



MINDFULNESS

Embracing Nature Towards A Better Mental Well-Being

Hello again!

Welcome to the **Mindfulness: Embracing Nature Towards A Better Mental Well-Being** experience.

I hope you brought with you these values: **Respect, Honesty, Generosity, Gratitude, and Positivity.**

On the practical side, here are items that I hope you brought with you:

- Journal (Any notebook or digital notepad)
- Gadget (Smart phone or tablet where you can download and access this digital handout anytime)
- Yoga Mat
- Water Bottle or Flask
- Handy Towel
- Make sure to bring comfy shoes and clothes for both indoor and outdoor activities (rain gear – just in case)

Please make sure that you have completed your Pre Session SELF-EXAMEN TOOL before browsing through this handout.



I'm excited to have this enriching experience with you!

Light and Love,

Coach Joana



MINDFULNESS 101

Embracing Nature Towards A Better Mental Well-Being

ABSTRACT

Designed to introduce participants to the principles and practices of mindfulness and the impact of nature on wellness. Through a combination of interactive activities and wellness sessions, participants will experience how to cultivate present-moment awareness, reduce stress, and enhance overall well-being by spending time with Mother Nature.

OBJECTIVES

- To provide an overview of mindfulness and discover its benefits for physical, emotional, and mental health.
- To experience mindfulness in nature and appreciate its impact on well-being.
- To introduce participants to mindfulness practices, including breathing exercises, body scans, walking meditations, and much more.
- To provide guidance on how to manage stressors in daily life and learn practical self-care habits that include connecting with nature
- To help participants elevate self, social, and environmental awareness by understanding the modern-day practice of compassion.
- To equip participants with pocket tools and practical habits to manage stress, improve focus, and enhance overall well-being.
- To allow participants to experience self-care habits that they can apply in their work-life routine.

9 Pedagogical Approaches



- Flux Pedagogy Approach
- Problem-based learning
- Team-based learning
- Thinking-Based learning
- Collaborative learning
- Self-Directed
- Lecture-based
- Kinesthetic and Sensory learning
- Experiential learning

SCHEDULE

DAY 1

Tuesday
18 APRIL 2023

12:00 NN - 2:00 PM	
2:00 PM - 2:30 PM	Opening Program <ul style="list-style-type: none">• Prayer• Introduction of the Participants• Opening Message• House Rules
 2:30 PM - 3:30 PM	Self-Examen Ice Breaker
3:30 PM - 4:00 PM	 BREAK
 4:00 PM - 5:00 PM	Intro / Group Coaching Breathwork Activity
5:00 PM - 6:00 PM	Admin / Announcements
 6:00 PM - 7:00 PM	Mindful Eating <i>dinner</i>

Inner Exploration

SESSION 1

- **Self-Examen**



Answer in Google form

- **Ice Breaker: Self-Care Reflections**



How are you taking care of yourself?

SESSION 2

- **Intro / Group Coaching / Breathwork Activity**



What excites you? Where do you start? What are your goals based on the target wins ?

SESSION 3

- **Mindful Eating**



How did you find the practice of mindful eating? Was it challenging? Are you willing to practice it? If so, when and how often?

DAY 2

Wednesday
19 APRIL 2023

 6:00 AM - 7:00 AM	Nature Walk
 7:00 AM - 8:00 AM	Meditation + Wellness Yoga
8:00 AM - 9:00 AM	<i>breakfast</i>
 9:00 AM - 10:00 AM	Understanding Mental Wellness
10:00 AM - 10:30 AM	 BREAK
 10:30 AM - 12:00 NN	Stress Less, Live More
12:00 NN - 1:00 PM	 LUNCH
 1:00 PM - 3:30 PM	10-Min Meditation + Stress Management Activity
3:30 PM - 4:00 PM	 BREAK
 4:00 PM - 5:00 PM	Pocket Tools to Combat Stress
 5:00 PM - 5:30 PM	Mindfulness Practice
6:00 PM - 7:00 PM	<i>dinner</i>
 7:00 PM - 8:00 PM	Meditation Group Coaching + Fireside Chat



Calm with Chaos

SESSION 1

- **Nature Walk: Wellness Walk and Talk**

45 mins solitude
15 mins companionship

START by being grateful. Tell yourself,

"I am grateful for this nature walk."

