



LEADING  
FROM WITHIN  
MASTERING  
YOUR ENERGY

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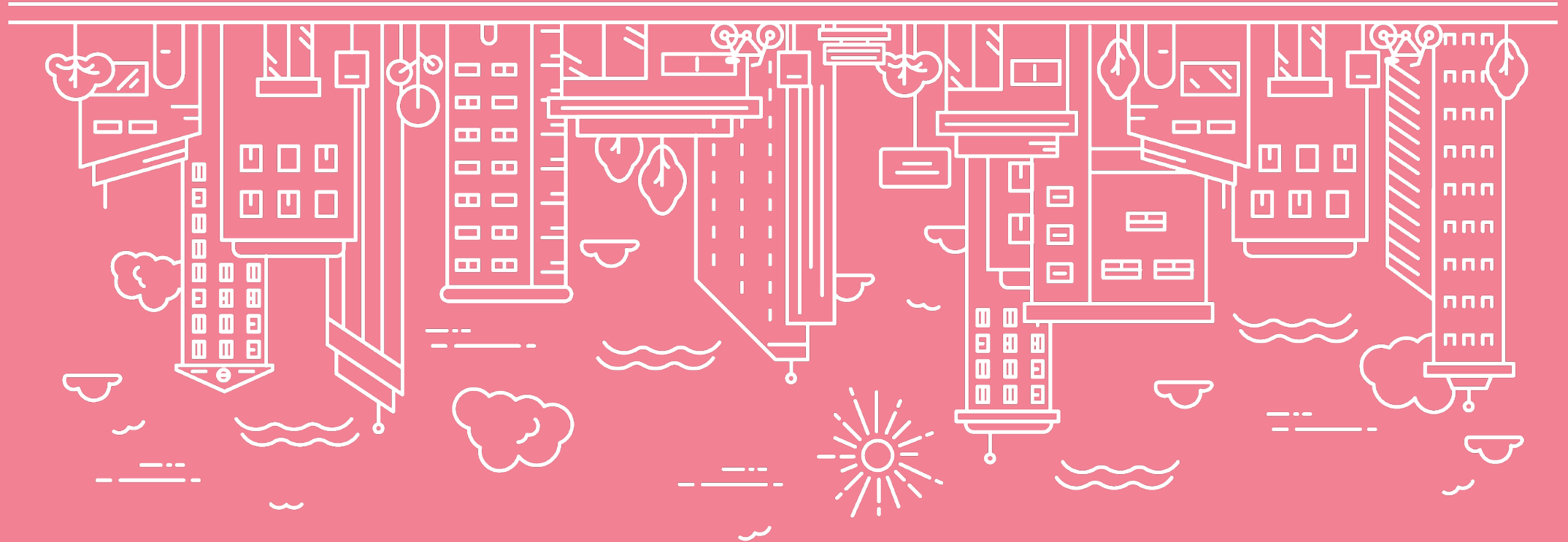


# MY JOURNEY

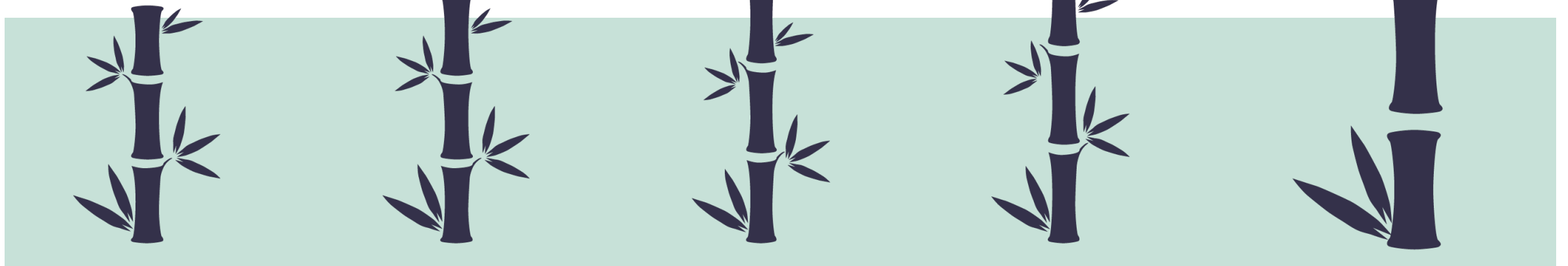
- Spoke about postnatal depression and my alcoholism on The Late Late Show
- Created wellbeing shows where I flew in experts on non-toxic skincare from Paris
- Wrote world's first self-care book for new mums
- Meditation teacher and practitioner for over 20 years
- Written 1000s of articles for newspapers, magazines and websites globally



