

MINDFULL

Dermot
Whelan

CIPD

MINDFULL

laya
healthcare

part of AXA

Dermot
Whelan

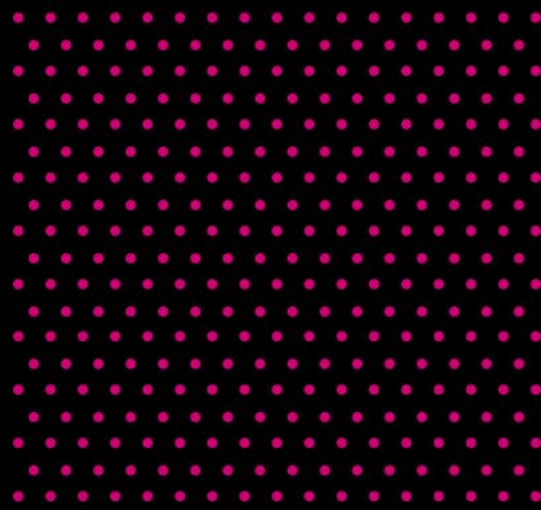
How are you?

MINDFULL

www.dermotwhelan.com



The Busy Badge



MINDFULL

www.dermotwhelan.com



The Science

A Wandering Mind is an Unhappy Mind

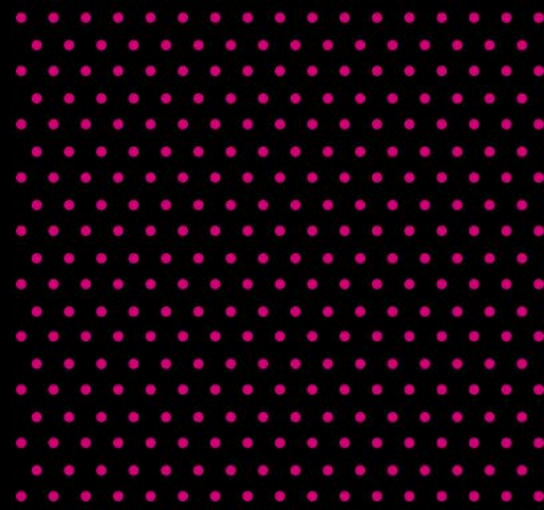
MINDFULL

www.dermotwhelan.com



**Dermot
Whelan**

Effects



MINDFULL

www.dermotwhelan.com





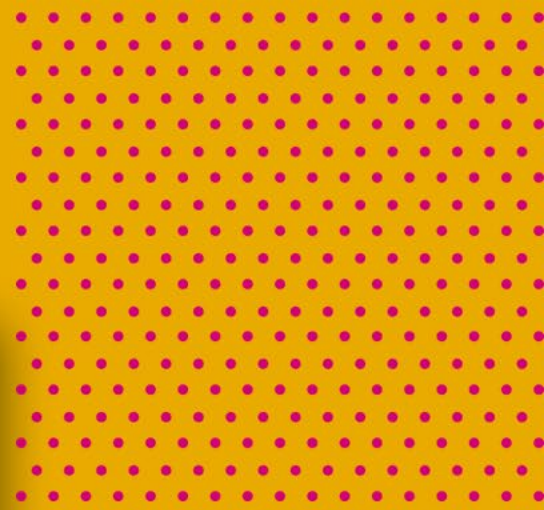
MINDFULL

www.dermotwhelan.com



Effects of Stress

- Fight or Flight.
- Anxious.
- Tired.
- Restless.
- Irritable.
- Difficulty Sleeping.
- Addictive Behaviour.
- Depressed.
- Overwhelm.
- Emotional.
- Too busy.
- Reactive.
- Stressed.
- Withdrawn.

