www.Heartfulness.org for meditation & relaxation exercises, tips and guides
  • Heartfulness Channel on YouTube
  • Download the “Lets Meditate” app on iOS and Android Phones
  • Visit www.HeartfulnessMagazine.com for free subscription to digital magazine

• Find a Heartfulness Trainer and info on weekly meetup locations to put it more vigorously at: http://heartspots.heartfulness.org

• Join us for weekly meditations

Have a heartful day.
Thank you!