Practice mindfulness: Take slow, deep breaths, and let go of any distracting thoughts as you immerse in the environment. Use your nature walk as an opportunity to practice being in the present moment.

Observe and appreciate nature: Pay attention to the details. Look for interesting plants, flowers, trees, rocks, and wildlife using your 5 senses.

Connect with the environment: Engage with nature on a deeper level by touching, feeling, and interacting with your surroundings by using your sense of touch.

Stretch as you walk and be mindful of your movements: Take the opportunity to get your body moving and benefit from the physical activity in the fresh air and natural surroundings. Use this as a warm up for our Wellness Yoga.

Practice eco-friendly behaviors: Pick up litter, stay on designated trails, and respecting wildlife and plant life. Show appreciation and respect for the natural environment by being a responsible visitor.



END by reflecting on your thoughts, feelings, and experiences. Jot down your observations, insights, or introspections. Nature walks can be a time for processing thoughts and emotions for centering and healing.



Find a companion and have a meaningful conversation.

SESSION 2

- **Meditation + Wellness Yoga**



SESSION 3

• **Understanding Mental Wellness**

ABSTRACT

This session aims to explore the real deal of mental wellness, its significance in maintaining overall health, and its relationship with emotional, psychological, and physiological well-being.

OBJECTIVES

- To define mental wellness and its key components.
- To understand the importance of mental wellness for a healthy and fulfilling life.
- To explore the factors that contribute to mental wellness and those that hinder it.
- To identify the signs and symptoms of poor mental health and common mental disorders.
- To understand the impact of stigma on seeking help for mental health issues



Judgemental ka ba? The Blindfold Experience Of Judging Others



What are your key learnings?

SESSION 4

• **Stress Less, Live More**

ABSTRACT

This session focuses on understanding stress and its impact on daily life, exploring techniques and strategies to manage stress effectively, and identifying ways to achieve a healthier and more balanced lifestyle.

OBJECTIVES

- To define stress and its causes
- To understand the effects of stress on the body, mind, and relationships
- To explore different stress management techniques, including mindfulness, exercise, and nature immersion
- To identify stress triggers that affect your performance and learn how to avoid or reduce them

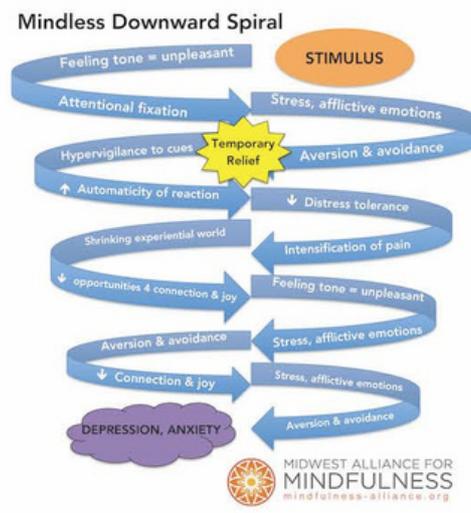
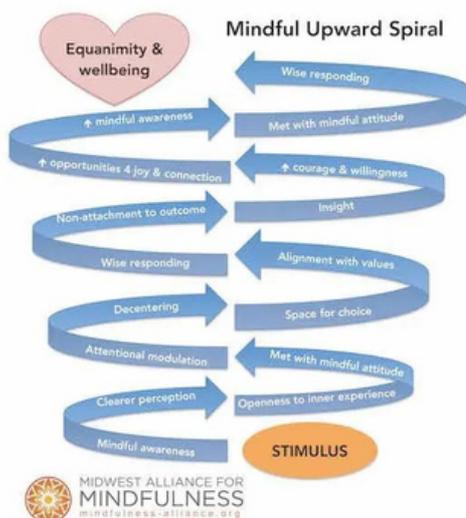


What are your key learnings?

