

Mindfulness & Interprofessional Wellness: Strategies for navigating stress and relationships in and out of the workplace

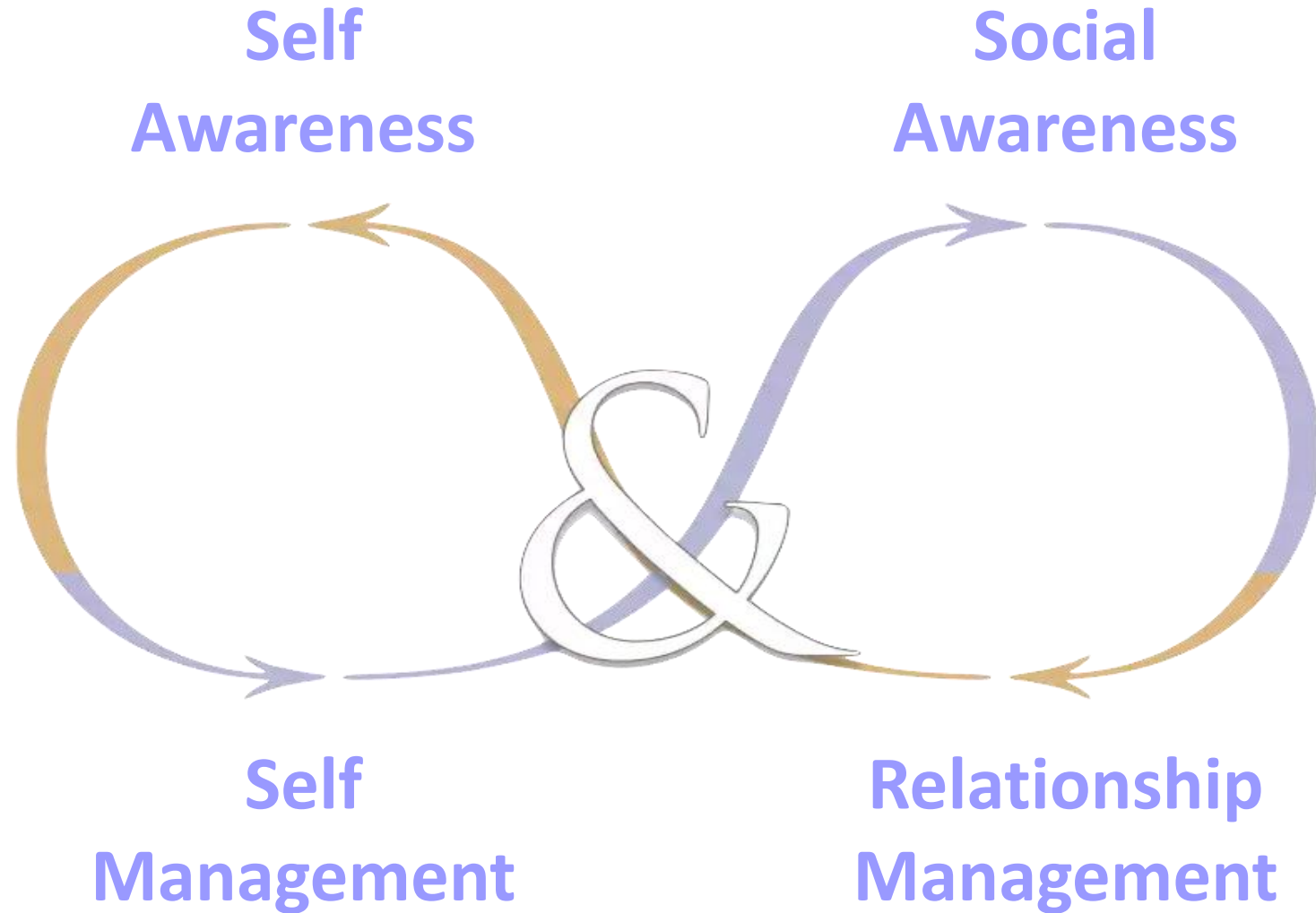
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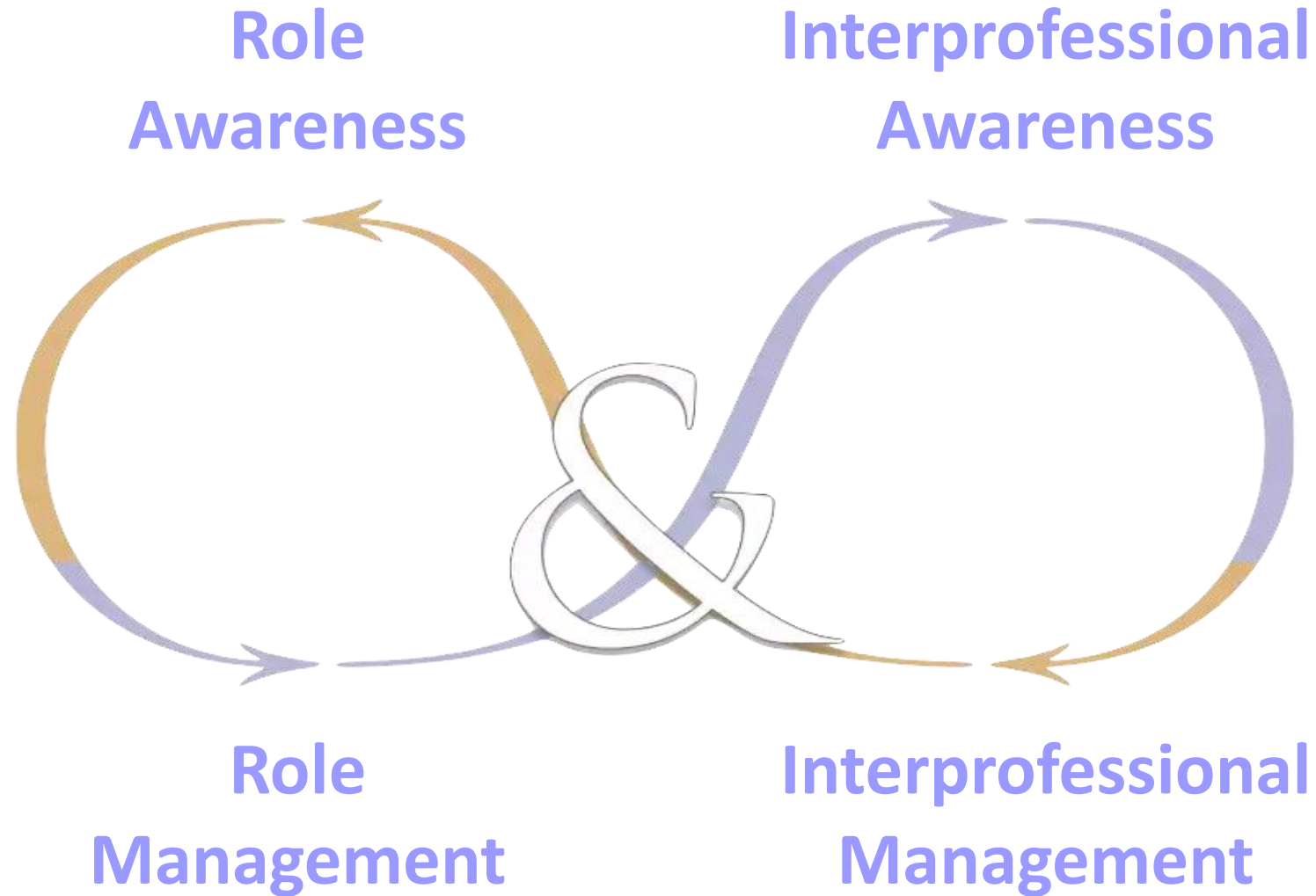
Department of Health Administration and Policy

