“Aligning actions and intentions requires specificity”
-Dr. Arin N. Reeves

“Learning to live mindfully does not mean living in a perfect world, but rather, living a full and contented life in a world in which both joys and challenges are a given.” Dr. Susan L. Smalley & Diana Winston
How does courage help us foster greater inclusion and belonging?

Fear can prevent us from acting courageously, and fear can also be instructive.

Courage is not the absence of fear: “Sometimes the most courageous thing a person can do is be afraid”...Jones Prep student during Tedx Talk

Mindfulness can help us embrace the courage to ask what kind of humanity we are including people into, and who belongs.
“Love and justice are not two”
- Reverend angel Kyodo williams

We can choose to let fear define truth..
- Conditioned fears can lead to biases, assumptions, judgements in the form of thoughts, words, habits & action/inaction that harm ourselves and others

OR

We can choose to let love pave the path to truth...
- Individual and collective well being
- Unlearning conditioned fear
- Distinguishing intention from impact
- Learning through our whole bodies
- Creating collective lift
What are we really talking about?

• What does “courageous conversations” mean to you?
• How do these look, sound, feel?
• How can we all benefit from courageous conversations?
Mindfulness can help us take the “high road vs low road” and embrace courage.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

--Viktor Frankl
Fight-or-Flight Response

**IMMUNE SYSTEM**
- Is repressed

**HEART**
- Beats faster
- Pumps more blood
- Blood pressure rises
- Blood increases to muscles
- Blood decreases to organs

**ENDOCRINE SYSTEM**
- Pumps out adrenaline, noradrenaline & cortisol
- Noradrenaline constricts blood vessels
- Releases less growth hormone
- Produces fewer sex hormones

**LUNGS**
- Breathing becomes faster & shallower
- Consume more oxygen
- Expel more carbon dioxide

**SKIN**
- Sweating begins

**PANCREAS**
- Pumps out glucagon
- Produces less insulin
- Blood sugar level rises

http://trealive.com/stress-body/
PHYSIOLOGICAL RESPONSES TO STRESS
BODY SYSTEMS INVOLVED IN A PHYSIOLOGICAL STRESS RESPONSE

Reactions
- Increased alertness
- Increased short term strength
- Increased ability to handle stress
- Heightened ability to focus
- Increased oxygen to the brain
- Faster, deeper breathing
- Heightened sense of smell
- Body and mind are hyper-alert

Other Responses
- Perspiration increases to cool body
- Muscle tension increases to prepare for "fight or flight"
- Saliva production decreases
- Metabolism speeds up considerably
- Inflammation increases
- Blood flow from skin surface is diverted to larger muscle groups & brain
- Body extremities can change temperature
- Blood pressure increases

- Increased blood flow to brain;
  increased production of
catecholamines (epinephrine,
norepinephrine, dopamine)
which help to facilitate cognitive
performance

- Pupils dilate/Peripheral
  vision is reduced

- Heart rate increases

- Faster, deeper breathing

- Increased blood flow to
  large muscle groups

- Adrenal hormones (cortisol and
  DHEA) released, resulting in
increased energy mobilization

- Digestion slows
dramatically

- Blood pressure increases

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https://images.app.googl/ChUCBA9RPRDzm4J19
Sensory Input → Amygdala → Prefrontal Cortex → Balanced Response

Fight, Flight, Or Freeze Response
Mindfulness—”The Wise Mind”

- Supports healthy stimulation of the pre-frontal cortex
- Supports awareness and regulation of body alertness and energy
- Supports awareness and regulation of emotions
- Modulates fears by helping us calm, soothe, unlearn, move through
### Mindfulness in courageous conversations...

