Welcome! . . . This session will start soon.



MICRODOSING
MINDFULNESS

NorthBay/UC Berkeley Awe Study
Session 2



Consciousness

Stimulus

"You're wrong"

Flirting

Car cuts you off

Interrupts you

Response

Defensive

Jealous

Road rage

Snap back

Traditional Therapies

Explore your childhood

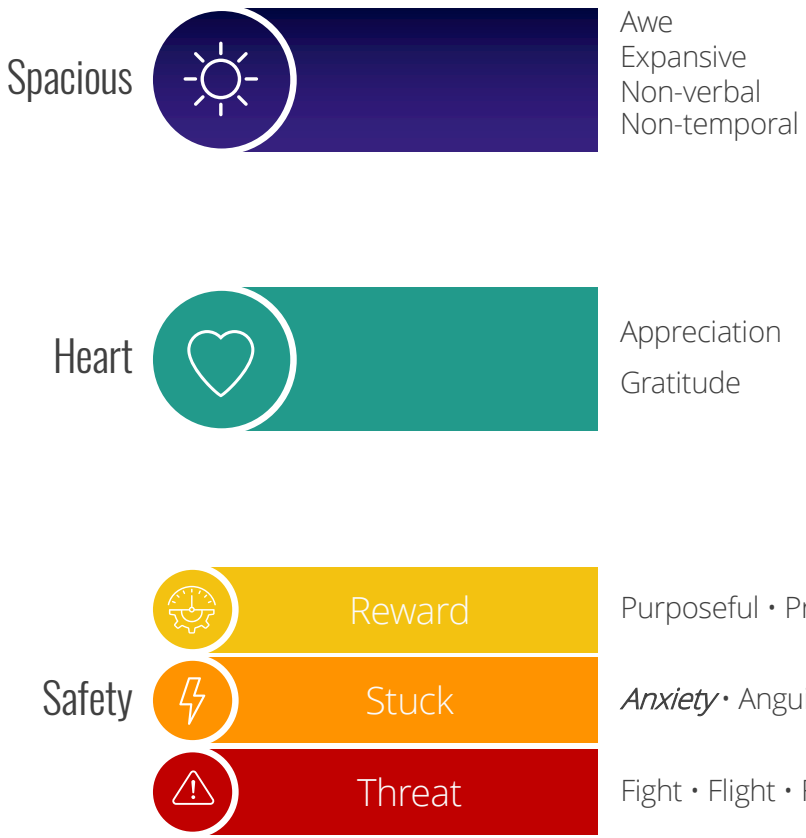
Process your feelings

Re-examine your beliefs

Learn to self-soothe

Personal empowerment

Attachment patterns



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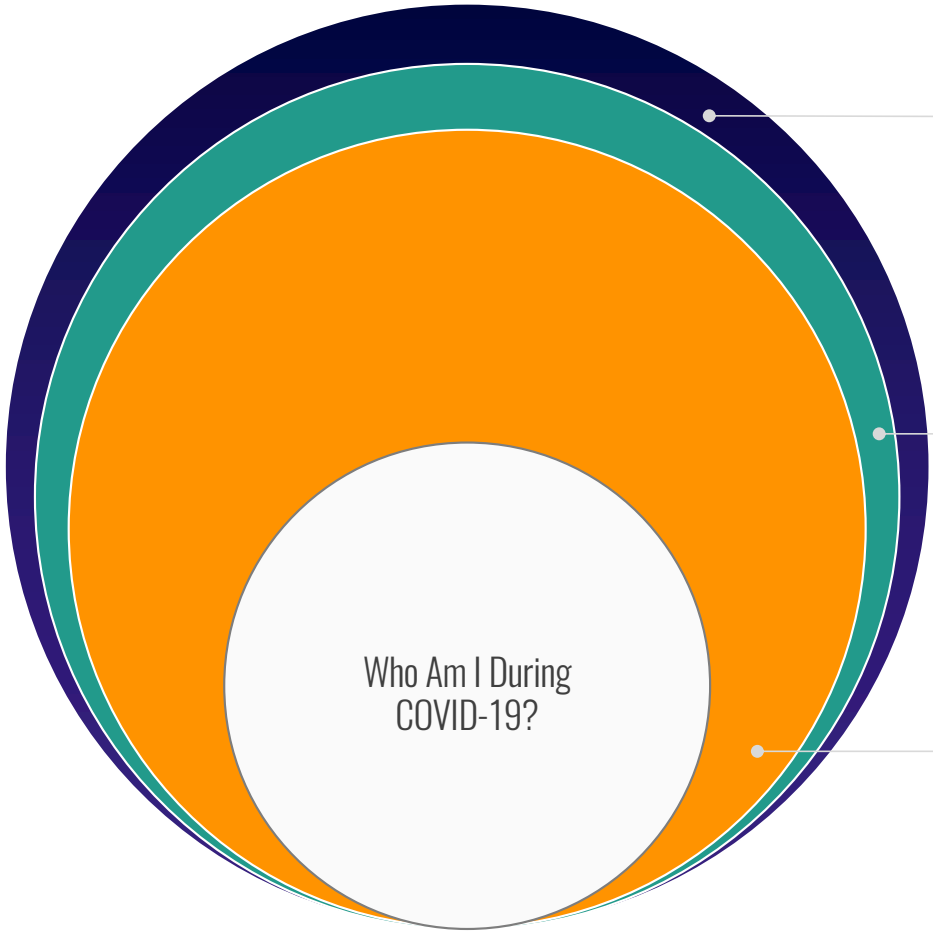

Spacious

I live in the present.

I access a state of expansiveness, in which I calm myself.

I transcend my sense of self and connect with something greater.

Heart

I appreciate all that I have in my life.

I appreciate the people I love and those who love me.

I'm grateful for the doctors, nurses, people who stock grocery store shelves, and those who sanitize, and those who pick up our trash.

Safety

I hoard food, toilet paper, and supplies.

I take precautions to keep myself and loved ones safe.

I find ways to make the best use of this time..

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How to Access Moments of A.W.E.

Attention: full and undivided attention on things you appreciate, value, or find amazing.

Wait: slow down, pause.

Exhale +
Expand: amplify whatever sensations you are experiencing.

You can use the physiology of awe to promote awe:
*Smiles * Wide eyes * Jaws dropping * Raised eyebrows * Deep inhalations*

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Anxiety

Actionable vs. Existential

Will I get accepted into college?

I can apply again.

What if I lose my job?

I can update my resume...

What to do if my car won't start?

Maybe it's time I buy AAA.



Life is uncertain.



Life is temporary, we are mortal.



We are not always present.

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Next Steps



Wear your bracelet as a reminder to practice.



Practice A.W.E. at least three times each day.



Fill out the daily survey.



Post Moments of Awe on the website.



Submit questions and ask for any support you need.

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