# Its an Inside Out World



# BUILDING YOUR LIFE ON A STRONG FOUNDATION



Year 1

Year 2

Year 3

Year 4

Year 5

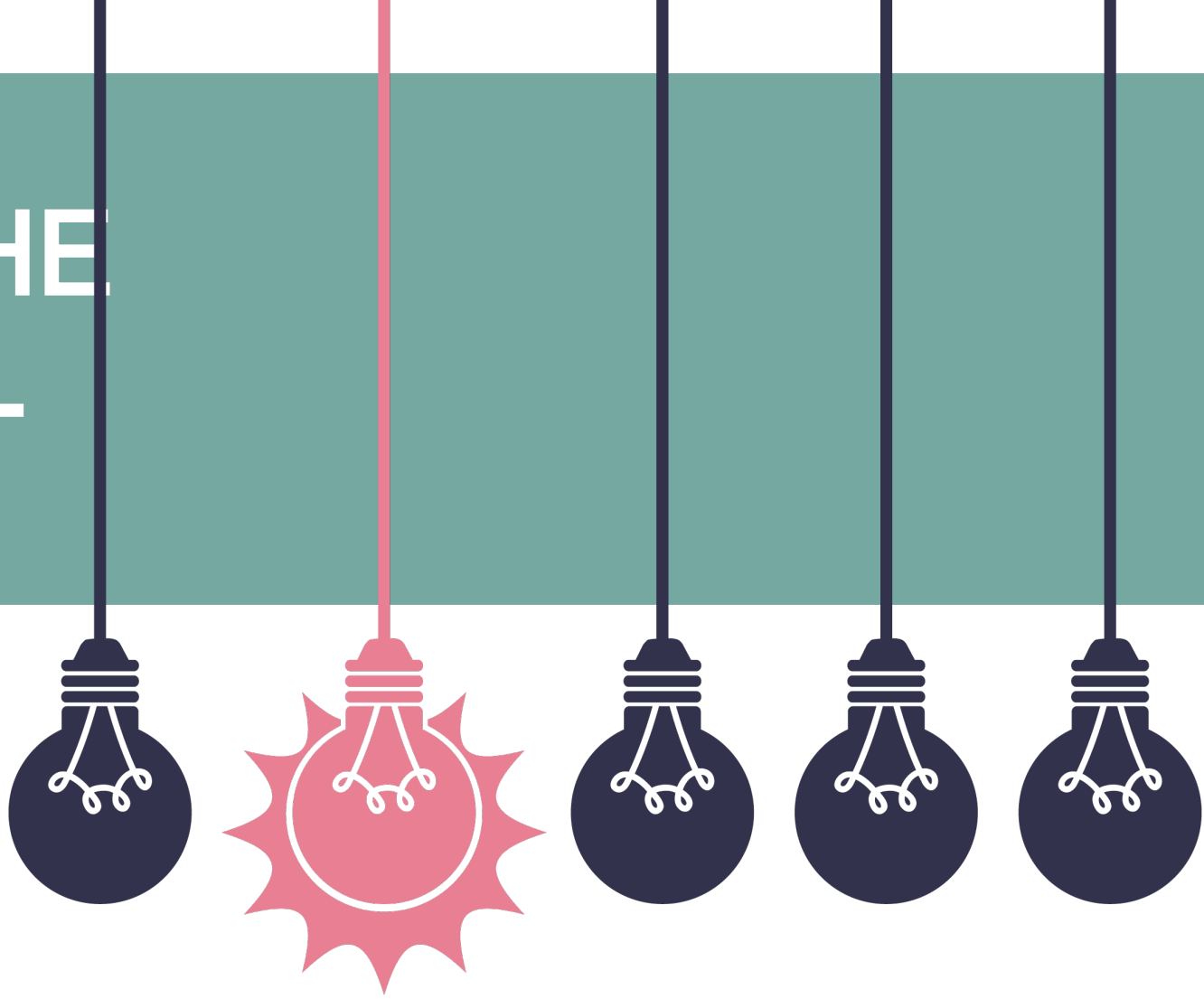
“

“The average person becomes discouraged and quits anything they undertake after one or two failures, while a very great number do not wait for failure to overtake them but quit because of anticipation of failure”

Mental Dynamite  
(Andrew Carnegie and Napoleon Hill)

AWARENESS IS THE  
GREATEST AGENT

FOR CHANGE



Awareness gives you the power to make different  
decisions in familiar situations

Your new best friend....

