



**Unleash the WHOLE you!!  
by Transforming Wings of Healing  
April 12<sup>th</sup>-13<sup>th</sup>, 2024**

## The Power of (Re)Connection

*“ - Are you ready to let go of old beliefs and open yourself to creating new ones?”*



Dr. Ellen Campos Sousa is an Assistant Professor of Marketing, Wellbeing Researcher, and Mindfulness Facilitator. She is passionate about self-development and helping others in their growth. Specializing in mindfulness programs, she serves as both a developer and facilitator. She co-created the Women Empowerment Mindfulness training, supporting women in achieving empowered behavior change through mindfulness and self-compassion, fostering a connection with their inner power from a place of love. Additionally, she developed and teaches the undergraduate course 'Mindfulness and Happiness in Management.' As a researcher, her focus is on studying the impact of mindfulness interventions on wellbeing in various countries and contexts, such as vulnerable women, college and high school students, and work-life balance. Her research has earned multiple awards and grants, been published in a top-tier journal, and presented at leading international conferences. She also serves the World Happiness Foundation as an advisory board member and research leader.



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## *Let's start with Mindfulness*

You probably heard about mindfulness meaning different things. Yes, mindfulness can be a personality trait, a state of mind, a practice, a meditation, etc.

I personally focus on mindfulness in a very simple way: being aware of whatever is happening without giving any specific meaning/label for that.

Mindfulness can be defined as the self-process by which one brings the mind's attention to the internal and external experiences that occur in the present moment.

This awareness allows one to make decisions with consciousness and with greater peace of mind, especially in difficult and stressful times.

The simplest and easiest way towards becoming more mindful is through attention training.

Developing a habit of practicing mindfulness, even just a few minutes per day, has both immediate and long-term effects.

*"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."*

*Jon Kabat-Zinn, Ph.D.*

# Some benefits of Mindfulness

backed by scientific studies

- Reduces Stress Levels.
- Improves Sleep.
- Increases Dopamine Levels.
- Helps Battle Depression.
- Helps Battle Anxiety.
- Reduces Physical Pain.
- Increases productivity.
- Improves relationships.
- Promotes self confidence.
- Improves creativity.
- Improves attention and focus.
- Improves immunity system.
- And much more...

## Mindfulness improve your general wellbeing because...

... it teach us about BEing, fostering awareness of ourselves, our experiences, and others.

... it is the opposite of "ruminative thinking," which prolongs negative moods.

... it teaches the practice of labeling thoughts and detaching from emotions, distinguishing between experiencing an event/emotion and being defined by it.

... it emphasizes that thoughts are subjective perceptions, not absolute truths.

... it promotes non-judgmental awareness.

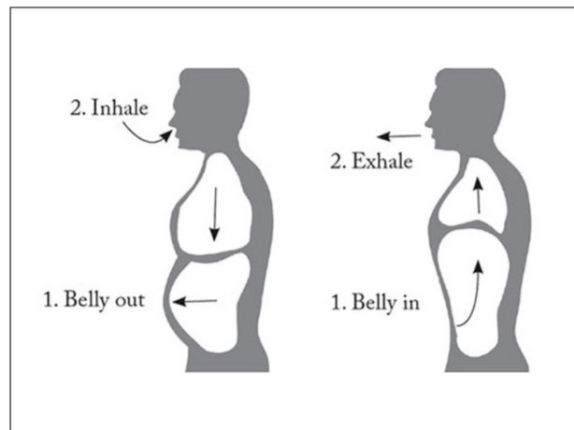
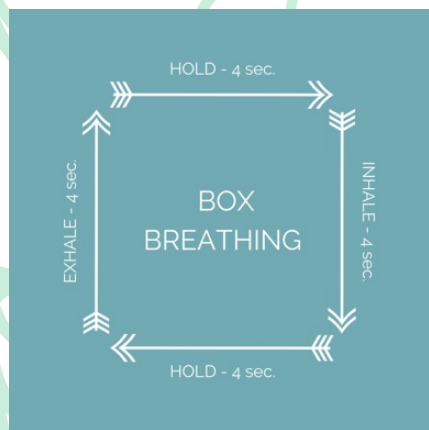
... it Mindfulness cultivates self-compassion and compassion towards personal experiences and others

“Realize deeply that the present moment is all you have.  
Make the NOW the primary focus of your life.”

