



Mindfulness for
High Achievers
and Busy Minds

Presented by Maria Serbus,
Owner/Founder at Maria Serbus, LLC





Meet the Presenter

Maria

Owner/Founder of Maria Serbus, LLC

Public Speaker | Coach | Consultant

- Specializes in resilience building services to support high achievers, purpose driven people in work & home
- Anxiety management specialist
- Biofeedback HeartMath certified professional
- Certified in Acupressure Emotional Freedom Technique
- Masters in Occupational Therapy



What is Mindfulness?

Mindfulness:

Mindfulness means **paying full attention to something**.

It means slowing down to really notice what you're doing.

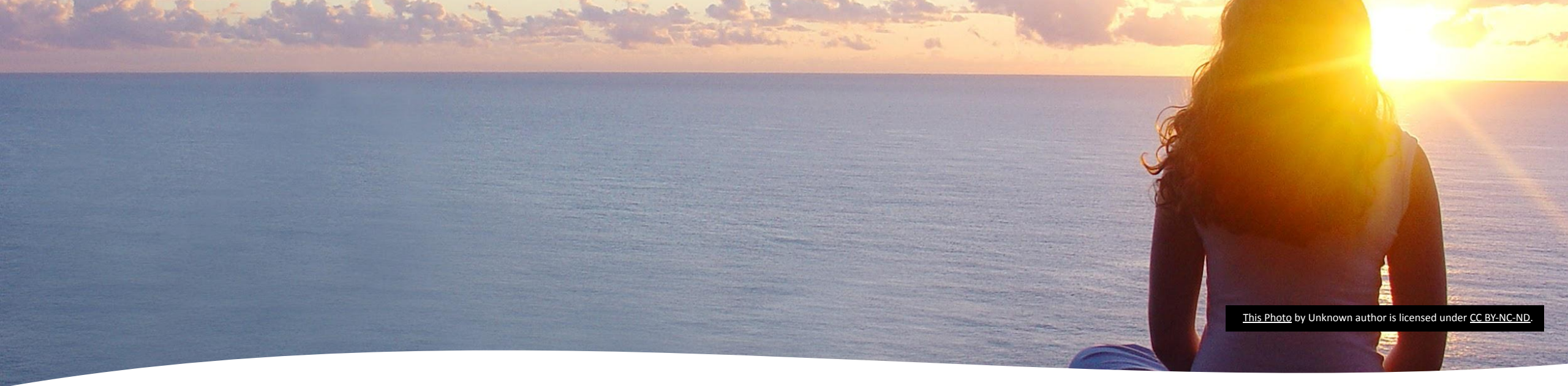
Being mindful is the opposite of rushing or multitasking.

When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.



Benefits

- When you learn to consistently connect with the mindfulness skill you will...
 - Begin to calm/ground your nervous system/body more regularly which helps RECHARGE your body!
 - Be regularly clearing stress/cortisol from the body to increase your energy & mood
 - Make decisions from a place of heart coherence & balance vs. Stressed or anxious place
 - Begin learning what it means to connect with your inner wisdom / higher self. We can only do this from a place of coherence.
 - More readily be able to calm and ground yourself in times of stress because it won't feel as "foreign" to your body anymore



This Photo by Unknown author is licensed under [CC BY-NC-ND](#).

Mindfulness —

aka "being mode"

- a time where you are observing your thoughts without being your thoughts...
- Shifting OUT of thinking mode, and into **BEING mode**. When you are going inward.
- **Quieting the chaos of the thought loops**, and *simply observing them*.
- Drawing inward by focusing on your **ANCHOR**, your body, or some other focus such as the breath, or a manta.



Types of meditation/mindfulness

- Progressive Muscle Relaxation
- Mindfulness
- Yoga
- Breath based
- Emotion based
- Music Based
- with essential oils..

*Find the right style and what fits within your day
Meditation is a simple tool you can use anywhere!*

Mindfulness Exploration

Trial different styles of mindfulness to find what works best for you



HeartMath – Quick Coherence Technique

Developed by HeartMath learn more at heartmath.org



Body Based

Breath Based

**MANTRA
BASED**



HAPPY PLACE

EFT TAPPING

“The mind is known wanderer. Expect it, gently and kindly walk it back to your ANCHOR.”

WHAT IS your ANCHOR?

- Your anchor is that point of focus you will practice walking your mind back to when it starts to wander.
- Your anchor can be... **your breath... your heart..** Your **body** (hand over heart, legs on chair) ... **music...** a safe / happy place.. Etc.

Developing a Mindfulness Practice

Mindfulness doesn't happen overnight.

It happens with intentional pauses
within your day & week.

There is no right or wrong.

Just do it :)

Mindfulness tools:

Adding these will help remind you to pause & breathe and help you stay in the moment.



Tools that engage multiple sensory systems can be very grounding, decrease stress/cortisol and promote a shift of your nervous system back into balance.





EPISODE 16

Awaken

with Maria Serbus

HOW TO STOP
OVERTHINKING
EVERYTHING : STEPS TO
GETTING OUTTA YOUR
HEAD AND INTO YOUR
BODY

◀ ▶



PODCAST

Awaken With Maria Serbus

Maria Serbus

FOLLOW ...

Listen on Spotify

Awaken with
Maria Serbus

EPISODE 15

Affirmations &
Mantras: make
your brain work
FOR YOU!



ON AIR





START YOUR EVOLUTION



MS

Maria Serbus

AWAKEN YOUR BEST SELF



www.MariaSerbus.com



MariaSerbusCEO@gmail.com



507-218-1286



@maria.serbus