CURIOSITY








“

Everything is energy  
and that's all there is to it.

Match the frequency of the reality you want  
and you cannot help but get that reality.  
It can be no other way.



**Albert Einstein**



# ENERGY IS THE CURRENCY OF THE FUTURE

## HOW DO YOU

- Spend it
- Save it
- Invest it



# BANK OF THE UNIVERSE

\$100 (to everyone everyday)



\$

**Person A:**  
Wakes Up  
Meditates +\$50  
Exercises +\$50  
Healthy Breakfast +\$50  
Gratitude Journal +\$50

**Starts Day = \$300**



\$

**Person B:**  
Wakes Up  
Checks Phone \$50  
Starts Worrying -\$50  
Skips Breakfast \$50  
Rushes to Work -\$50

**Starts Day = -\$100**

Practices to help  
you **DEPOSIT**  
into your bank  
account of energy



- Mindfulness/Meditation
- **Movement**
- Dancing
- **Positive Self Talk**
- Being in nature
- **Hydration**
- Qigong/Yoga
- **Community**
- Journaling/Reading
- **Grounding**
- Strong Boundaries
- **Having a Daily Rhythm**
- Nutritious Food
- **Nice Relaxing Bath**
- Breathwork
- **Gratitude**
- Sunlight
- **Laughter**
- Soothing Music
- **Good Sleep**
- Sound Therapy

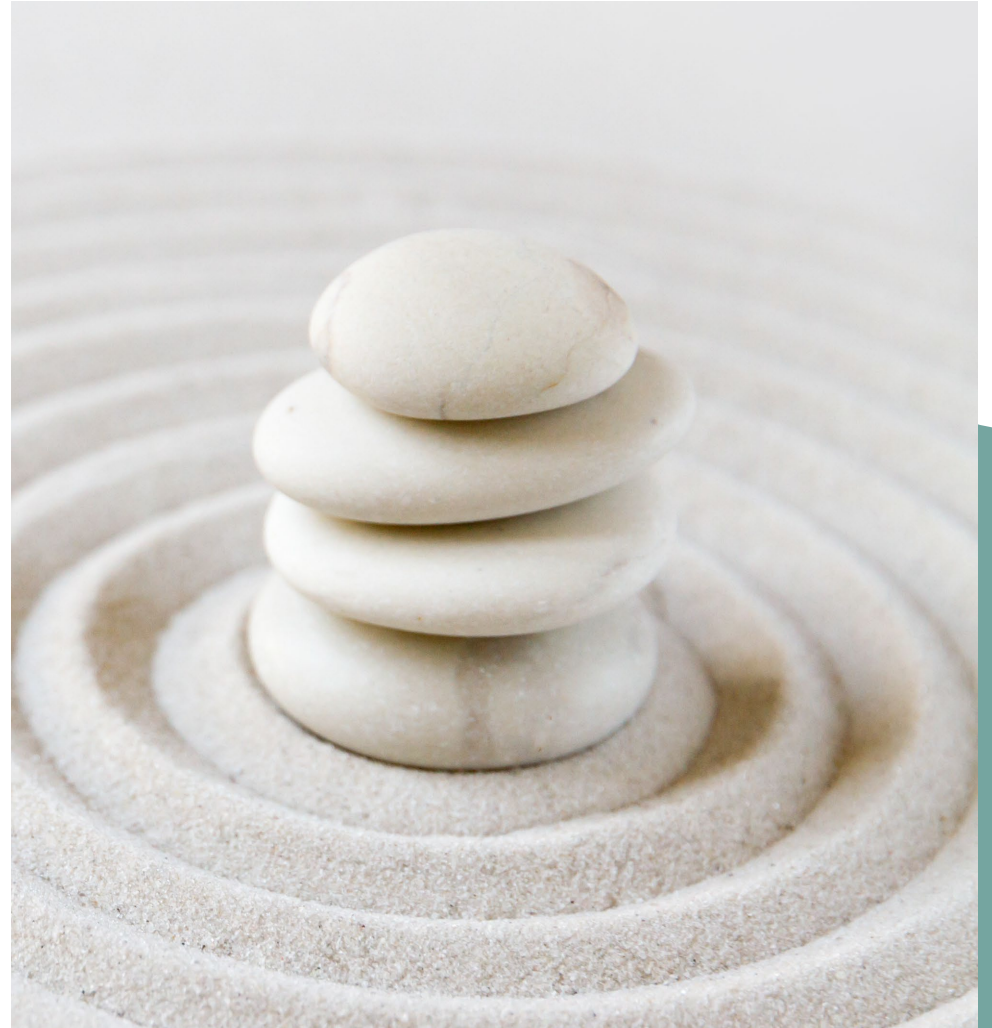
# Practices that **DEplete** your bank account of energy



