

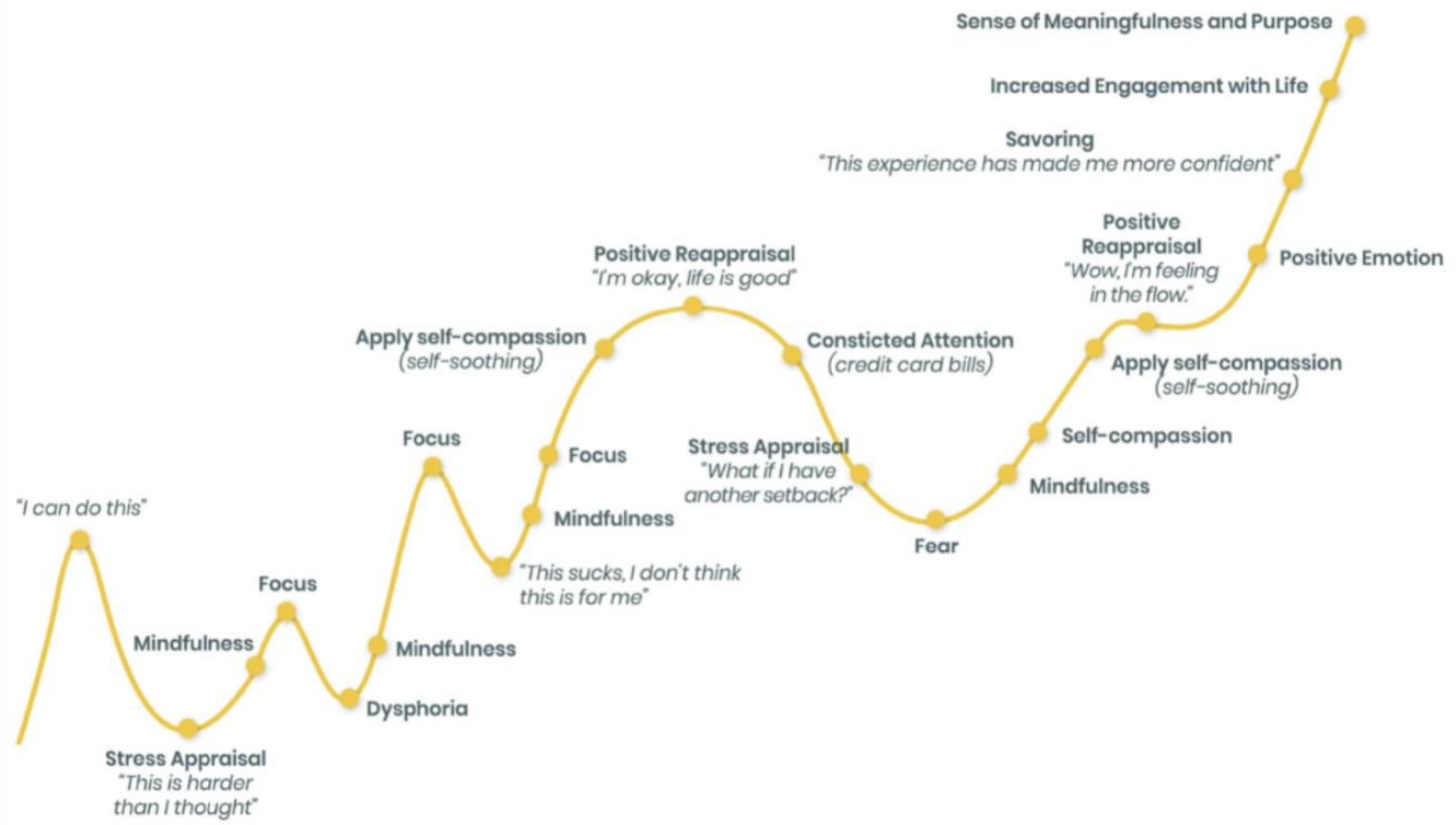
# **The Science and Practice of Mindfulness**

Strategies to Recognize, Release, Refocus, Renew for Your and  
Those Your Care For