Hudson College of Public Health

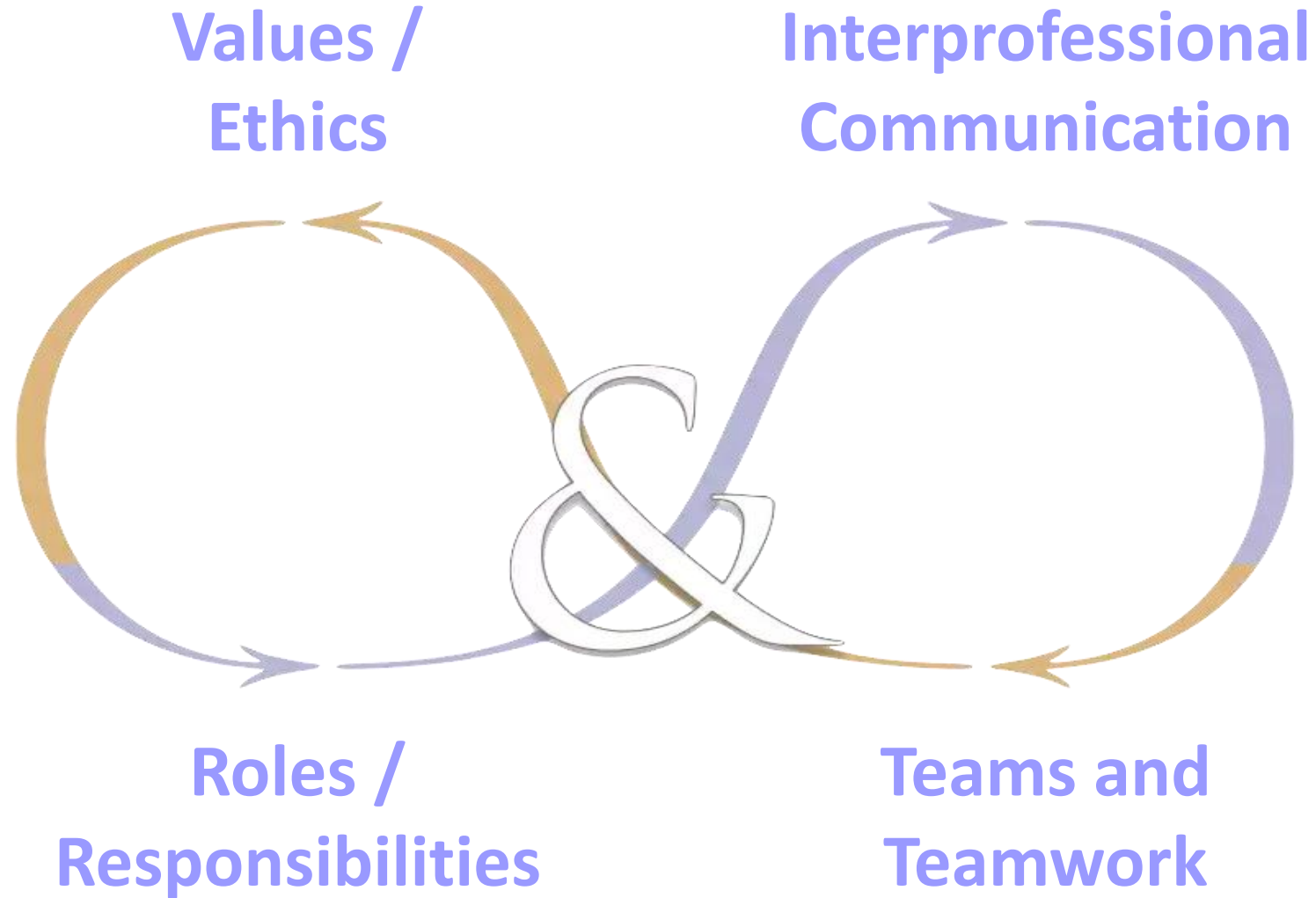
Interpersonal Effectiveness



Interprofessional Effectiveness



Interprofessional Effectiveness



self awareness

emotional self awareness

self management

emotional self control