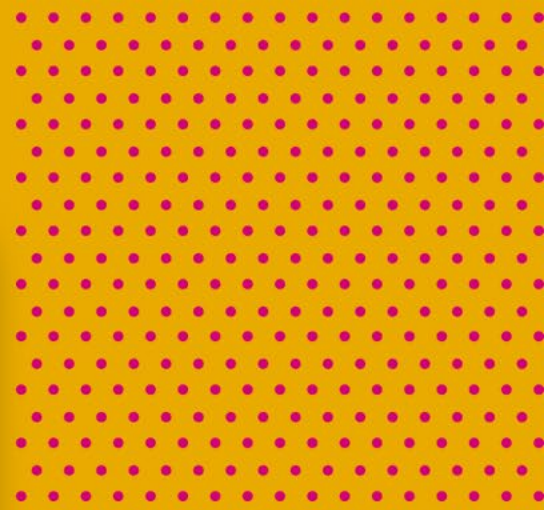


MINDFULL

www.dermotwhelan.com



Not This.



MINDFULL

www.dermotwhelan.com



Not This.

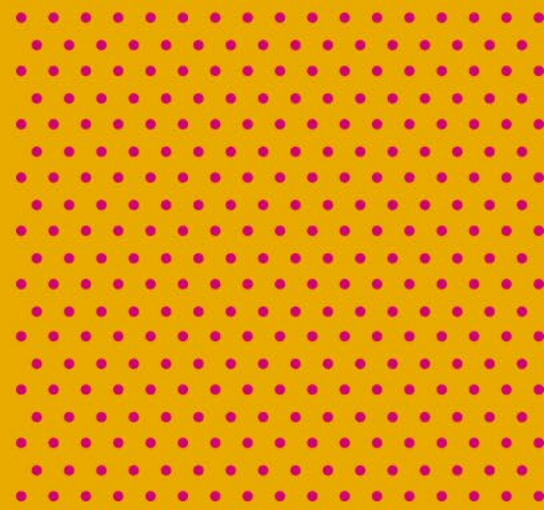


MINDFULL

www.dermotwhelan.com



This.



MINDFULL

www.dermotwhelan.com



This.



MINDFULL

www.dermotwhelan.com



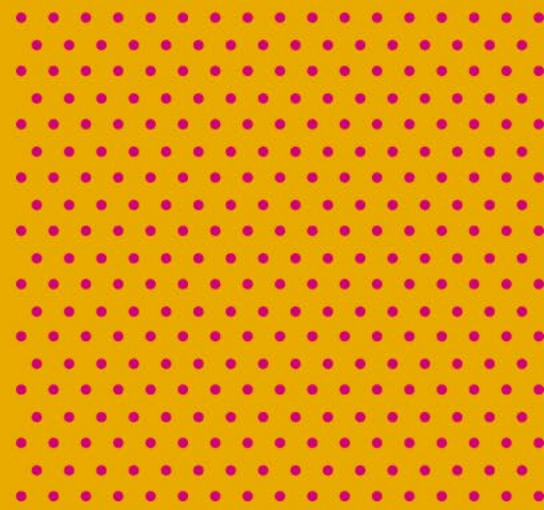
This.



