Practical tips on managing life in the law through mindfulness

For the National Wellness for Law Forum, Bond University, February 16, 2018

With

Cameron Aggs

ABOUT: CAM’S BACKGROUND

Published in the scientific press
7,000 hours in group-to-one settings
Led 250 programs in mindfulness
Clinical psychologist

ABOUT: CAM’S RESULTS ARE EFFECTIVE

Managing difficult relationships: 83%
Mindful listening skills: 100%
Interpersonal mindfulness theory: 94%
Managing conflict: 88%

16% increased FOCUS
40% reduced DEPRESSION
38% less ANXIETY
34% decreased STRESS

ABOUT: CAM HAS WORKED WITH

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

Bring your attention on purpose to the here and now, without prejudice.

It reduces:
- Worry and Rumination
- Anxiety Symptoms
- 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

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

These four breaths ARE MINE

Target: real-time wellbeing
Harvesting something you always have – the breath
Method: Oxygenating the cells of the body and brain
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-BreathsTechnique 5 times per day for 7 days