**Dr. Elisha Goldstein**

Psychologist, Author

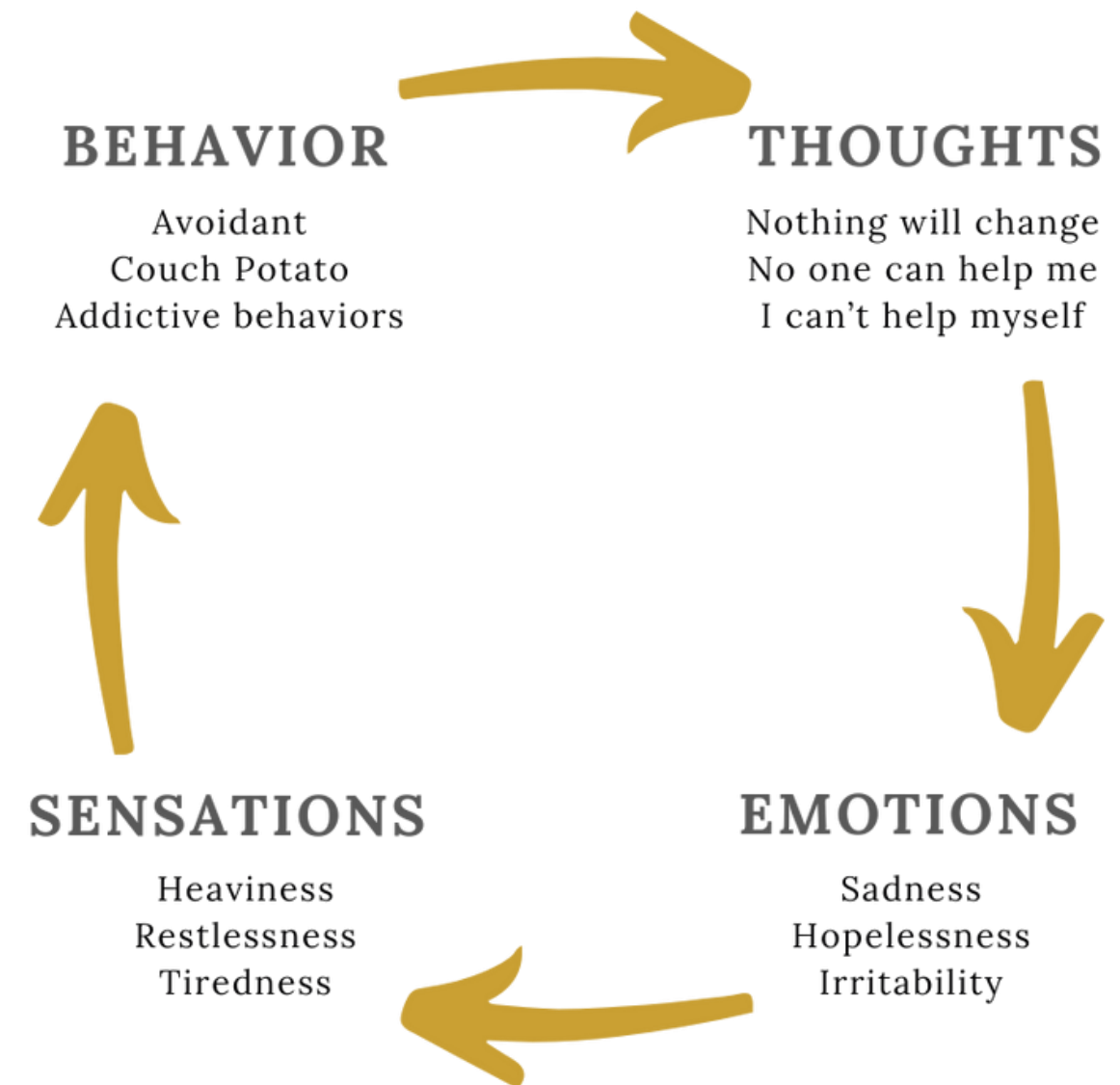
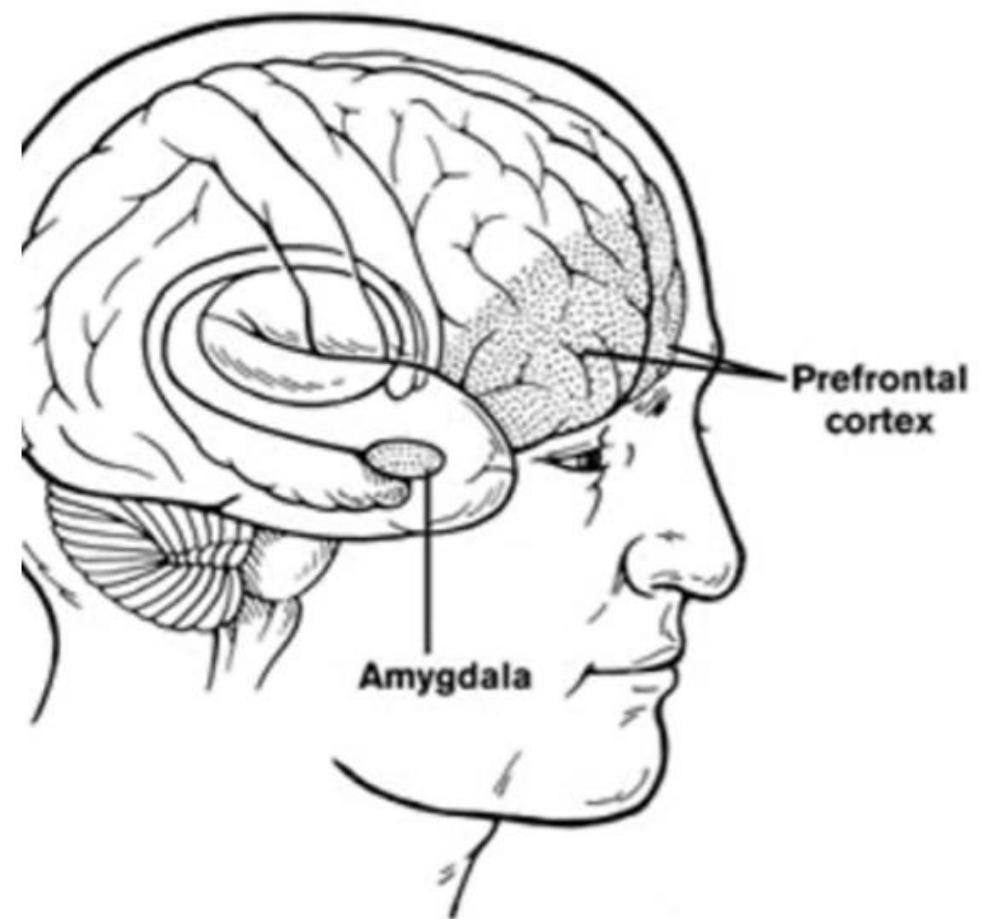
POSITIVE HABIT CHANGE