MINDFULL

www.dermotwhelan.com





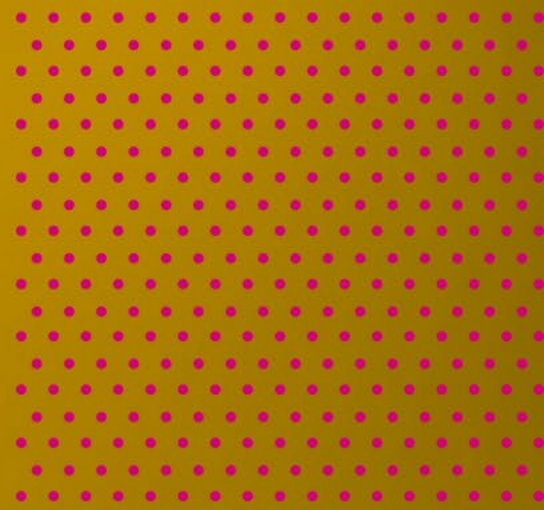
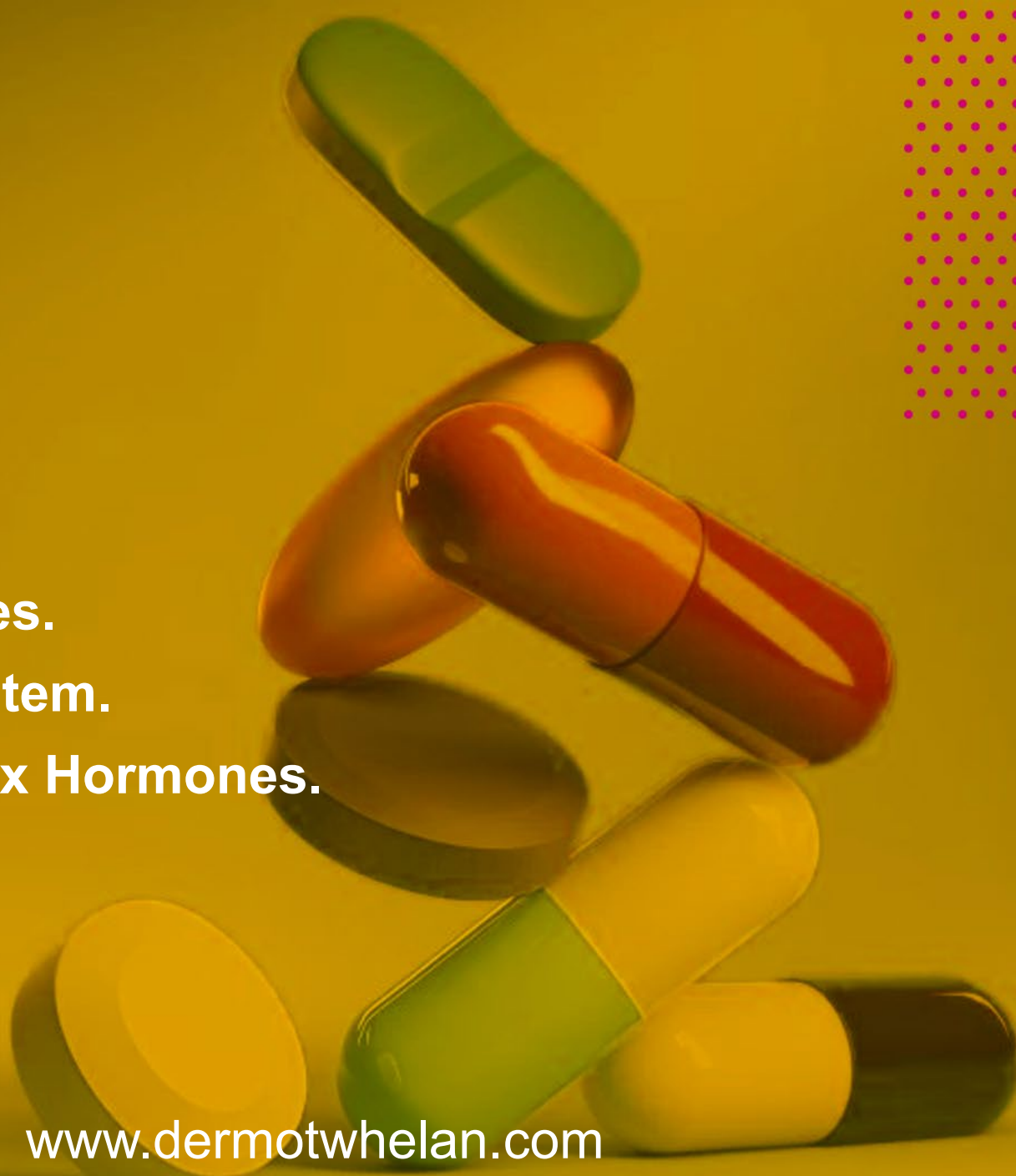
MINDFULL

www.dermotwhelan.com



Benefits

- Lowers heart rate.
- Lowers blood pressure.
- Slows down breathing.
- Reduces Stress Hormones.
- Strengthens Immune System.
- Increases Growth and Sex Hormones.