- Too Much Screen Time
- **Social Media/Scrolling**
- Mess and Clutter
- **Focusing on the past**
- Resentment
- **Negativity**
- Comparison
- **Worry**
- Gossip
- **Poor Boundaries**
- Isolation
- **Fear**
- Inconsistent Sleep
- **Processed Food**
- Stress
- **Overthinking**
- Overworking
- **Alcohol**

“AN ANXIOUS MIND  
CANNOT EXIST  
IN A RELAXED BODY”

Edmund Jacobson



# Benefits of Earthing/Grounding

- Reduces Inflammation and boosts immunity
- Increases energy and reduces stress
- Decreases emotional upset and anxiety
- Pushes off the body's dirty electricity absorbed from electronics
- Improves circadian rhythm (sleep/wake cycle)
- Reduces blood pressure and improves Heart Rate Variability
- Allows you to disconnect and reconnect with yourself



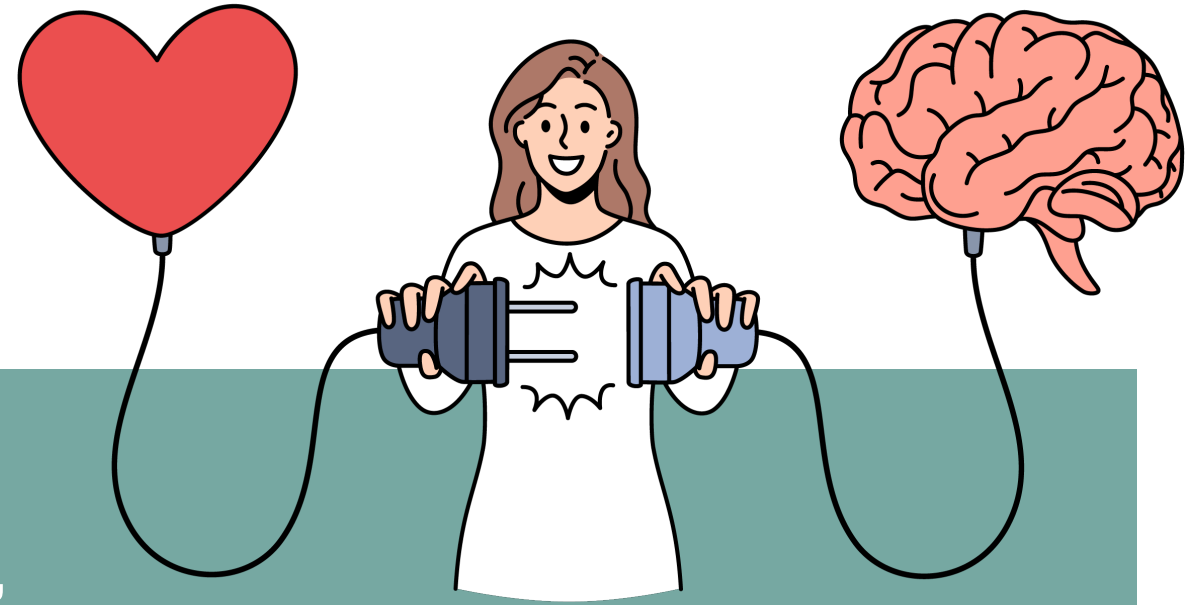


YOUR SUPERPOWER IS.....