adaptability

achievement orientation

positive outlook

social awareness

empathy

organisational awareness

relationship management

influence

coach & mentor

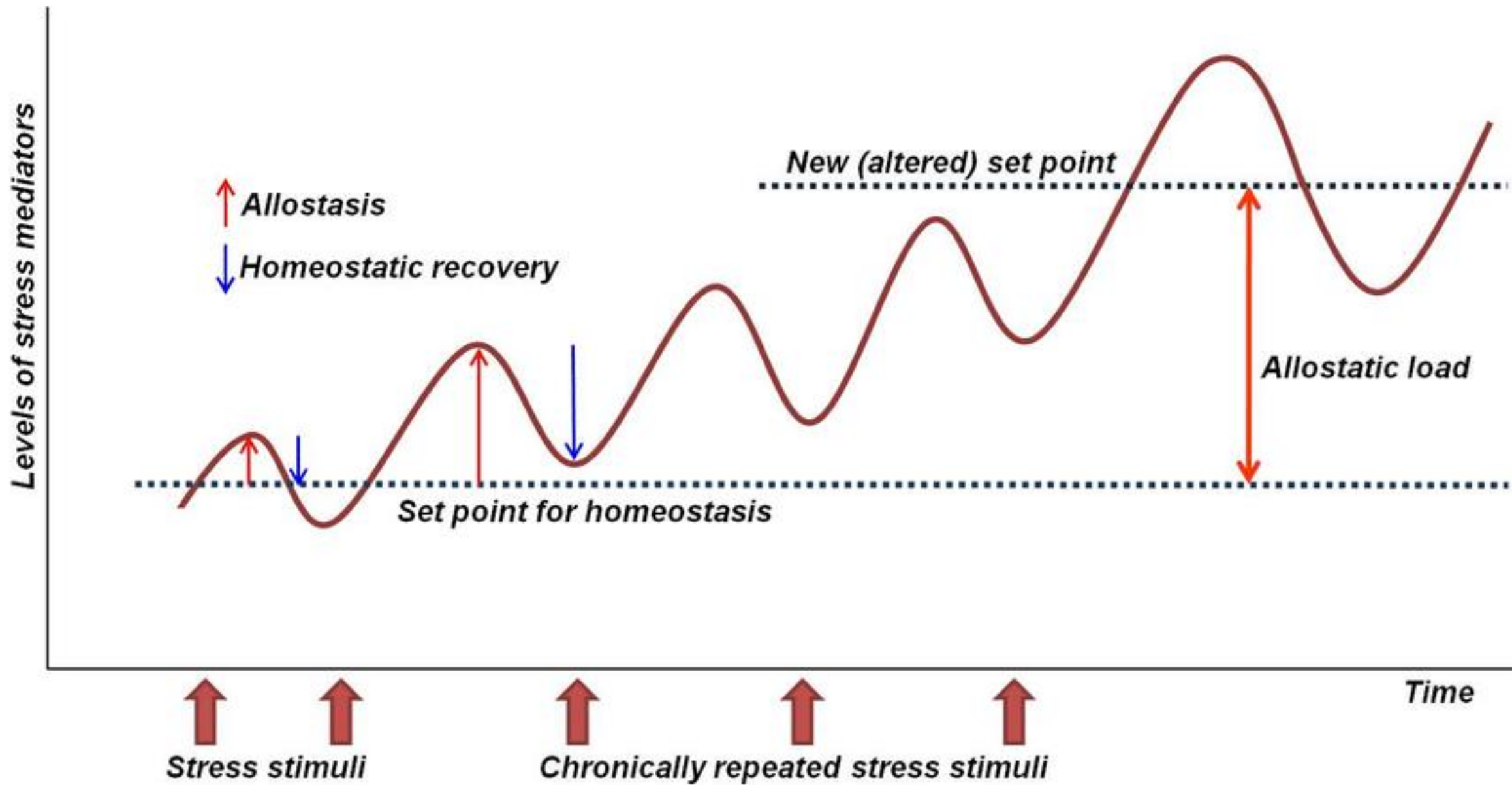
conflict management

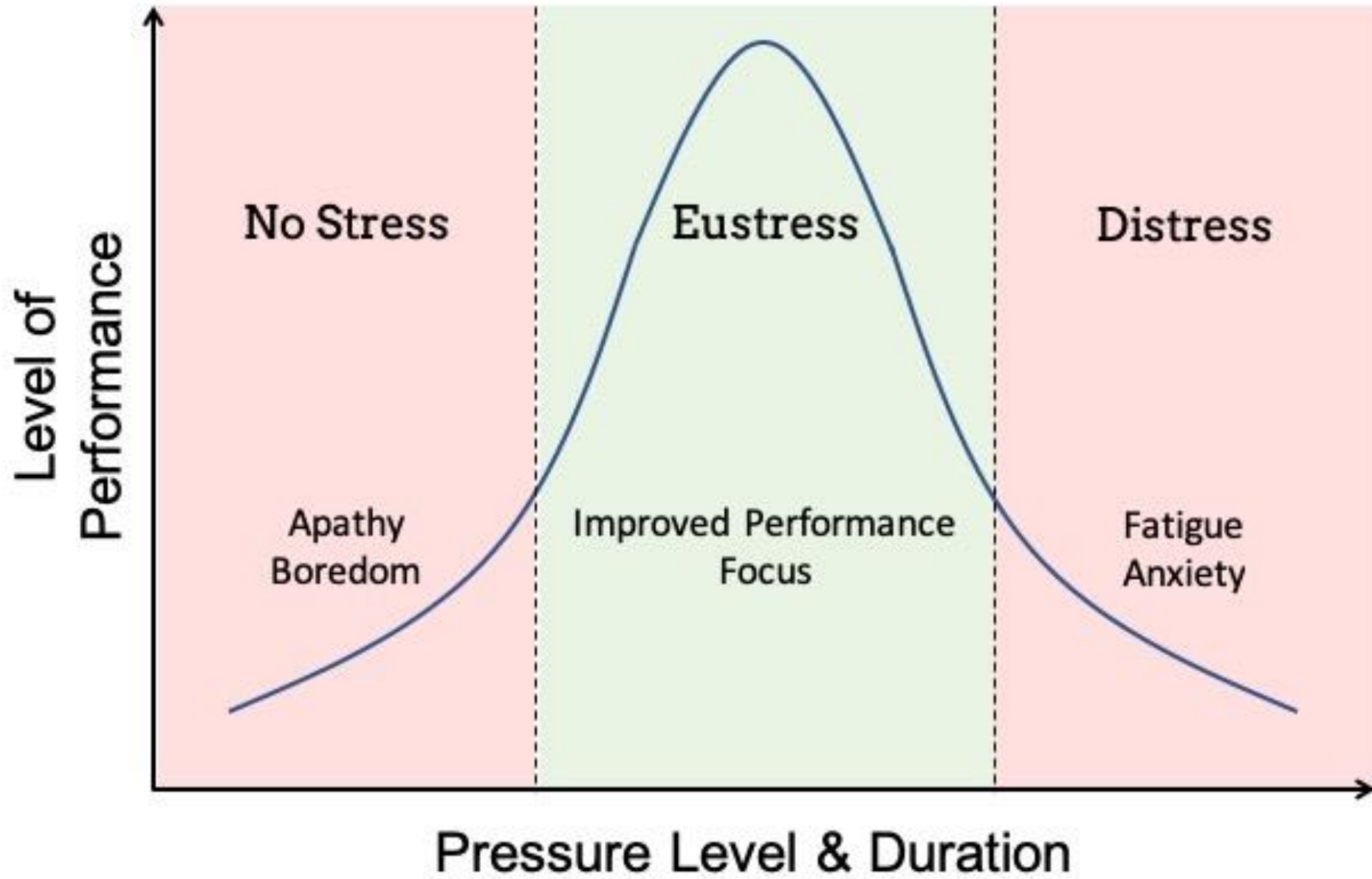