Reference

Understanding Mental Wellness

- 1. Definition** Mental wellness is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. (World Health Organization)
- 2. Key Components** Mental health can be broken down further into three major components: cognitive health, emotional health, and behavioral health. Each of these components interacts with and influences the others, and they are all imperative to overall wellbeing. 
- 3. Importance for a Healthy Life** Mental wellness is significant in leading a happy, healthy, and abundant life. It impacts various aspects of life, including relationships, work, physical health, and overall quality of life.
- 4. Contributors to Mental Wellness** Factors that contribute to mental wellness: healthy lifestyle choices, positive relationships, effective stress management, adequate sleep, regular physical exercise, and access to mental health resources.
- 5. Hindrance to Mental Wellness** Factors that can hinder mental wellness: chronic stress, trauma, unresolved emotional issues, unhealthy coping mechanisms, social isolation, and lack of access to mental health care.
- 6. Signs and Symptoms** Signs and symptoms of poor mental health include changes in mood, behavior, sleep patterns, appetite, and energy levels. Some common mental disorders are anxiety, depression, bipolar disorder, and schizophrenia, including their symptoms and effects on mental wellness.
- 7. Impact of Stigma on Seeking Help** Societal stigma surrounding mental health can prevent individuals from seeking help when they are experiencing mental health issues. The negative impact of stigma includes fear, shame, and discrimination.



It's important to do our part in breaking down stigmas and promoting mental health awareness. Take proactive steps towards maintaining good mental health, seeking help when needed, and supporting others in their mental health journeys.

Stress Less, Live More

- 1. Definition** Stress is a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. (World Health Organization)
- 2. Causes** Contributors of stress include environmental factors, work-related stress, financial stress, relationship issues, and health concerns.
- 3. Effects** Stress can impact our body, mind, and relationships. Common physiological symptoms are headache, tight muscles, back, neck, and shoulder pain, upset stomach, heavy chest, lump in throat, not feeling hungry. Other effects on the body are increased heart rate, elevated blood pressure, weakened immune system, skin rashes, and digestive issues. Psychological effects may include anxiety, depression, irritability, and cognitive impairment. And its effects on relationships may lead to conflict, communication breakdowns, and emotional distancing.
- 4. Stress management techniques**
 - Mindfulness is a technique that helps reduce stress by increasing awareness and promoting relaxation.
 - Exercise helps release endorphins, reducing tension, improving sleep, and boosting mood.
 - Nature immersion, such as spending time in nature, engaging in outdoor activities, and connecting with natural environments, helps promote well-being.
- 5. Stress triggers** The first step to be effective in identifying stress triggers is self-awareness. We need to be cognizant of what's causing our mental, emotional, or even health issues. Common stressors and triggers are work-related deadlines, personal responsibilities, or negative thought patterns. Aside from practicing self-care, sample strategies for avoiding or reducing stress triggers can be time management techniques, efficient work methods, planning ahead, and setting boundaries.



Self-care is important to avoid and manage stress. Practicing relaxation techniques, engaging in regular physical exercise, maintaining a healthy lifestyle, seeking support from trusted friends, family, or professionals, getting enough sleep, eating a balanced diet, and engaging in activities that bring joy and relaxation are some

A holistic approach to stress management that addresses the physical, mental, emotional, and social aspects of well-being is the best way to go.



(World Health Organization)

DOING WHAT MATTERS IN TIMES OF STRESS

An Illustrated Guide for coping with adversity

1. Grounding
2. Unhooking
3. Acting on your values
4. Being kind
5. Making room

Stress Management Plan (Version 1.0)



SESSION 5



• **Stress Management Activity**

ABSTRACT

Stress Management Activity is a group-based session that aims to promote self-awareness, social awareness, and situational awareness among individuals to identify stress triggers that can lead to mental and emotional imbalances. This activity includes exercises that enable participants to identify stressors, explore coping mechanisms, and practice effective team collaboration under pressure.

OBJECTIVES

- To identify behaviors that are triggered by stress
- To identify sources of stress and explore coping mechanisms
- To observe communication under stressful situations
- To practice team dynamics and collaboration under duress
- To see team members' ability to work under pressure and manage stress effectively
- To process the experience and key learnings



Balloon Stressors Experience



What are your key learnings?

SESSION 6

• **Pocket Tools to Combat Stress**

ABSTRACT

This session focuses on introducing practical and accessible tools that individuals can use on the go to manage stress effectively

OBJECTIVES

- To appreciate the benefits of using pocket tools for stress management
- To experience different types of pocket tools and their features
- To help participants choose the right pocket tools that will work for them



How many tools can you name?



Which among the tools will work for you?