Your Breath



# Heart-Brain Communication

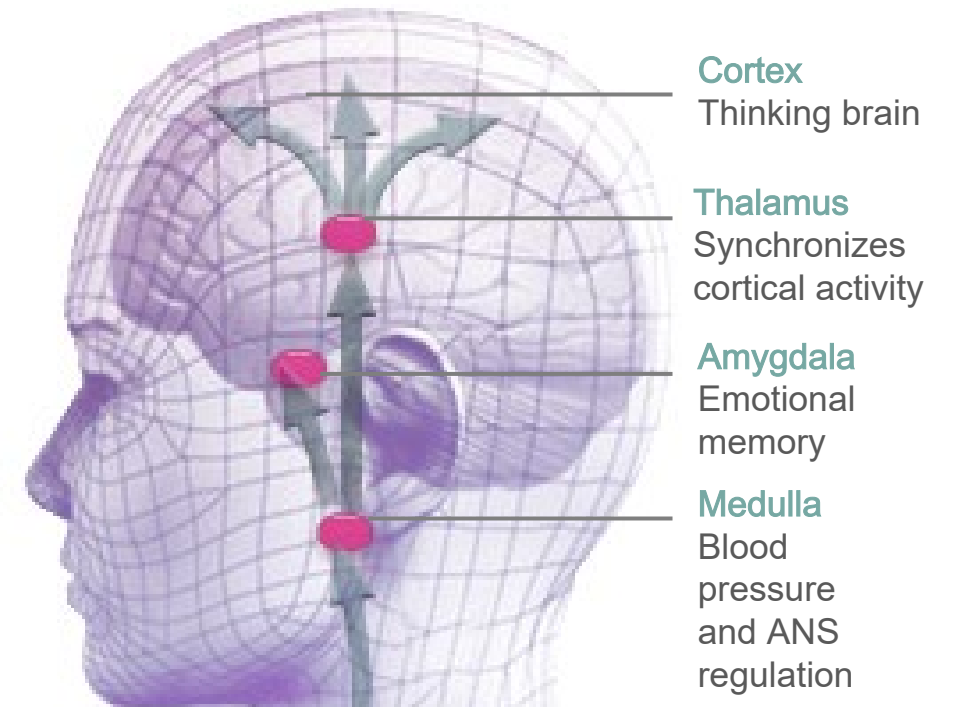


- The heart has its own complex nervous system; the “heart brain”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, sensory motor integration and self-regulation.

# Heart Rhythms

directly impact physical and mental performance.

- The heart's signals especially affect the brain centers involved in social and situational awareness, decision making, and the ability to self-manage.



**Incoherence** inhibits brain function

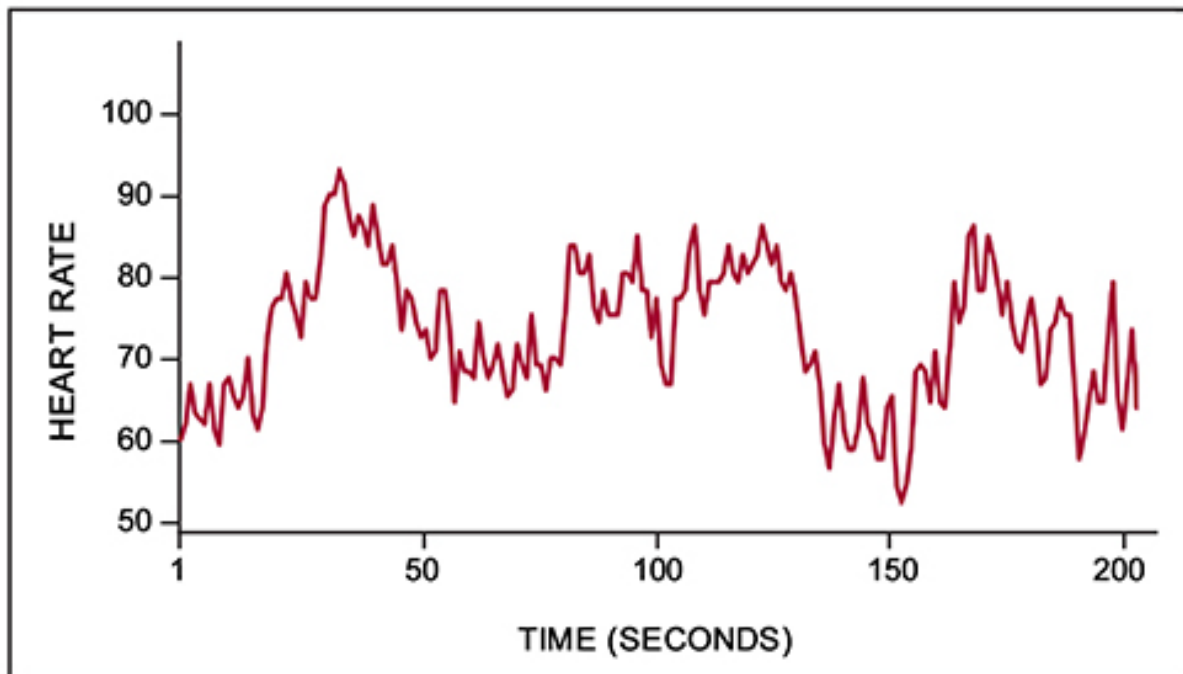
**Coherence** facilitates brain function