– Eckhart Tolle

## Some ideas for Playful practices:


1. **Breathing exercises.** Box Breathing (square) or Belly breathing. These exercises you can do anywhere and as many times as you want.



2. **Practicing Awareness of choices.** When making choices (even small daily choices), stop, take a deep breath, and reflect: What are you choosing NOW is aligned with what you want for yourself?

Ask yourself:

- Is this choice from a place of love?
- Am I being kind with myself?
- How do I feel choosing it?

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- 3. Practicing Self-Love.** Create moments to connect to yourself and reflect: What are you choosing NOW is from a place of loving yourself? Do something daily ( for yourself ) that makes your heart smile.

**\*Ideas for things that can make your heart smile:**


1. Cook something special for you.
2. Sing (loudly) music that elevate your mood.
3. Dance (alone) shaking your body (upbeat songs)
4. Moisturize your skin daily, appreciating each part of your body.
5. Choose an outfit that make you feel amazing (even if you stay home – this is for you, not others).
6. Do something that you used to love when you were younger.
7. Draw or color something.
8. Spend sometime appreciating the nature.
9. Do a foot soak (if you have no contraindication).
- 10. Hug and kiss yourself.**

- 4. Mirror Exercise.** Talk to yourself either by looking at your reflection (in a mirror) or with your eyes closed and your hands placed on your heart area. I suggest the following sentences, but if you do not feel comfortable, try another sentence that feels more suitable. Little by little, you can change the sentence.

- (your name) I love you.
- (your name) I'm going to take care of you.
- (your name) I'm learning how to take care of you.
- (your name) I'll be more kind with you.
- (your name) I'll give you all the love you want.
- (your name) I'm here for you.
- (your name) your wellbeing is my priority.
- (your name) you are amazing.
- (your name) I feel proud of you.

- 5. Meditation.** Practice a short meditation daily. You can use a meditation app or search on YouTube for guided mindfulness meditations. I suggest focusing on themes such as self-love, forgiveness, acceptance, or gratitude.
- 6. S.T.O.P. Technique.** See below and practice as many times as you can.

## Mindful S.T.O.P.



"The goal of this exercise isn't to change how you feel but to come out of automatic pilot and notice things just as they are."

**STOP**

**S** Stop for just a moment. Don't react. Give yourself the gift of brief reflection.

**TAKE A BREATH**

**T** Breathe in and out. Track your breath. Sense the chest rising and falling.

**OBSERVE YOUR EXPERIENCE**

**O** Observe the sensations in the body. Observe the thoughts going through your mind. Appreciate that thoughts are not facts and get a sense of where you are in this moment.

**PROCEED MINDFULLY**

**P** Proceed mindfully with kindness in a way that feels right to you and is consistent with your values.

- CLAYTONMICALLEF.COM -

**3. Journaling.** Journaling helps us to keep in track of our practices and to better reflect. I also like to include the intention of letting go, gratitude, and welcoming new feelings to my life. Below is a suggestion for you.

### Suggestion for Daily Journaling

Today I let go of....

Today I am grateful for...

Today I welcome to my life...

Today I practiced...

My reflections

## Final remarks

*"I rise up my voice—not so that I can shout, but so that those without a voice can be heard. ... We cannot all succeed when half of us are held back,"*

*Malala Yousafzai*

It was a pleasure to have you joining the Unleash The WHOLE You!

I feel honored that you allowed yourself to be in the NOW with me.

Remember, YOU are the only one that can transform yourself, but WE are here to support you during this journey.

And remember:

- Do not judge (yourself and others)
- Breathe (practice breathing exercise)
- Be patient (with yourself and others)
- Acceptance (It is ALL right. You can accept and then you can make new choices)

And...

- Let go, let go (let go of everything that does not serve your higher self).
- Create daily moments to (Re)connect with yourself!!

We TOGETHER, are strong.

With LOVE,

*Ellen*



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*Let's Connect!*