teamwork

inspirational leadership

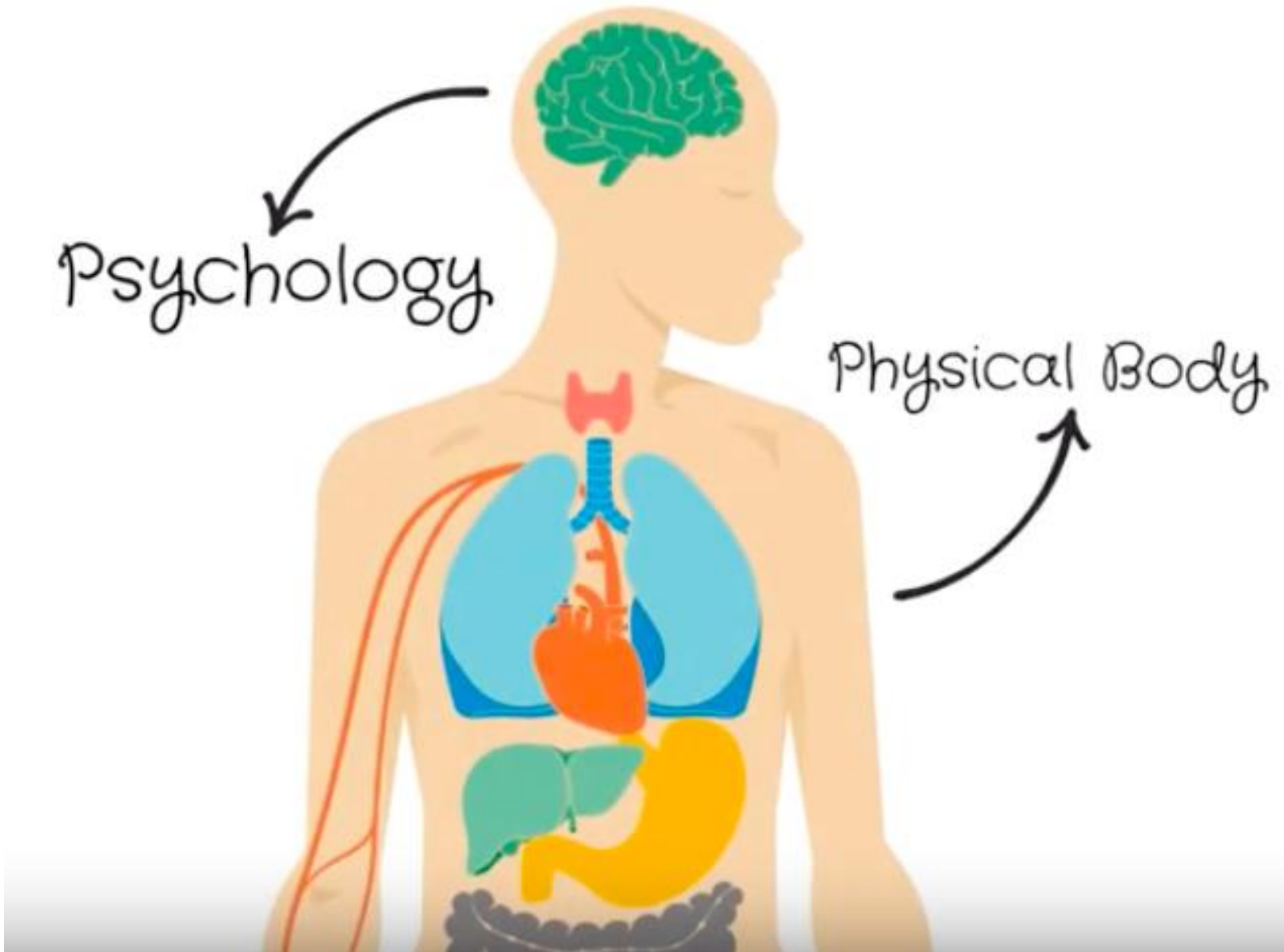
Part 2: Self-Regulation



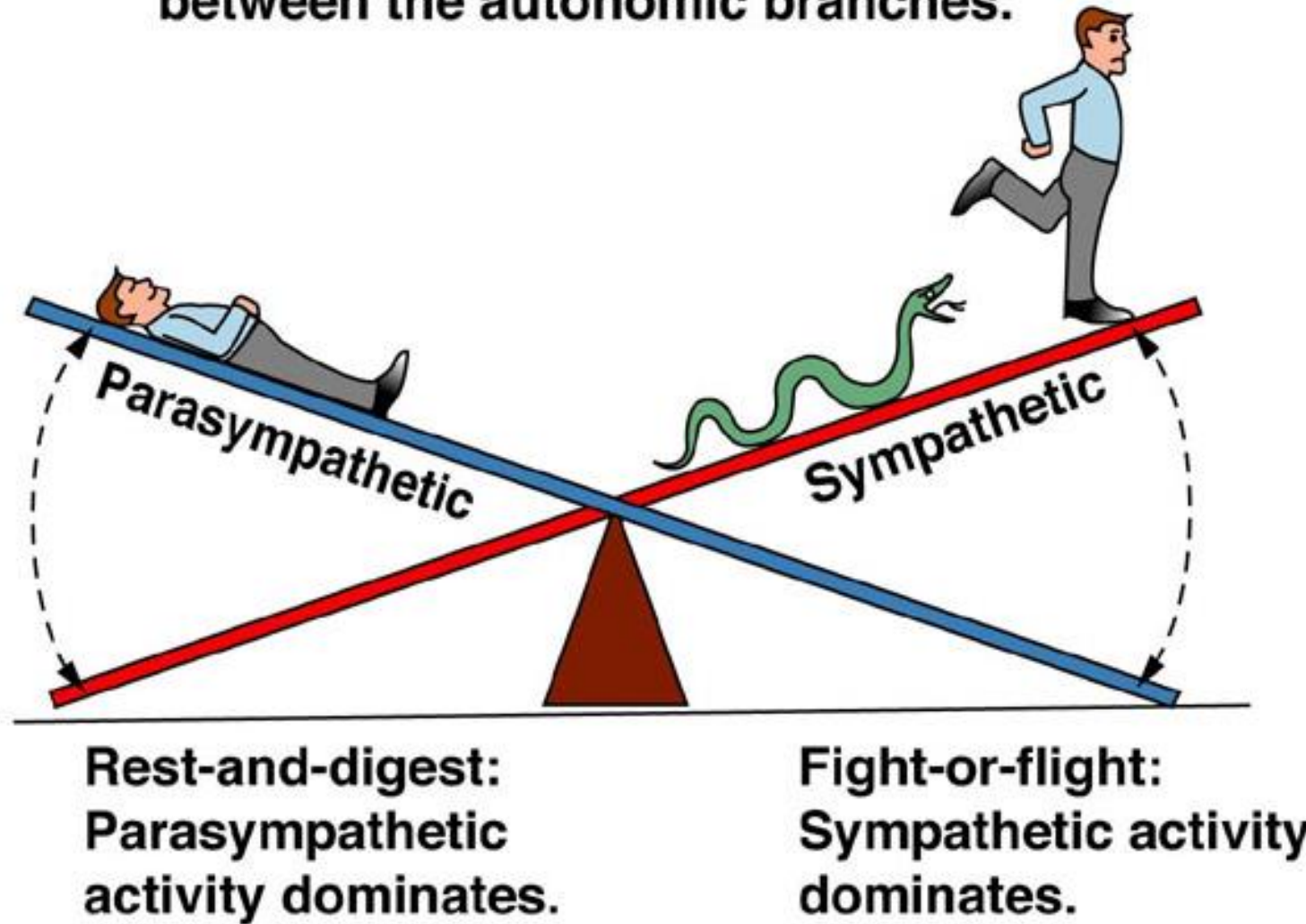








**Homeostasis is a dynamic balance
between the autonomic branches.**





How Yoga Builds Stress Resilience