SESSION 7

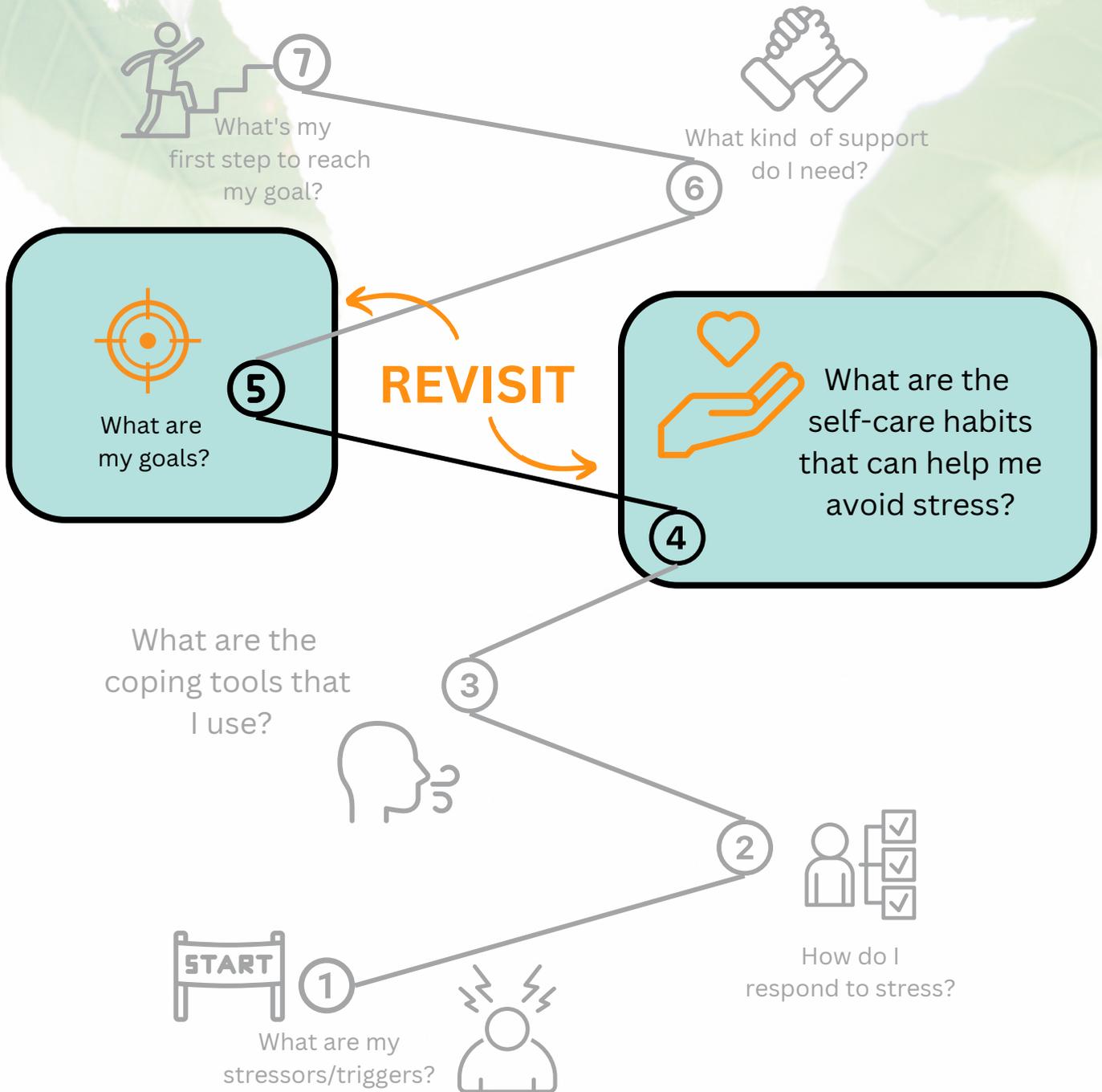
• Mindfulness Practice



Learn-by-Doing



Stress Management Plan (Version 2.0)



DAY 2 and DAY 3



NIGHT CAP ACTIVITY



• **Group Coaching + Fireside Chat***

ABSTRACT

The group coaching huddles will provide the participants to have the opportunity to share their experiences, challenges, and successes with the group, and receive support and feedback from their peers – and insights from the facilitator a.k.a. wellness coach.