<table>
<thead>
<tr>
<th><strong>Is</strong></th>
<th><strong>Is Not</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Present time awareness</td>
<td>Only a religious or spiritual practice; only connected to meditation, yoga</td>
</tr>
<tr>
<td>Non-judgemental</td>
<td>Shaming</td>
</tr>
<tr>
<td>Curiosity about contrast, differences</td>
<td>Introverting, retreating, reinforcing biases, assumptions</td>
</tr>
<tr>
<td>Finding space between now and next, now and then</td>
<td>A panacea</td>
</tr>
<tr>
<td>Self regulation</td>
<td>Ignoring reality, suppressing emotions</td>
</tr>
<tr>
<td>Learning mode</td>
<td>Resignation</td>
</tr>
<tr>
<td>Centering yourself</td>
<td>Self-centered</td>
</tr>
<tr>
<td>Awareness of and relationship to others</td>
<td>Marginalizing others</td>
</tr>
<tr>
<td>An ongoing opportunity for awareness, growth and grounding</td>
<td>About perfection, one and done, always easy</td>
</tr>
</tbody>
</table>
“Our feelings are our most genuine path to knowledge”

--Audre Lorde
Universal Core Needs

VISIBILITY

SAFETY

BELONGING

APPRECIATION

STATUS

ROLE

RELEVANCE

AUTONOMY
<table>
<thead>
<tr>
<th>RAAD</th>
<th>LOVE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>R</strong>ealize that your body is registering particular emotions &amp; feelings about those emotions</td>
<td><strong>L</strong>et your breath soften</td>
</tr>
<tr>
<td><strong>A</strong>cknowledge the emotions &amp; feelings</td>
<td><strong>O</strong>pen to the feelings</td>
</tr>
<tr>
<td><strong>A</strong>ccept that emotions &amp; feelings are important indicators, not right/wrong</td>
<td><strong>V</strong>erify your needs</td>
</tr>
<tr>
<td><strong>D</strong>o nothing/something from a range of options</td>
<td><strong>E</strong>xtend compassion</td>
</tr>
</tbody>
</table>

Dr. Krista Robinson-Lyles
Mindfulness gives us options for courageous conversations

RAAD LOVE
HELPS US KNOW OURSELVES, SUPPORTS SELF REGULATION

ESSENTIAL QUESTIONS
HOW DO I KNOW?
WHAT DON’T I KNOW?
YES, AND?

CORE NEEDS
WE CAN NOTICE THE NEED(S)
WE ARE RESPONDING TO

OPTIONS
ARE ALWAYS AVAILABLE

GRATITUDE, COMPASSION
HELPS US RESPOND WITH TRUTH AND LOVE IN THE MIDST OF INTENSITY

Dr. Krista Robinson-Lyles
“Fear is a reaction, courage is a decision”

-Winston Churchill
Mindfulness practices to help us show up courageously, in awareness of our full humanity and the humanity of others

- You always have your breath!
- Know Yourself—Begin a self study
- Be curious, ask essential questions (how do I know; what don’t I know; yes, and)
- Sensory Awareness
- Body Scan
- B.M.E. (beginning, in the midst, at the end)
- R.A.A.D. (Realize, Accept, Acknowledge, Do)
- L.O.V.E (let your breath soften; open to the feelings; verify your need; extend compassion)
- Gratitude

Dr. Krista Robinson-Lyles
Reminders

– Being mindful when we are facing intense emotions & situations can help us stay in the experience (when appropriate) and experience it less intensely...that helps us see our options and respond rather than react.

– And know that engaging mindfully is not just for difficult situations or conversations. We can take a mindful gaze in the middle of a joyful moment to fully embrace it, we can be really mindful about needing to take a pause when we are busy and rushing about. Mindfulness is about fully embracing both the best and the most challenging moments.

– Be patient but dedicated...it takes time and practice to remember that a mindful state is an option. Eventually, you move from seeking mindful states, to habitually embodying mindful traits.
Resources

– Some resources for you to consider:
  – Smalley, S. & Winton, D. **Being Present** (2010): Offers a good overview of the art, science and practice of mindfulness. They do focus on meditating in some of the practices, but not exclusively.
  – Van Der Kolk, B. **The Body Keeps The Score** (2014): Does a great job of helping readers understand the impact of unrecognized and unreleased trauma (which can include painful interactions, suppressed rage, etc.), and also talks about the power of mindfulness.
  – Apps you might like:
    – **Breathe** is a good (free) app for quick, guided mindfulness breaks. They offer short mindfulness meditations, as well as quick check-ins about how you’re feeling.
    – **UCLA (Free)** also offers a free app that includes mindful meditations and podcasts on mindfulness