Yoga citta vritti nirodhah (Chapter 1, v. 2)



(mind-stuff) (agitations) (resolution)

**Yoga is the resolution
of the agitations of the mind**

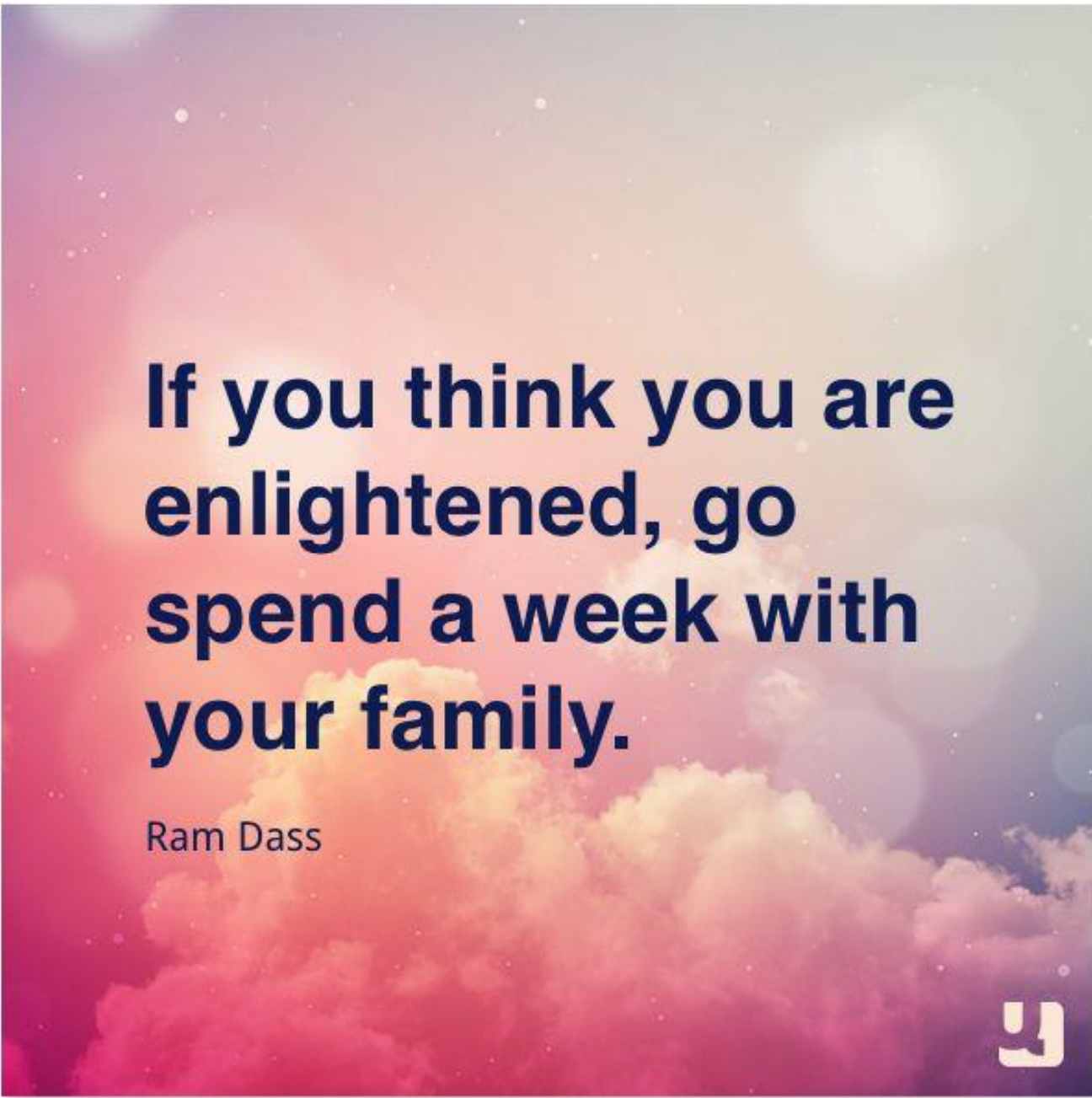


ahimsa

अहिंसा

(a - him - sa)

cause no injury, do no harm.

