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We all know that high pressure work environments, the rapid pace of technology, our volatile world, and the demands of everyday life can be overwhelming. The learned skill of mindfulness can bring focus, attention, self-awareness, and the ability to be truly present in one's environment. It enables uncommon learning and resilience in life and business. This introduction will expose you to the tactics that will clear the fog from the lens of your mind and allow you to give highly effective attention to the issues in front of you.
Mindful Journey to Clarity

- Can you hug an alligator?
- Focused or Frazzled?
- What is Mindfulness
- Cultivating Self Awareness
- Rewire the Brain to Focus
Can You Hug An Alligator?

- What does an alligator represent in your brain?
- Recognize fear and negativity
  - Emotions lurking below the surface
What Does Your Mind Believe?

• My memory is fading with age
• I don’t have the energy to keep up
• I am not creative
• I have too much on my plate to keep focused
Focused or Frazzled?

STRESS defined: A state one experiences when there is a mismatch between perceived demands and perceived ability to cope
Inability to Focus in the Workplace

- Multitasking
- Interruptions from people, telephones, overbooked scheduled, emergencies
- Digital device distraction
- Overall reduced brain & mental health
Stress and Your Brain
The Stress-Brain Loop

Chronic Stress
- inadequate sleep
- poor nutrition
- emotional distress

↓ attention
↓ perception
↓ short-term memory
↓ learning
↓ word finding

increases glucocorticoids

decreased regulation of cortisol

cellular changes in the hippocampus
Impact of Stress on Your Brain Function

- Decreased focus
- Impaired short term and long term memory
- Impaired sleep
- Increased anxiety
- Reduced creativity
- Decreased learning
- Increased inflammation in the brain
  - Reduces immunity
  - Alters hormone function in the body
A Mindful Solution for Stress

- Mindful Solution
  - Cost Effective
  - Time saving
- Mindfulness in the Workplace
- Mindful Leadership
- Mindfulness Based Stress Reduction
Mindful Leadership

• Leads to inspire rather than fear
• Promotes collaboration
• Attitude of gratitude
• Compassion culture
• Listens thoughtfully
  – Team members feel heard
What Is Mindfulness?

BE PRESENT
WITHOUT DISTRACTION
WITHOUT JUDGEMENT

-Mindfulness
BREATHE

MINDFULNESS

What is your mind full of?

- DR. ROMIE
MINDFULNESS: Psychology

– Being present in the current moment
  • When we are stuck in the past it leads to depression, lack of forward growth
  • When we worry about the future, we fuel anxiety
– Be present without attachment to outcome
– Be present without judgment
MINDFULNESS: Cure For Stress

- Stress system is turned off
- Engaged centers of creativity
- Focus on tasks
- Increased productivity
The Relaxation Response

- Decrease in blood pressure
- Decrease in muscle tension
- Improved thought processes
- Improved sleep
- Restored circulation
- Strengthens immune system
- Increased sense of wellbeing

Dr. Romie
"You cannot understand others until you first get to know yourself"
SELF AWARENESS: Name Your Emotion

• Recognize the Alligator
• Common Misconception:
  – Hiding emotions is healthy
• Key to Emotional Resilience
  – Lack of awareness of emotions leads to stress response
  – Overexpressing or unhealthy expression of emotions leads to instability
SELF AWARENESS: Name Your Emotion

• Recognize the Alligator
• Mindful Solution:
  – Self awareness of your emotions
  – Transform your emotions
  – Control your emotions
    • Decreased reactivity
  – Emotional resilience
SELF AWARENESS: Tame Your Emotion

- Mindful Exercise:
- Tame Your Emotion:

Stimulus → Emotion → Filter → Interpret → Behavior
SELF AWARENESS: Tame Your Emotion

- What stimulated the stress?
- Name the emotion
- Filter
  - Breathe
- Interpret
  - How would voice of “Truth and Calm” see the situation?
- Behavior
  - How can I react mindfully in this situation?
  - (rest, step away)
Rewire the Brain to Focus

- Recognize stress
- Name the emotion
- Tame the emotion
- Refocus through mindfulness
Take a Brain Break

Take 3 minutes

BREATH BREAK

Inhale. Exhale. Repeat
#BREATHE: Basic Breath Break

- Turn off digital devices
- Sit in a comfortable position
- Close the eyes
- Inhale expanding the abdomen outwards
  - Inhale to the count of 3
- Hold the breath one second
- Exhale flattening the abdomen
  - Exhale to the count of four
MINDFULNESS: Breathing Clarity into the Workplace

- Increased empathy between employees
- Reduced interpersonal conflict
- Increased productivity
- Increased expressions of gratitude
- Increased self-reporting of employee well-being
- Mindfulness fosters creativity & innovation
BE MINDFUL: Digital Detox 1 Hour Prior to Bedtime

“Meditation is simply making an appointment with yourself”
- Dr. Romie
Mindfulness Meditation

“Meditation is simply making an appointment with yourself”

-Dr. Romie
Progressive Relaxation Meditation

- Pick a focus word, phrase or image
- Connect to your breath
- Progressive relax all of your muscles in your body
- If thoughts come to your mind, let them go, reset focus
- Start with 5 minutes daily, increase up to 20 minutes daily
Your Journey to Clarity

- You can hug an alligator!
- Focused or Frazzled?
- Mindfulness: Be Present
- Cultivating Self Awareness
- Rewire the Brain to Focus
Your Key Takeaways

- **Hug Your Alligator:**
  - Name Your Emotion
  - Tame Your Emotion
- **Brain Break for 3 minutes to Refocus**
- **Longer meditation at night prior to bedtime**
- **Implement workplace Meditation & Mindfulness**
  - Decreases individual stress levels
  - Employee moral and health
  - Increases productivity
  - Be a mindful leader
Questions?