Practical tips on managing life in the law through mindfulness
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Practical tips on managing life in the law through mindfulness

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With Cameron Aggs

About: Cam’s Background

- Published in the scientific press
- 7,500 hours in one-to-one settings
- Led 250 programs in mindfulness
- Clinical psychologist

About: Cam’s Results Are Effective

- 16% increased focus
- 40% reduced depression
- 38% less anxiety
- 34% decreased stress

About: Cam Has Worked With

- PwC
- IPH
- Queensland Government
- CEO
- HIC

Question Time

60% of lawyers report moderate to extremely severe stress


What are your top stress points - personal and professional?

Introducing Our Method: Mindfulness

Heard of it?
Mindfulness is the awareness that emerges from:
- Intention
- Attention
- Attitude

Mindfulness
- Bringing your attention on purpose to the here and now
- Intention without prejudice

It reduces:
- Worry and Rumination
- Anxiety
- Symptoms of Stress
- Negative affect
- Substance use coping
- Somatic complaints
- Depression


Focus of This Session: Triggering Your Soothing System

When it comes to mindfulness, connecting with the breath is the difference between talking the talk, and walking the walk.

Your Method

The 4-Breaths and Two Hands

1. Triggering your soothing system

2-Hands and 4-Breaths: How they fit together

Two hands is testing and building capacity
Your 4 breaths is your delivery device
2 Hands Technique: Let’s practice

The Key Principle

Deep Breath In
Wakefulness, alertness, & presence

Long Breath Out
Releasing, relaxing, letting go

Introducing the 4-Breaths Technique

4-Breaths Technique:
The Art of Creating Mindful Moments

Harnessing something you always have... the breath

Oxygenating the cells of the body and brain

Target: real-time wellbeing

Neurological principle: Pairing

Rationale – Brief breaks done several times per day

WHERE TO FROM HERE?

Activity: Your 4 Breaths schedule

Complimentary 1:1 sessions available
• First 10 participants to enter
• Book at: https://calendly.com/cam_aggs/schedule
• Focus: Embedding any one of the ‘4 Skills’ in your life and work
• Practice 4-Breaths Technique 5 times per day for 7 days.