TIME

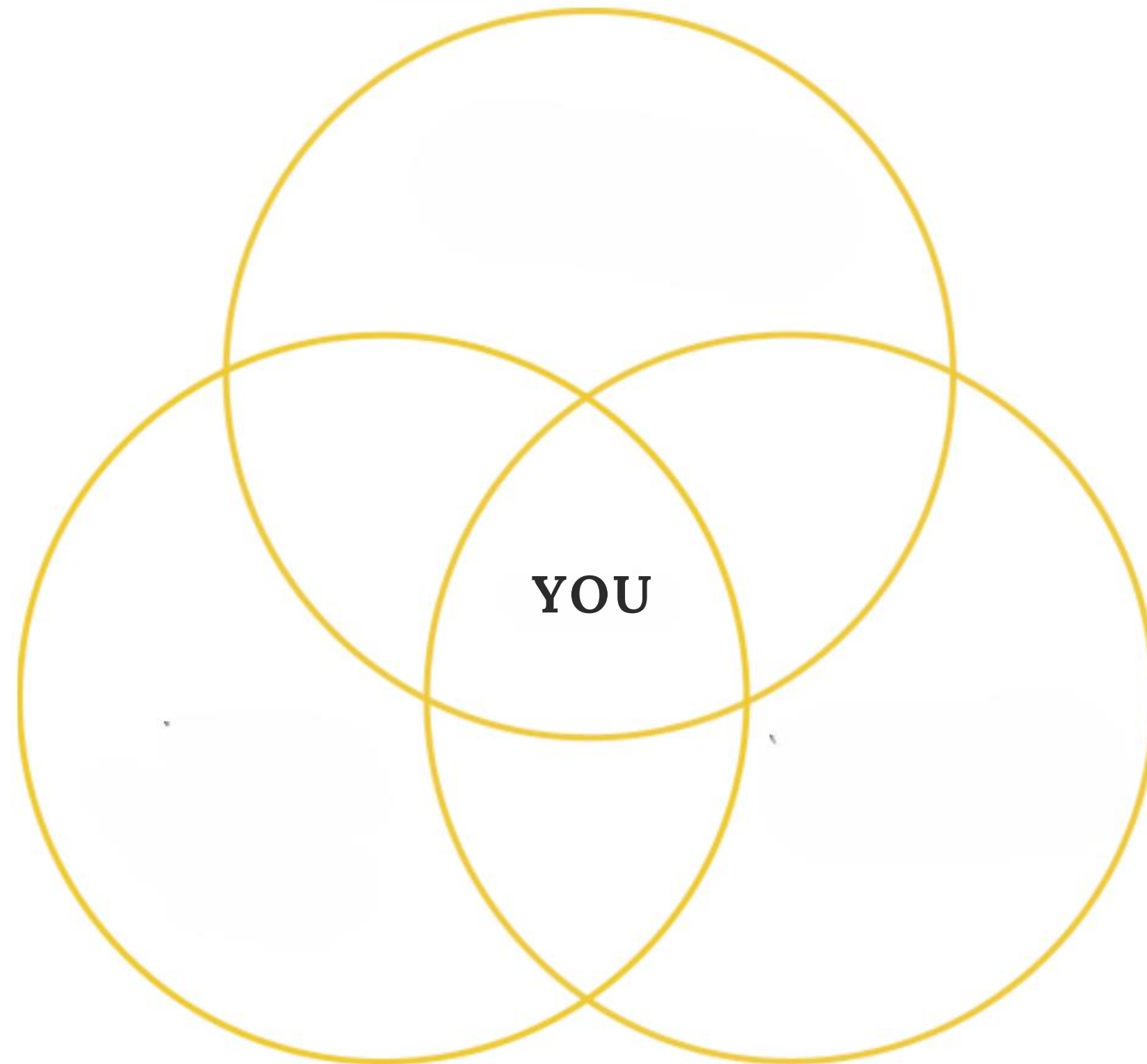
# The Emotional Loop and Why We Suffer

Stress, Depression, Anxious  
loop



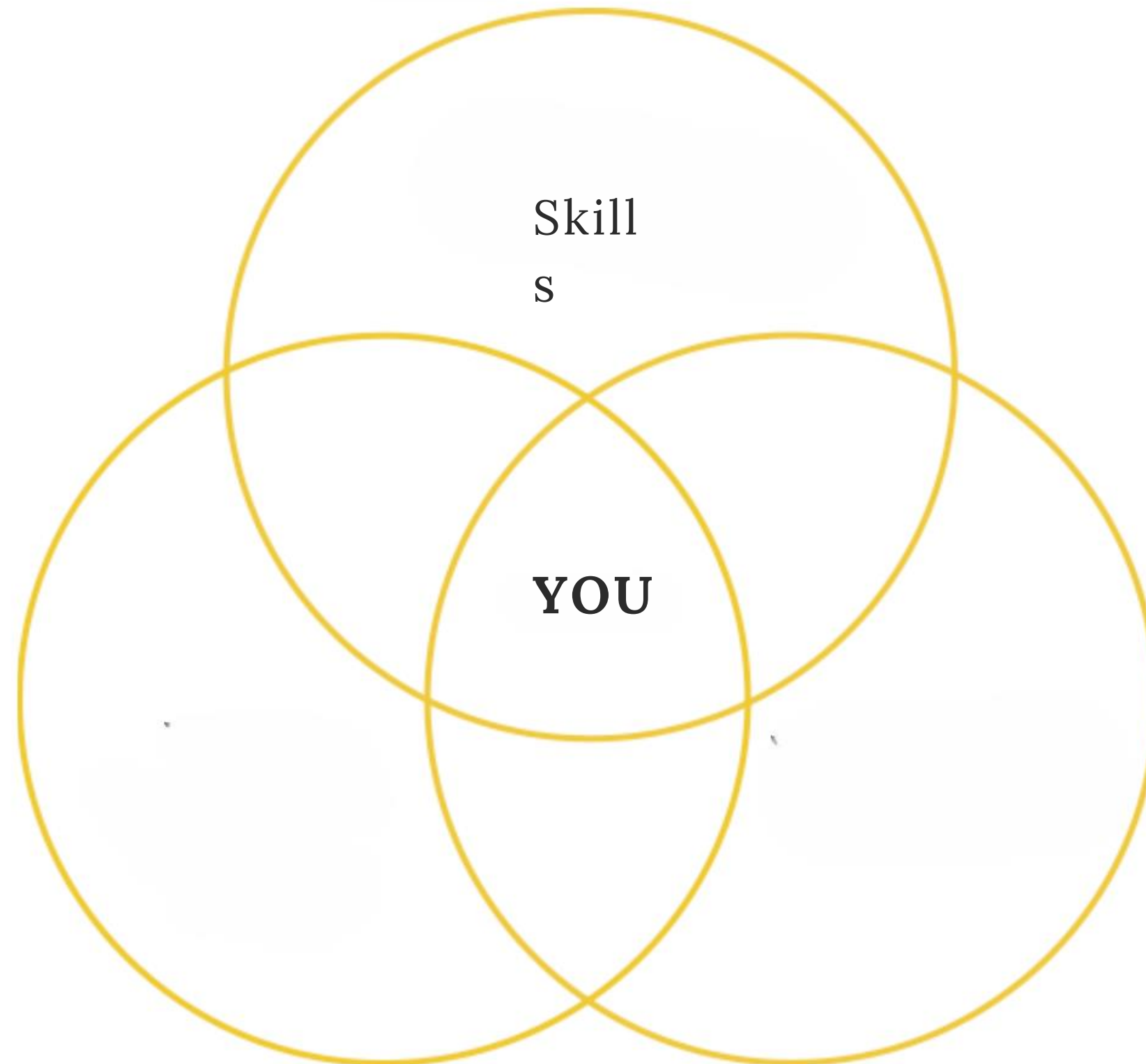
# The Formula for Optimal Health

The Trinity



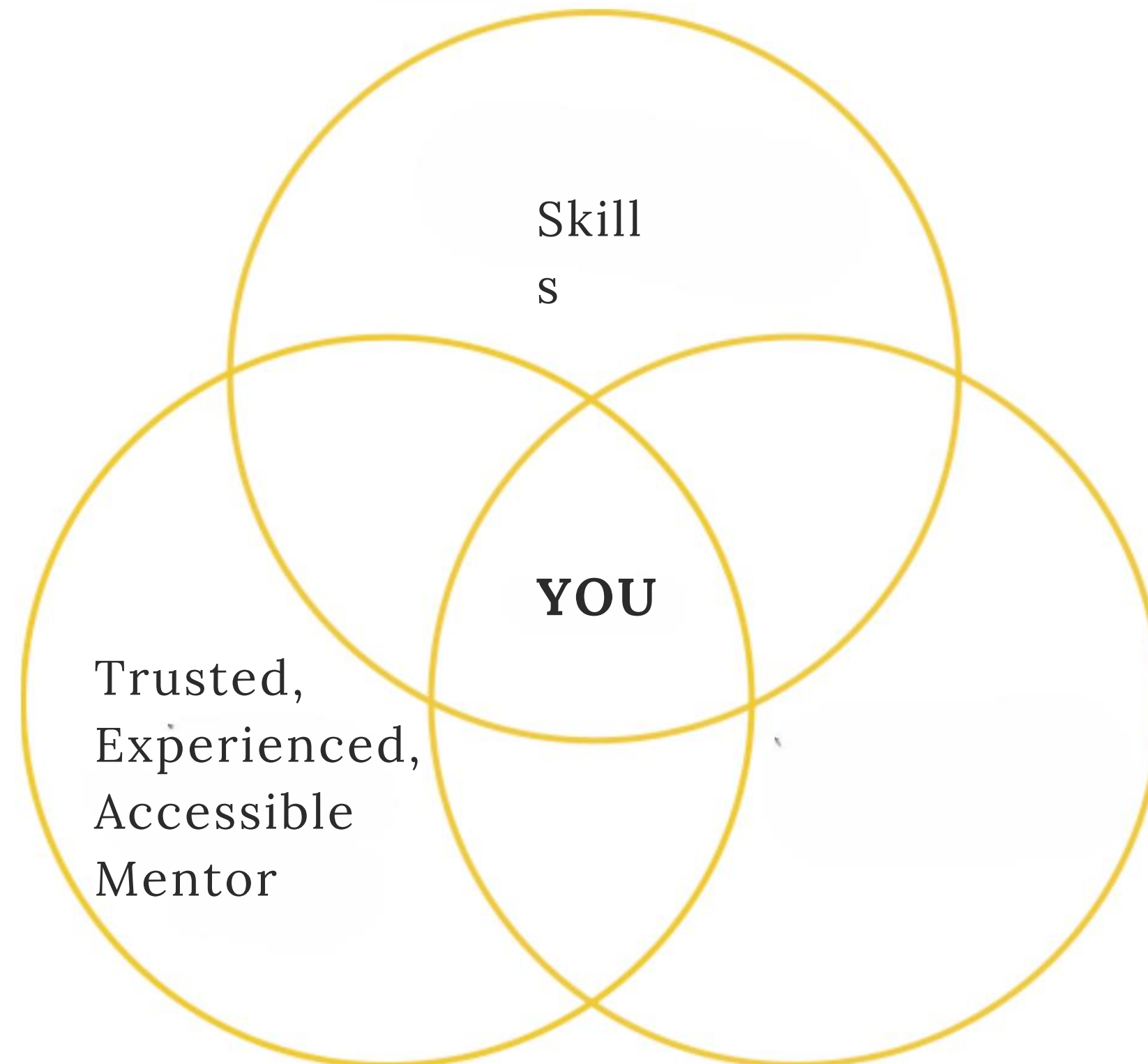
# The Formula for Optimal Health

The Trinity