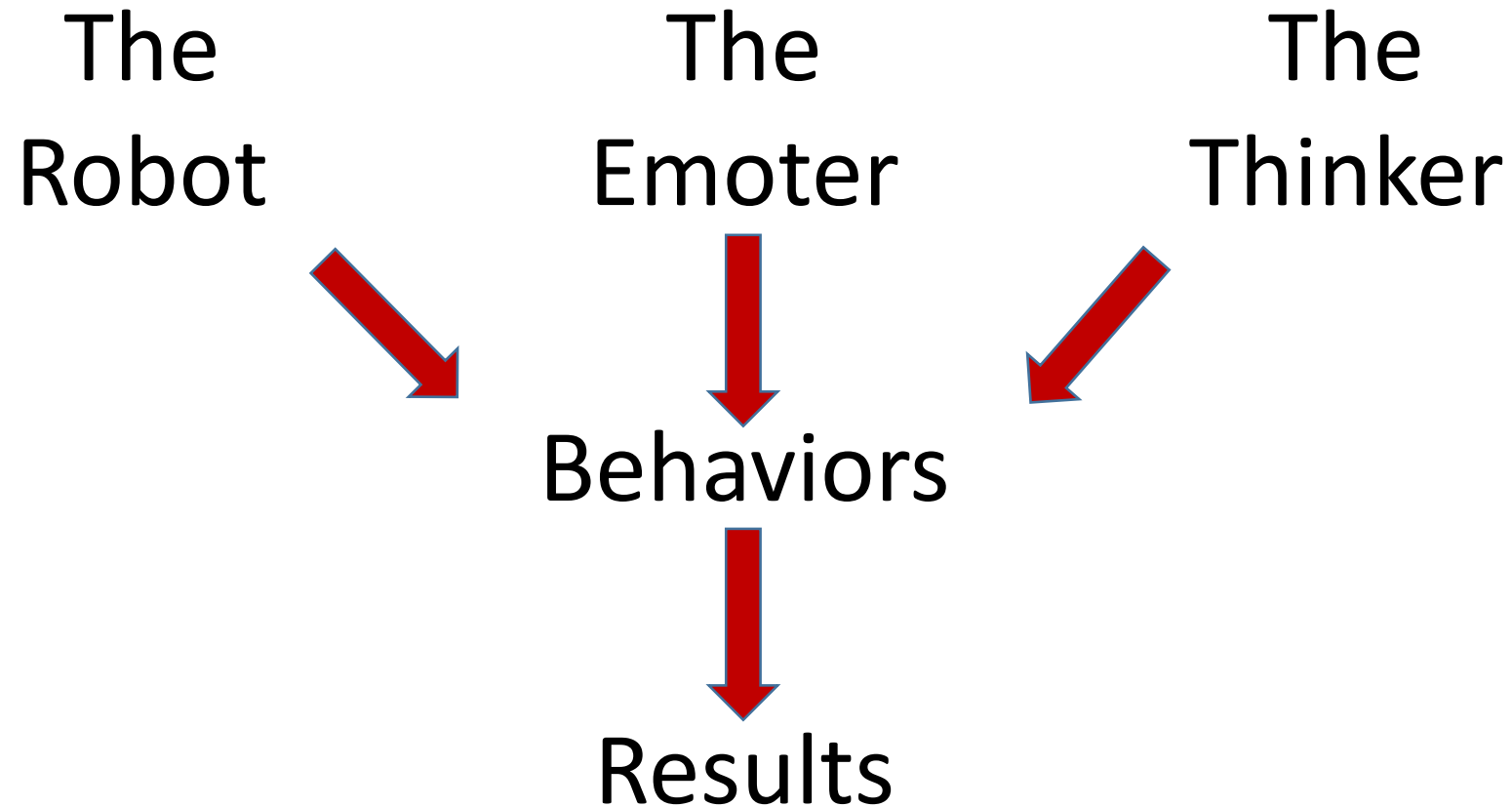


**If you think you are
enlightened, go
spend a week with
your family.**

Ram Dass



The Human Blueprint



The Human Blueprint

The
Robot



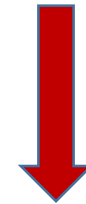
Past

The
Emoter



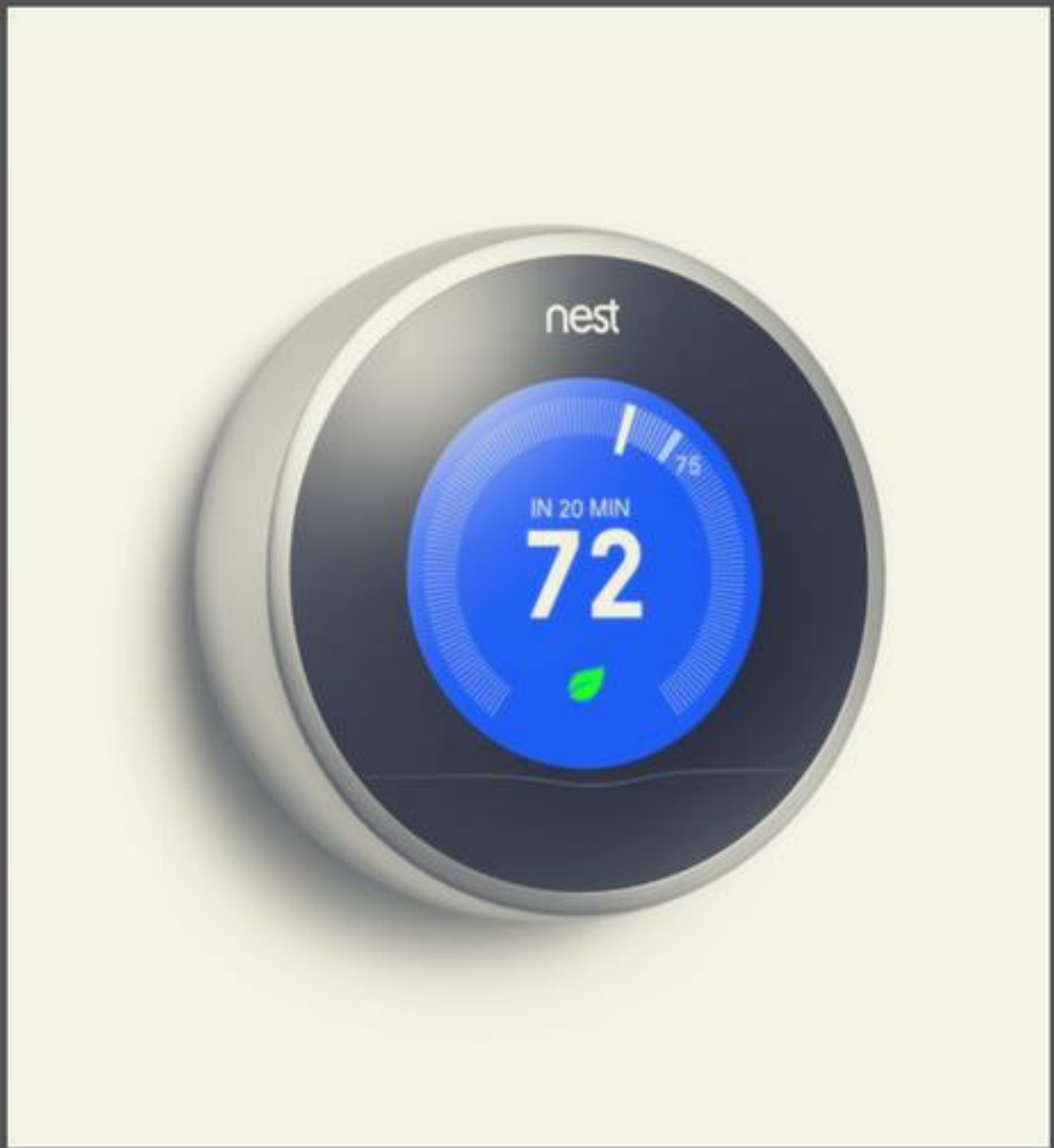
Present

The
Thinker



Future
Present