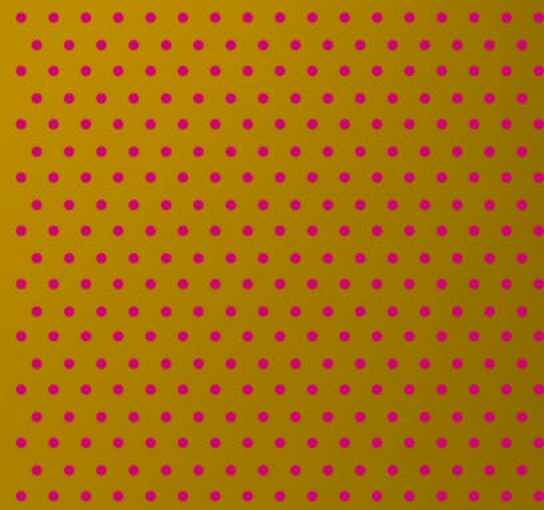
Benefits

- Slows Our Perception of Time
- Reduces Drain of Mind Wandering to Past and Future
- Improves Memory
- Widens Our Perspective
- Improves Focus and Attention
- Improves Sleep
- 3X10X

MINDFULL

www.dermotwhelan.com

**Dermot
Whelan**



The Science

Shrinking Your Amygdala



MINDFULL

www.dermotwhelan.com



The Science

The Shocking Truth



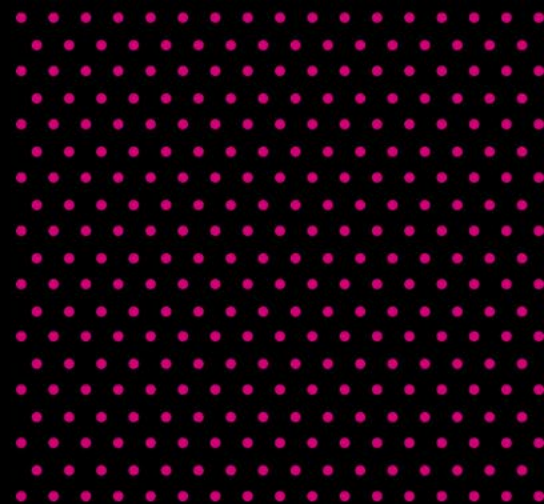
MINDFULL

www.dermotwhelan.com



Tools

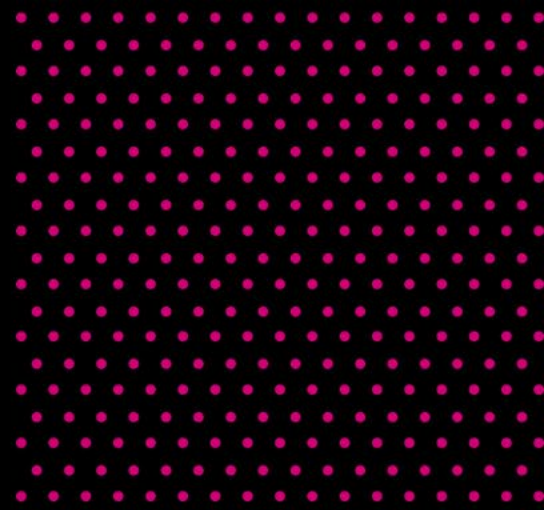
- RPM
- RAW
- The Mini Moment
- Find Your Jenga Block



MINDFULL

www.dermotwhelan.com





MINDFULL

www.dermotwhelan.com



CIPD

MINDFULL

Dermot
Whelan

laya
healthcare

part of AXA