# The Formula for Optimal Health

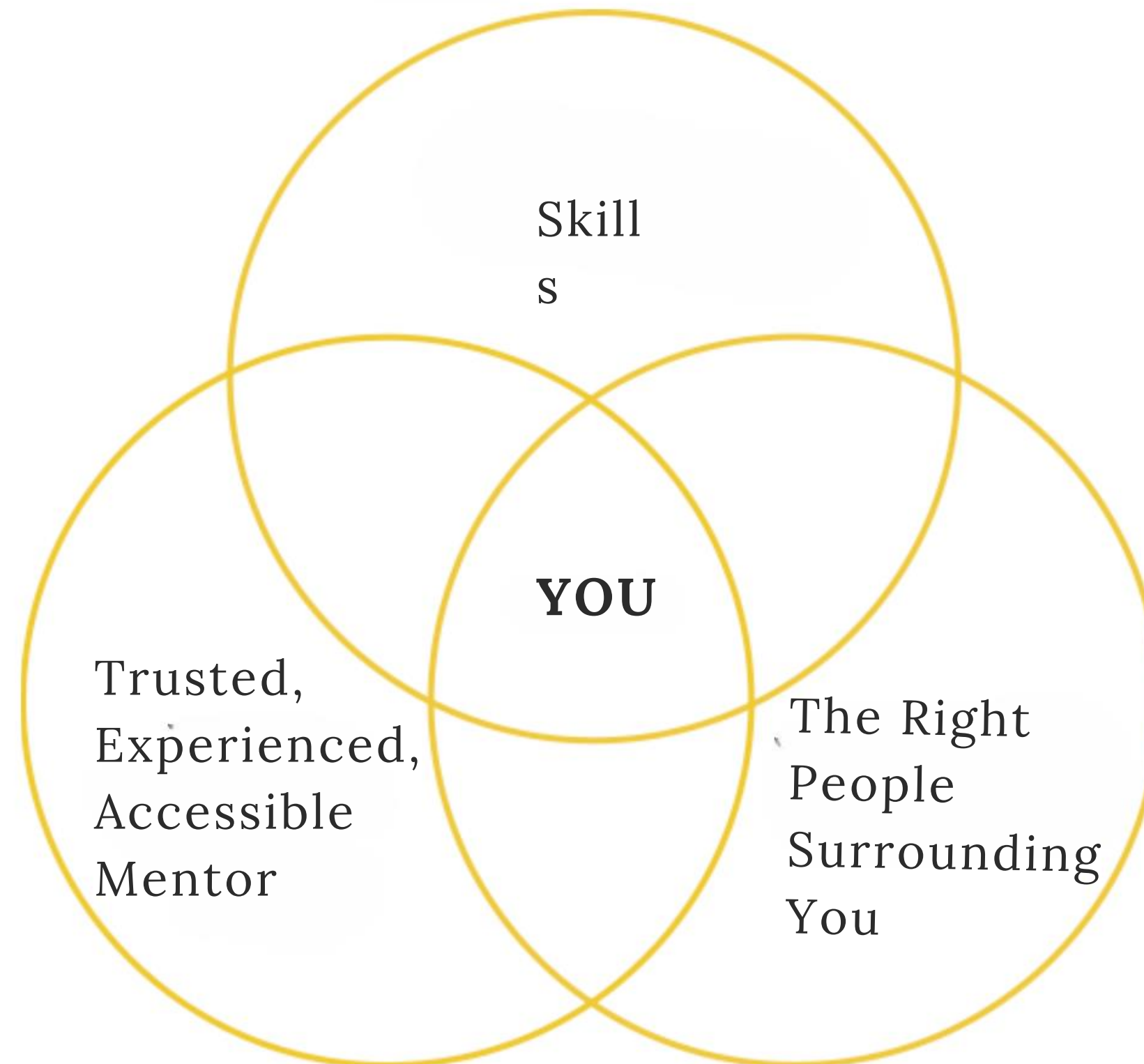
The Trinity





# The Formula for Optimal Health

The Trinity



# The Power of Perception





# The Power of Community



# The Power of Community



We Can Use Our  
Mind to Naturally  
Enhance