OBJECTIVES

- To help participants review what they have learned and what they can do moving forward.
- To help participants gain clarity of their personal wellness goals in relation to the day's learnings.
- To provide a supportive and non-judgmental environment
- To provide foster accountability to help participants maintain their wellness goals over time

*Fireside Chat feature – Relevant table topics that the facilitator can throw in to break the ice and get the meaningful conversation going



Aha's! Uh-oh's! What's next?
What can I do to help you?



What are your key learnings?

DAY 3

Thursday
20 APRIL 2023

 6:00 AM - 12:00 NN	Meditation + Wellness Yoga + Shinrin Yoku Experience + Mindfulness Practices
12:00 NN - 2:00 PM	LUNCH
 2:00 PM - 3:30 PM	10-Min Meditation + Compassion Fusion of RQ & EQ
3:30 PM - 4:00 PM	 BREAK
 4:00 PM - 5:30 PM	Power of Mindfulness
 5:30 PM - 6:00 PM	Mindfulness Practice
6:00 PM - 7:00 PM	dinner
 7:00 PM - 8:00 PM	Fireside Chat Group Coaching + Meditation

Nature's Healing Power

SESSION 1

• Shinrin Yoku Experience

ABSTRACT

This session aims to introduce participants to the Japanese practice of Shinrin Yoku or forest bathing, which involves immersing oneself in nature to promote relaxation and well-being and integrating mindfulness techniques to enhance the experience.

OBJECTIVES

- To introduce participants to the concept of Shinrin Yoku and its benefits
- To provide guidance on how to practice Shinrin Yoku safely and effectively
- To integrate mindfulness techniques into the practice of Shinrin Yoku
- To encourage participants to reflect on their experiences and identify ways to incorporate Shinrin Yoku into their daily routine



Mindfulness and Nature Immersion



END by reflecting on your thoughts, feelings, and experiences. Jot down your observations, insights, or introspections. Shinrin Yoku experience allows you to process interior movements by paying attention to thoughts and emotions.



Find a companion and have a meaningful conversation.



PAINS, INSIGHTS & BREAKTHROUGHS

How did this experience impact the way you think, feel, and see things?

Which exercise are you drawn to apply in your day-to-day life?

What kind of habits are you planning to create?

Reference

Shinrin Yoku Experience

- 1. Definition** The term Shinrin-yoku (taking in the forest atmosphere or forest bathing) was coined by the Japanese Ministry of Agriculture, Forestry, and Fisheries in 1982. It can be defined as making contact with and taking in the atmosphere of the forest: a process intended to improve an individual's state of mental and physical relaxation. Shinrin-yoku is considered to be the most widespread activity associated with forest and human health. (National Library of Medicine)
- 2. Experiment** In order to clarify the physiological effects of Shinrin-yoku, field experiments were conducted in 24 forests across Japan. In each experiment, 12 subjects (280 total);
- 3. Results** Forest environments promote lower concentrations of cortisol, lower pulse rate, lower blood pressure, greater parasympathetic nerve activity, and lower sympathetic nerve activity than do city environments.



Mindfulness and Nature

Nature is a catalyst for mindfulness; slowing down, observing, and connecting with the natural world can help individuals become more grounded, centered, and focused.

Sensory Awareness

Activating the five senses - sight, sound, smell, touch, and even taste - can deepen the nature experience and foster a greater connection with the environment.

Gratitude and Connection

Forest immersion fosters a sense of gratitude and interconnectedness. Biophilia, which originates from the Greek, 'philia' meaning 'love of' means a love of life or living things – which is the innate human connection with nature. Cultivating this connection can promote a greater sense of well-being, and environmental stewardship.

Inspiration and Creativity

Nature inspires creativity and sparks ideas with its sensory stimulation, evoking emotions that have fueled artists, writers, and thinkers throughout history. Mother Nature can serve as a muse, promoting inspiration and creativity through its innate beauty and wonder.

HELPFUL TIPS

Forest-bathe anywhere with trees – in a park, your garden, or even in different weather conditions. Shinrin yoku can be practiced anytime, anywhere for its natural benefits.



(National Library of Medicine)

SESSION 2



• **Compassion: Fusion of EQ & RQ**

ABSTRACT

This session explores the practice of compassion and its connection with emotional intelligence (EQ) and relational intelligence (RQ). It aims to help participants develop a deeper understanding of the role of compassion in building healthy relationships and fostering empathy.

OBJECTIVES

- To understand compassion and its components at a deeper level
- To explore the link between compassion, EQ, and RQ
- To provide participants with tools and techniques to cultivate compassion
- To encourage participants to reflect on their personal values and beliefs related to compassion and empathy.