Past

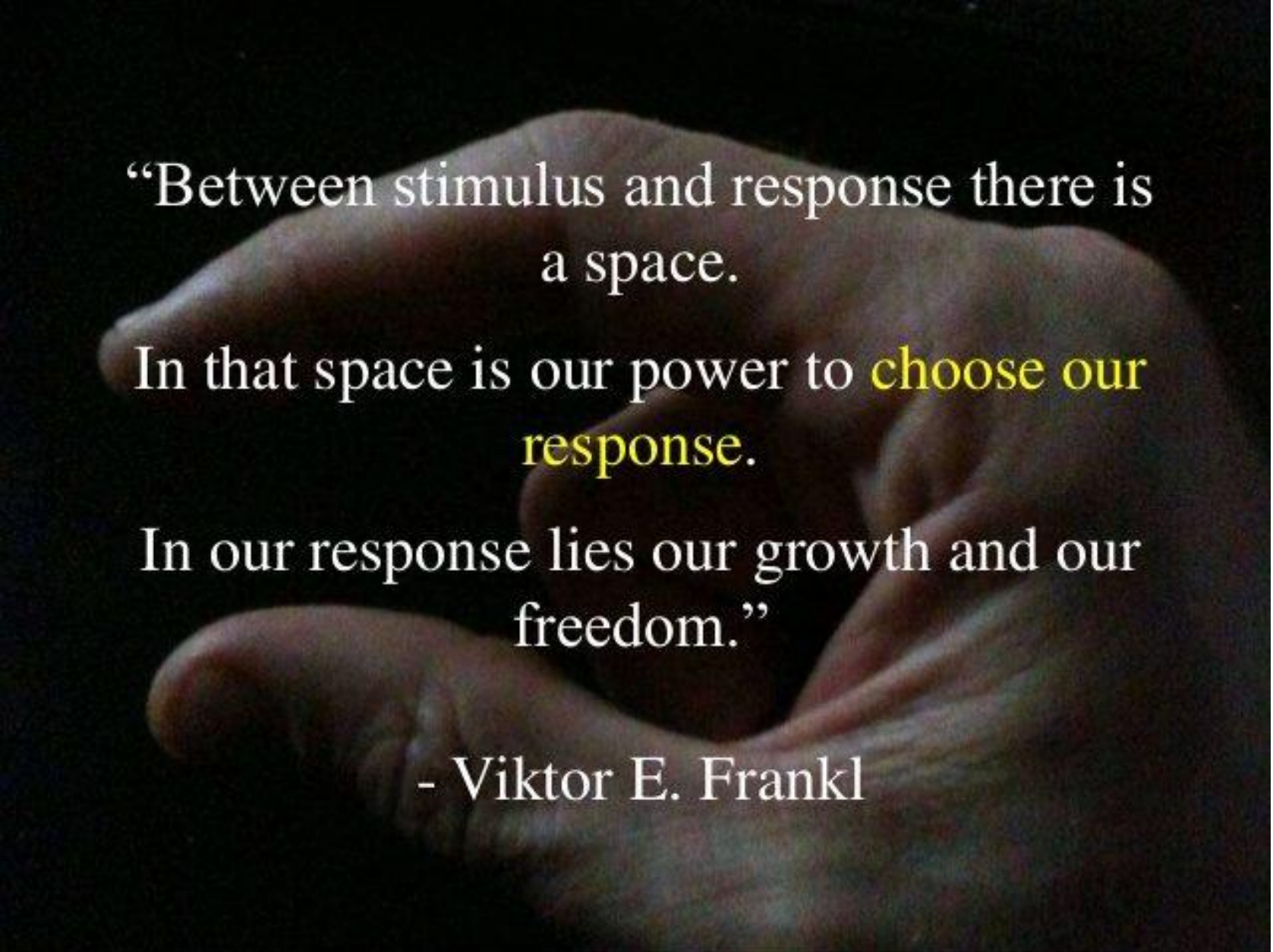








~~REACT~~

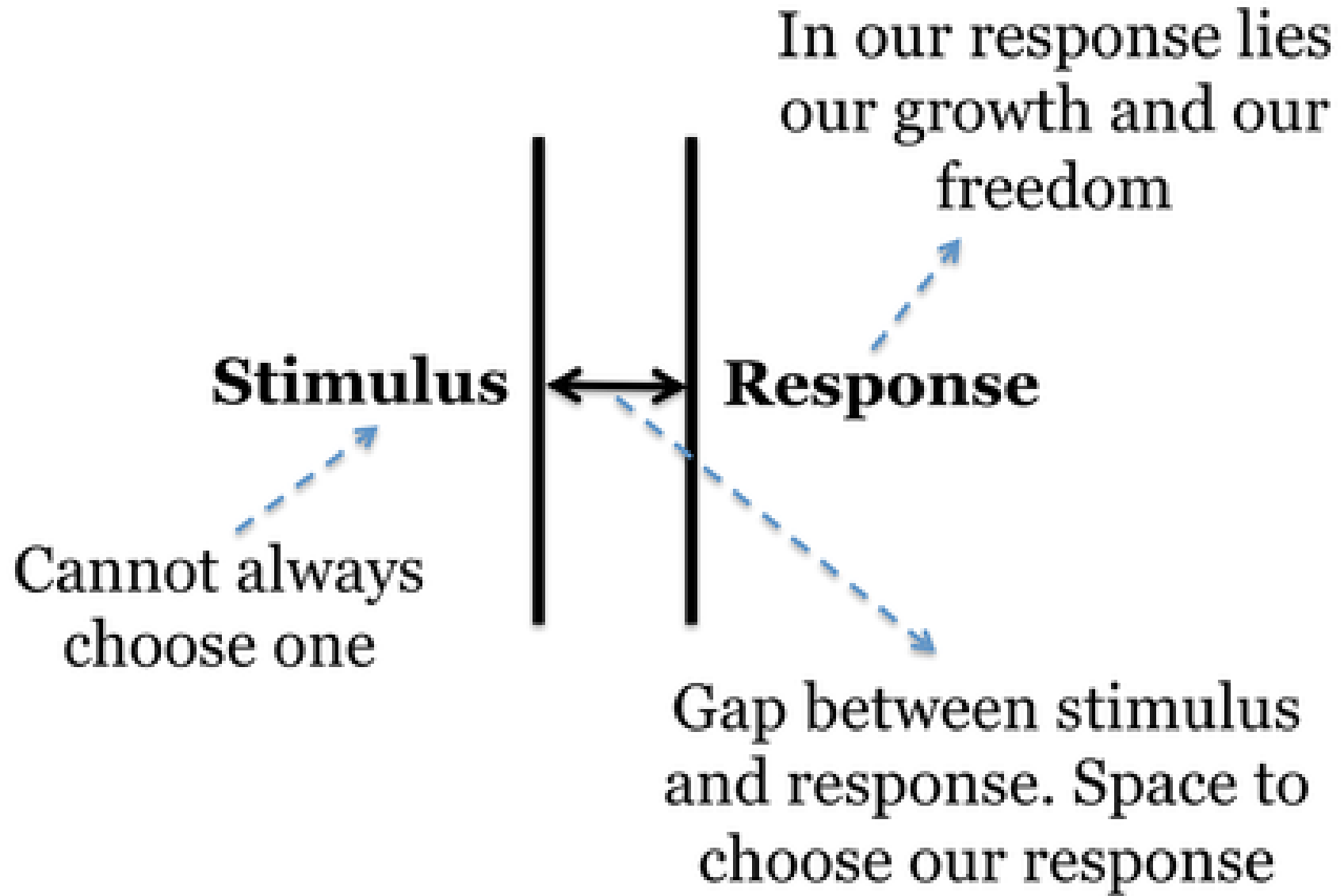


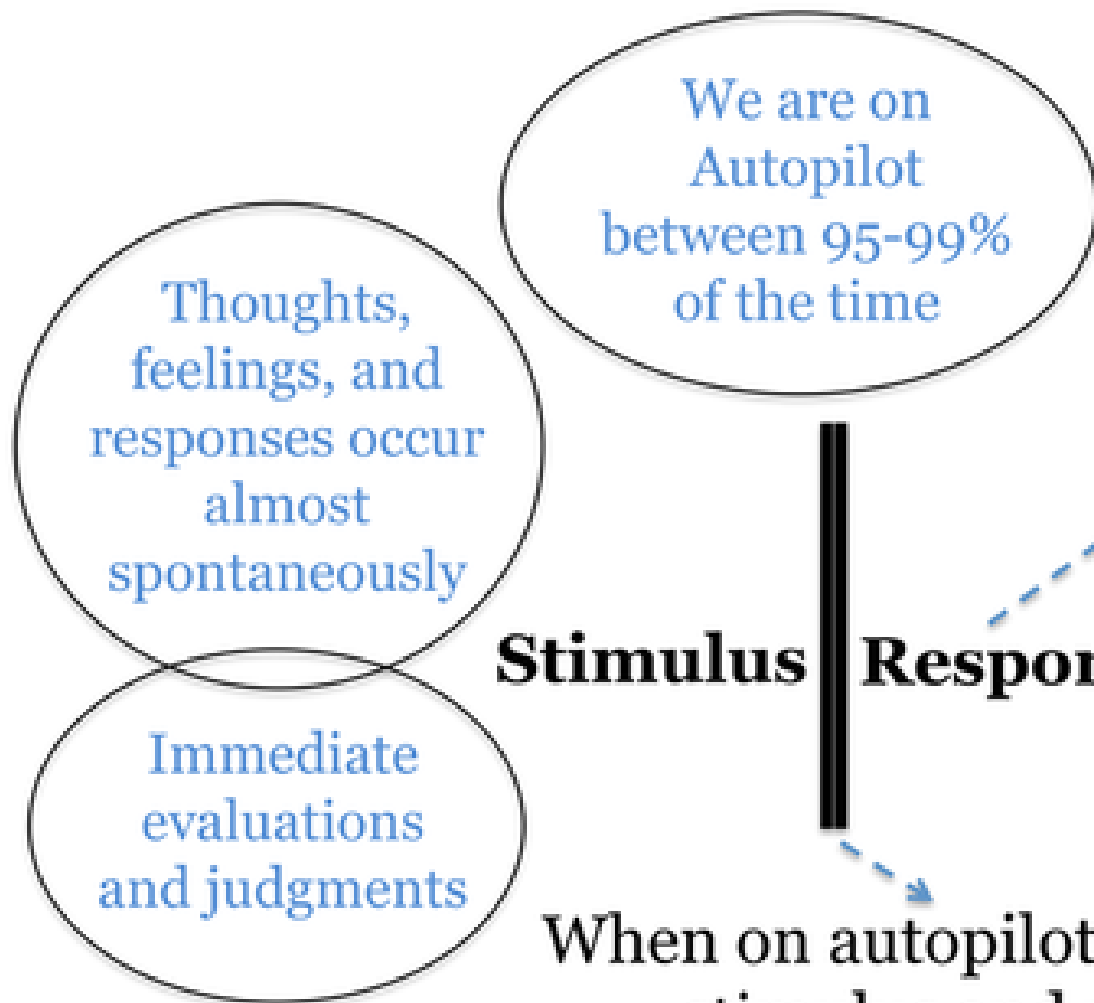
“Between stimulus and response there is
a space.

In that space is our power to **choose our
response.**

In our response lies our growth and our
freedom.”

- Viktor E. Frankl





When on autopilot, you do not really choose the response - it is chosen for you by your subconsciousness. The question you have to ask yourself "Is this automatic response helping me to grow, or hindering my progress, towards my goals?"

When on autopilot - the conscious gap between stimulus and response is non-existing