HEALTH

## 4R Formula

1

Recognize

—

2

Release

—

3

Refocu  
s

—

4

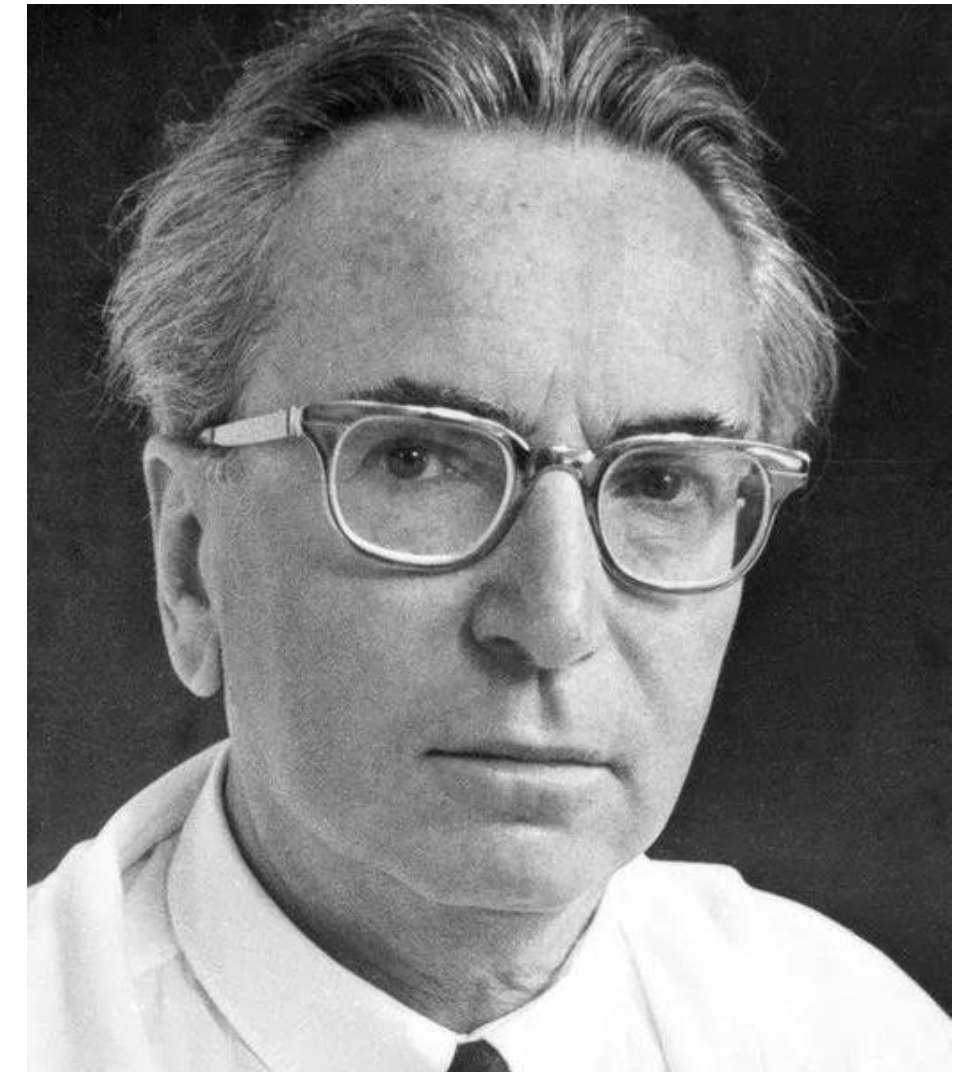
Renew

1

## Recognize

“Between stimulus and response there’s a space, in that space lies our power to choose our responses, in our responses lies our growth and our freedom.

