



MINDFUL EAGLES

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Introduction to Mindfulness

- Mindfulness Definition:
 - According to Jon Kabat-Zinn, “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.”
- Dan Harris videos:
 - <https://www.youtube.com/watch?v=w6T02g5hnT4>
 - <https://www.youtube.com/watch?v=rqoxYKtEWEc>

BRAVING (Brené Brown- Anatomy of Trust)

- **BOUNDARIES:** I trust you if you are clear about your boundaries and you respect mine.
- **RELIABILITY:** I can trust you if you do what you say you are going to do, not just once, but regularly.
- **ACCOUNTABILITY:** I can only trust you if you can own your mistakes and make amends (and let me do the same).
- **VAULT:** What I share with you and what you share with me is held in confidence. If I see you sharing something about other people that you shouldn't, that also breaks my trust (why would I trust you to hold something if you are sharing someone else's?)
- **INTEGRITY:** I can't trust you if you don't practice your values.
- **NON-JUDGEMENT:** I can fall apart and ask for help and you won't judge me, and vice versa. If you can't ask for help and put too much value on being the helper, you may think less of someone who asks for help and therefore, it hurts trust.
- **GENEROSITY:** I can make a generous assumption when you do let me down (if you don't call on my birthday, we can talk about it and get past it instead of it creating a distance and avoidance between us).

Brené Brown Videos

- <http://www.supersoul.tv/supersoul-sessions/the-anatomy-of-trust>
- https://www.ted.com/talks/brene_brown_on_vulnerability?language=en