Circle of Affirmations



What are your key learnings?



Reflect on your experience and write them down.

Reference

Compassion: Fusion of EQ & RQ

- Compassion is a powerful motivator that drives individuals to actively alleviate physical, mental, or emotional suffering in others and themselves. It involves being attuned to the emotional aspects of others' pain and responding with empathy and kindness, often going out of one's way to offer support and relief.
- Emotional intelligence or EQ encompasses the capacity to understand, manage, and influence one's own emotions, as well as recognize and navigate the emotions of others. Coined by researchers John Mayer and Peter Salovey in 1990, and popularized by psychologist Daniel Goleman, EQ involves a high level of self-awareness, emotional regulation, empathy, and social skills.
- Relational Intelligence or RQ refers to the ability to discern the effort and time needed in a relationship and make informed decisions about the role of individuals in our lives. It involves being perceptive about the dynamics and quality of relationships, understanding boundaries, and making wise choices about who we allow in our lives and what roles they play. RQ helps in cultivating healthy and fulfilling relationships based on mutual understanding and respect.

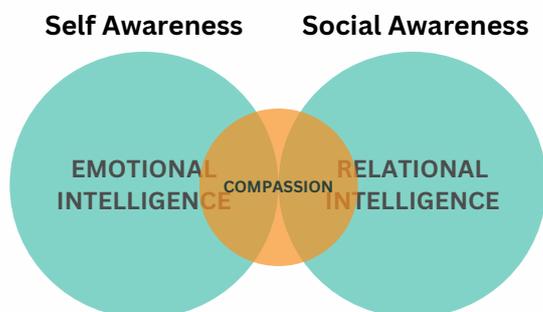
Emotional Intelligence Domains and Competencies

Self-awareness	Self-management	Social awareness	Relationship management
Emotional self-awareness	Emotional self-control	Empathy	Influence
	Adaptability		Coach and mentor
	Achievement orientation	Organizational awareness	Conflict management
	Positive outlook		Teamwork
			Inspirational leadership

Source: More Than Sound, LLC, 2017

HBR

Although there are many models of emotional intelligence, they are often lumped together as “EQ” in the popular vernacular. An alternative term is “EI,” which comprises four domains: self-awareness, self-management, social awareness, and relationship management.



The sweet spot that connects emotional intelligence and relational intelligence in compassion. The higher the EQ and RQ the easier compassion flows.



We can express compassion in the workplace by:

- Noticing when colleagues are in pain or are undergoing some personal stressors and trying to make them feel secure and comfortable at work
- Actively listening to others without judging them
- Accepting criticisms and carefully stating our opinions to someone for underperformance or failure, making sure we don't hurt their feelings.



SESSION 3

• Power of Mindfulness

ABSTRACT

This session focuses on the benefits of mindfulness and meditation in promoting well-being, reducing stress, and enhancing cognitive function. It aims to introduce participants to different mindfulness and meditation techniques and provide guidance on how to integrate them into daily life.

OBJECTIVES

- To learn mindfulness and its benefits
- To understand the difference and similarities between mindfulness and meditation
- To identify gains and drains of the mindfulness and meditation experiences
- To provide guidance on how to practice mindfulness in everyday living



Design your own mindfulness habit



What are your key learnings?

SESSION 4

• Mindfulness Practice



Learn-by-Doing



NIGHT CAP ACTIVITY

- Group Coaching + Fireside Chat



Reference

Power of Mindfulness

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,” says Kabat-Zinn.

Jon Kabat-Zinn is an American professor emeritus of medicine and the creator of the 'Stress Reduction Clinic' and the 'Center for Mindfulness in Medicine, Health Care, and Society' at the University of Massachusetts Medical School. Kabat-Zinn was a student of Zen Buddhist teachers such as Philip Kapleau (American teacher of Zen Buddhism), Thich Nhat Hanh (known as the Father of Mindfulness) and Seung Sahn (one of the early Korean Zen masters) and a founding member of Cambridge Zen Center. His practice of yoga and studies with Buddhist teachers led him to integrate their teachings with scientific findings. He teaches mindfulness, which he says can help people cope with stress, anxiety, pain, and illness. The stress reduction program created by Kabat-Zinn, mindfulness-based stress reduction (MBSR), is offered by medical centers, hospitals, and health maintenance organizations, and is described in his book Full Catastrophe Living. (Wikipedia)