*–Viktor Frankl*





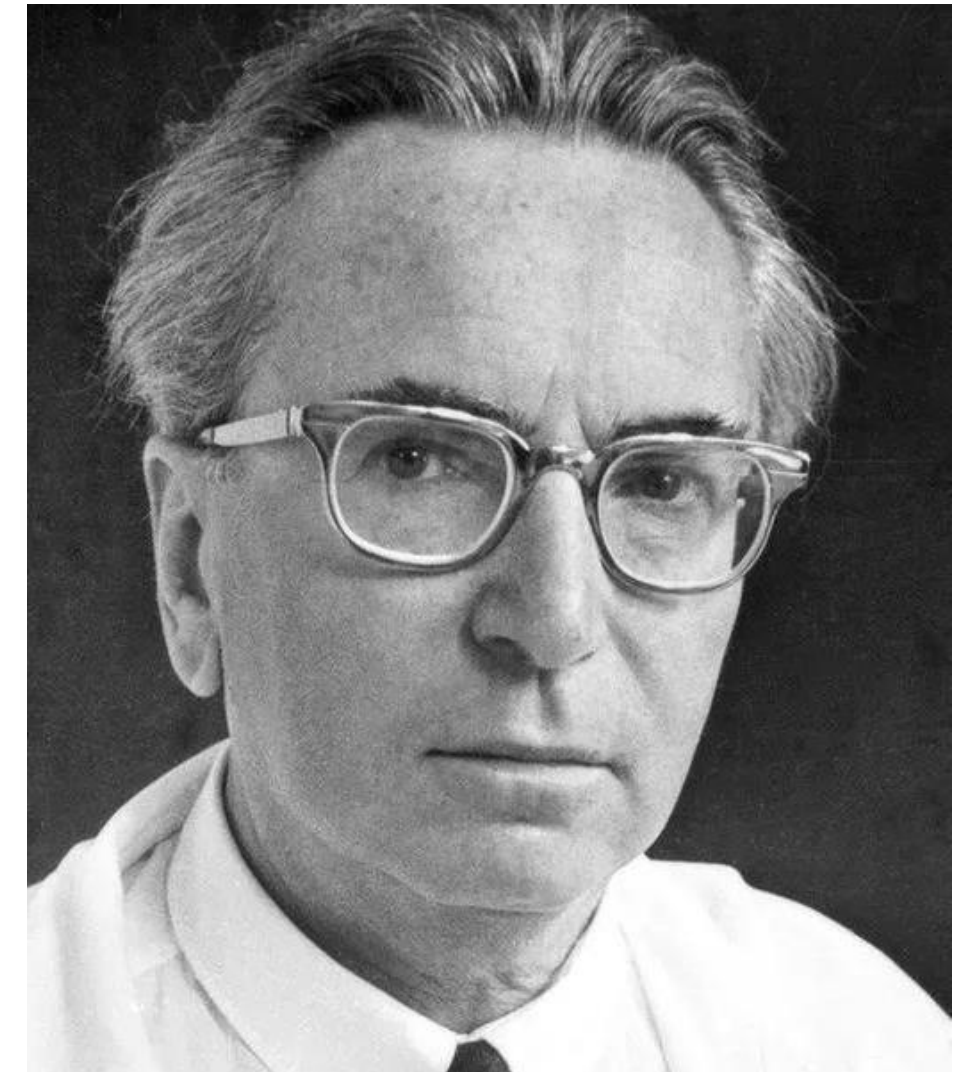
1

## Recognize

“Between stimulus and response there’s a space, in that space lies our power to choose our responses, in our responses lies our growth and our freedom.

*–Viktor Frankl*

**Stepping Into Space**



1

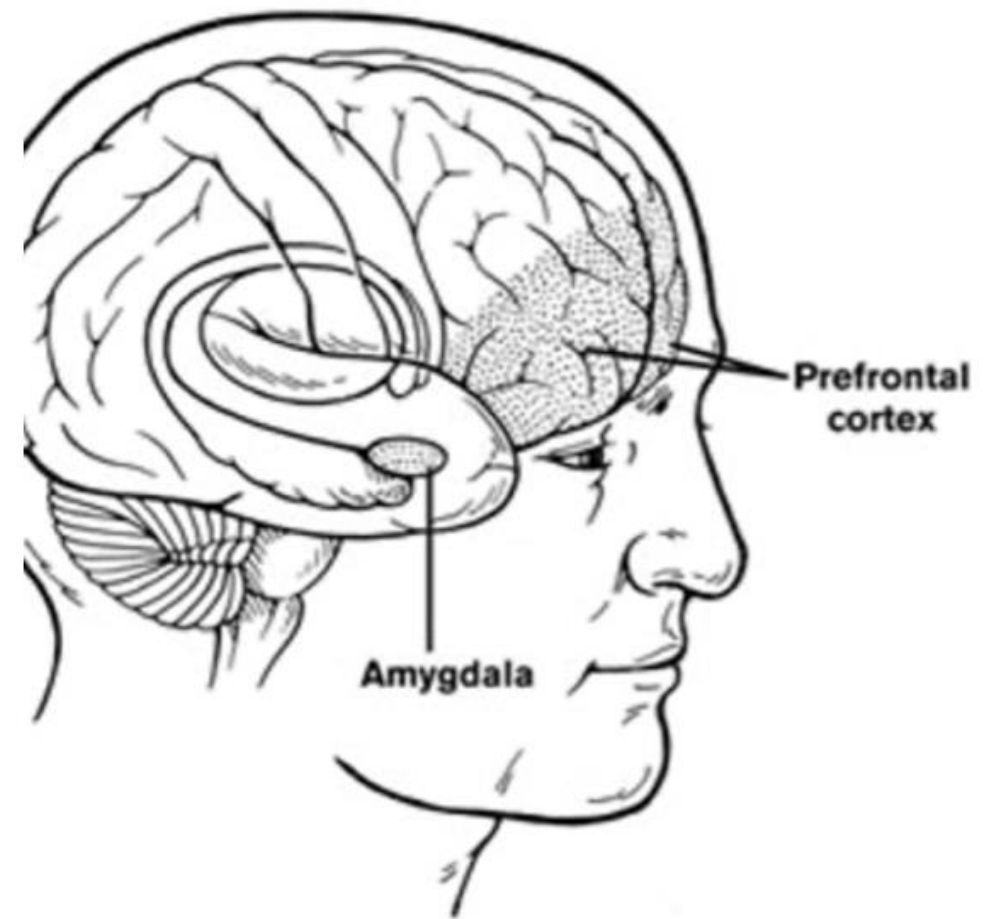
## Recognize

“Name it to tame it.”

*Dr. Dan Siegel*



1



**Recognize**

Some Neuroscience

**Release**

**2**

## Release

Step **1**

was to recognize we're  
in an emotional loop

**2**



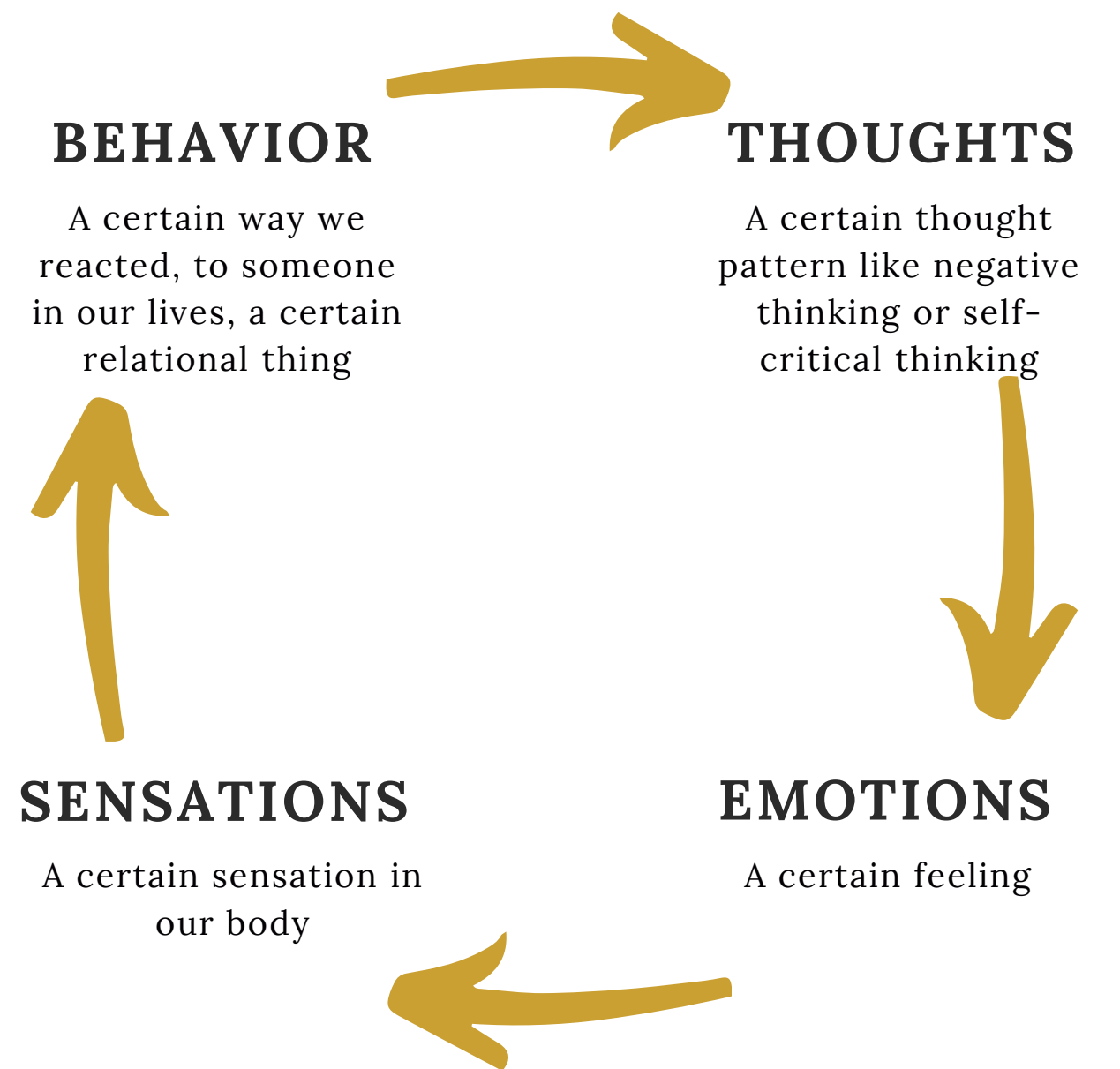
2

## Release

Step 1

was to recognize we're  
in an emotional loop

## The Emotional Loop



2

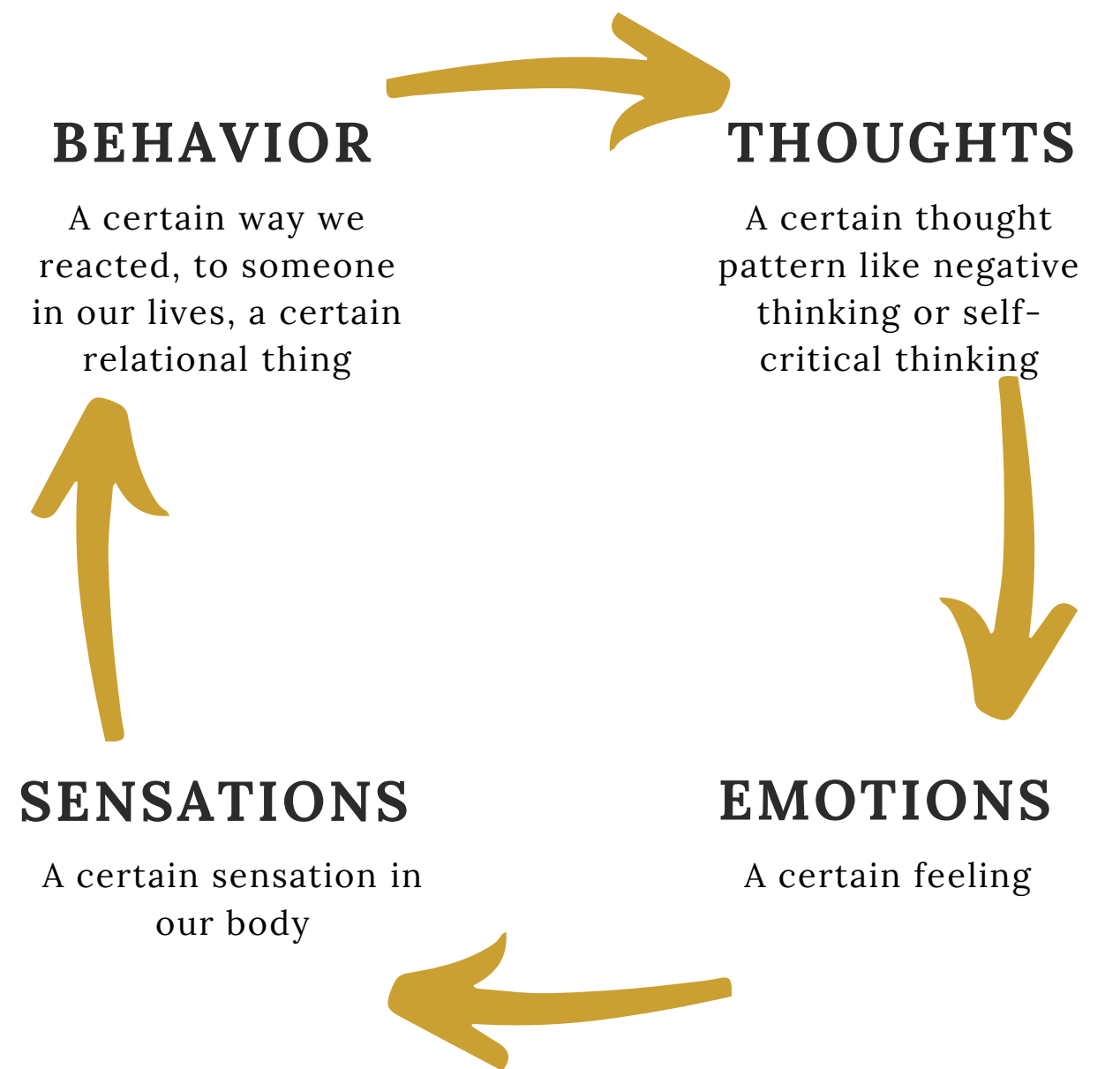
## Release

Step 1

was to recognize we're  
in an emotional loop

Stepping Into Space

## The Emotional Loop



## Release

Now what's happened is, especially if it's a negative emotional loop or an unhealthy pattern is.

2

1

—

2

—

3

—

4

## Release

Now what's happened is, especially if it's a negative emotional loop or an unhealthy pattern is.

2



Fight  
Flight  
Freeze  
Response

## Release

Now what's happened is, especially if it's a negative emotional loop or an unhealthy pattern is.

2

1

—

2

—

3

—

4

Fight  
Flight  
Freeze  
Response

Tense  
Muscles



## Release

Now what's happened is, especially if it's a negative emotional loop or an unhealthy pattern is.

2

1

—

2

—

3

—

4

Fight  
Flight  
Freeze  
Response

Tense  
Muscles

Our Mind  
is trying to  
get away  
from that

## Release

Now what's happened is, especially if it's a negative emotional loop or an unhealthy pattern is.

2

1

—

2

—

3

—

4

Fight  
Flight  
Freeze  
Response

Tense  
Muscles

Our Mind  
is trying to  
get away  
from that

Planning  
Rehearsing  
Catastrophizing  
Rumination

## Release

“The Release is About Widening  
the Space.”

*-Elisha Goldstein*



## *Why This Is Important*

We want more:

1. Choice
2. Possibility
3. Freedom.

so that we have the wherewithal  
to be able to unpack the powers.



## Why This Is Important

We want more:

1. Choice
2. Possibility
3. Freedom.

so that we have the wherewithal~~to~~  
to be able to unpack the powers.

*when hijacked*