NINE KEY ATTITUDES OF MINDFULNESS

1. **Non-judging.** Cultivating impartial awareness of our constant stream of judgments and reactions to experiences.
2. **Patience.** Understanding and accepting that things unfold in their own time, without trying to rush or force them.
3. **Allow for this Beginner's Mind.** Cultivating a fresh perspective that sees things as if for the first time, without preconceived notions or beliefs.
4. **Trust.** Developing trust in oneself and intuition, rather than always seeking external guidance.
5. **Non-Striving.** Letting go of the need to constantly strive and achieve, and instead simply being present and accepting oneself as is.
6. **Acceptance.** Seeing things as they are in the present moment, without denying or resisting reality.
7. **Letting Go.** Cultivating non-attachment and letting go of thoughts, feelings, and situations that the mind tends to hold on to. Gratitude
8. **Gratitude.** Recognizing the positive impact of gratitude on mental and physical well-being, and consciously cultivating a grateful mindset.
9. **Generosity.** Practicing generosity towards oneself and others as a way of deepening self-observation and self-care.

Benefits Of Mindfulness And Meditation



1. Mindfulness Reduces Anxiety
2. Mindfulness Meditation Reduces Implicit Age and Race Bias
3. Mindfulness-Based Cognitive Therapy (MBCT) May Prevent And Treat Depression
4. Increase Body Satisfaction
5. Mindfulness Meditation Improves Cognition
6. Mindfulness Meditation Help The Brain Reduce Distractions



DAY 4

Friday
21 APRIL 2023

 6:00 AM - 7:00 AM	Nature Walk
 7:00 AM - 8:00 AM	Self-Practice
8:00 AM - 9:00 AM	<i>breakfast</i>
9:00 AM - 11:00 AM	<p>Closing Program</p> <ul style="list-style-type: none">• Closing Prayer• Impressions• Awarding of Certificates• Closing Remarks• DENR Hymn• Session Evaluation* • Administrative Announcements
11:00 AM - 12:00 NN	LUNCH
12:00 NN	

Sustainable Mindfulness

SESSION 1

- **Nature Walk: Wellness Walk and Talk**

START by being grateful. Tell yourself,

"I am grateful for this nature walk."

Practice mindfulness

SESSION 2

- **Meditation + Wellness Yoga**



6-Phase Meditation + B.E.L.O.V.E.D.



Self-Practice



END by reflecting on your thoughts, feelings, and experiences. Jot down your observations, insights, or introspections. Nature walks can be a time for processing thoughts and emotions for centering and healing.



Find a companion and have a meaningful conversation.

WRAP-UP

- **Post Session Evaluation**

Self Examen 

Reference

Definition of our Led Sessions



Breathwork

Breathwork is a mind-body practice that involves controlled breathing techniques to improve mental, emotional, and physical well-being. This practice helps individuals become more aware of their breathing patterns and learn to regulate them to reduce stress, anxiety, and depression. Breathwork has been shown to improve mood, enhance cognitive function, and promote relaxation, making it a valuable tool for mental health.



Mindfulness

Mindfulness is a mental practice that involves being present and fully engaged in the current moment without judgment or distraction. It helps individuals develop a greater awareness of their thoughts and feelings, leading to better control of their emotional responses. Mindfulness practice has been shown to improve mental health by reducing stress, anxiety, and depression symptoms, enhancing emotional regulation, and increasing overall well-being.



Meditation

Meditation is a mental practice that involves focusing on a specific object, thought, or activity to achieve a state of mental clarity and relaxation. This practice helps individuals manage stress, anxiety, and depression by promoting feelings of calmness and reducing negative emotions. Meditation has been shown to improve mental health by enhancing emotional regulation, increasing self-awareness, and improving overall well-being.



Wellness Yoga

Wellness yoga is a physical practice that emphasizes the integration of the mind, body, and spirit to achieve optimal health and well-being. It is suitable for all ages and focuses on gentle movements, breathing exercises, and meditation techniques to reduce stress, improve flexibility, and increase overall fitness. Wellness yoga is a holistic approach to health that promotes self-care, mindfulness, and inner peace, making it an ideal practice for individuals of all ages.

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WELLNESS *Angel*