# Ways of Releasing

2

## **PRACTICE** Formal Release

Taking intentional time out for a period of time to do a release practice for a period of time.

Mind Training  
(*Relax & Retune*)

Phsycial Training  
(*Body Movement*)

## **DEEPEN** Informal Release

Quick methods to releasing tension and widening the space in everyday situations.

Softening the body  
Stretching  
Humming  
Dancing

## The Intention

The intention is, I've now stepped into this space and I've now widened it a little bit.

2

We want more space for choice so we can unpack some of the powers and begin to work with them.

**Unpacking Our Powers**



## Refocus

The refocus is your six powers.  
We are

*a Traveler*

on this journey together and in your

*Backpack*

as you move through the learning journey here,  
you are gonna be putting these

*Powers*

in your backpack.



**Refocus**

When You Use

3

Your  
powers

+

Mentorship

+

Community

=

**You Grow  
Your Powers**

## Refocus

When You Use

3

Your  
powers + Mentorship + Community =

You Grow  
Your Powers

Intention + Repetition = Automatic

## Renew

Every time you use a power, you are a little bit stronger and when you use your powers with repetition, they become a little bit easier. So you become

*A Little Stronger*

You've stepped into the next moment renewed.



# *A Practice*

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# A GIFT FOR YOU!

## 4 STEPS TO PROCESS PAINFUL EMOTIONS

EVEN IF YOU'RE FEELING  
STUCK IN OVERTHINKING

By Dr. Elisha Goldstein

START PROCESSING YOUR EMOTIONS

## 4 Steps to Process Painful Emotions

The FREE ultra-simple guide to help you  
manage anxiety, anger, and grief in a  
healthy way. (Even if you're stuck in  
overthinking!)



Q&  
A

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Something special is next for you.