# Heart-Rhythm Patterns

## Incoherence

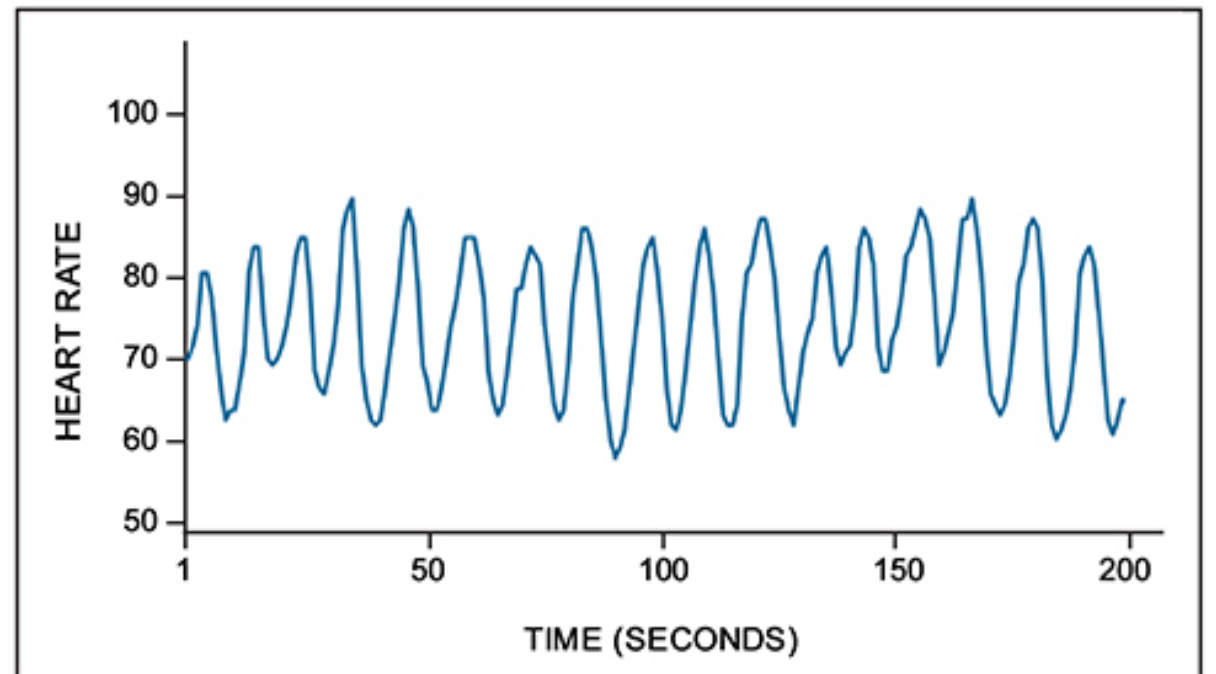
Frustration, Anxiety, Worry, Irritation



Impairs Performance

## Coherence

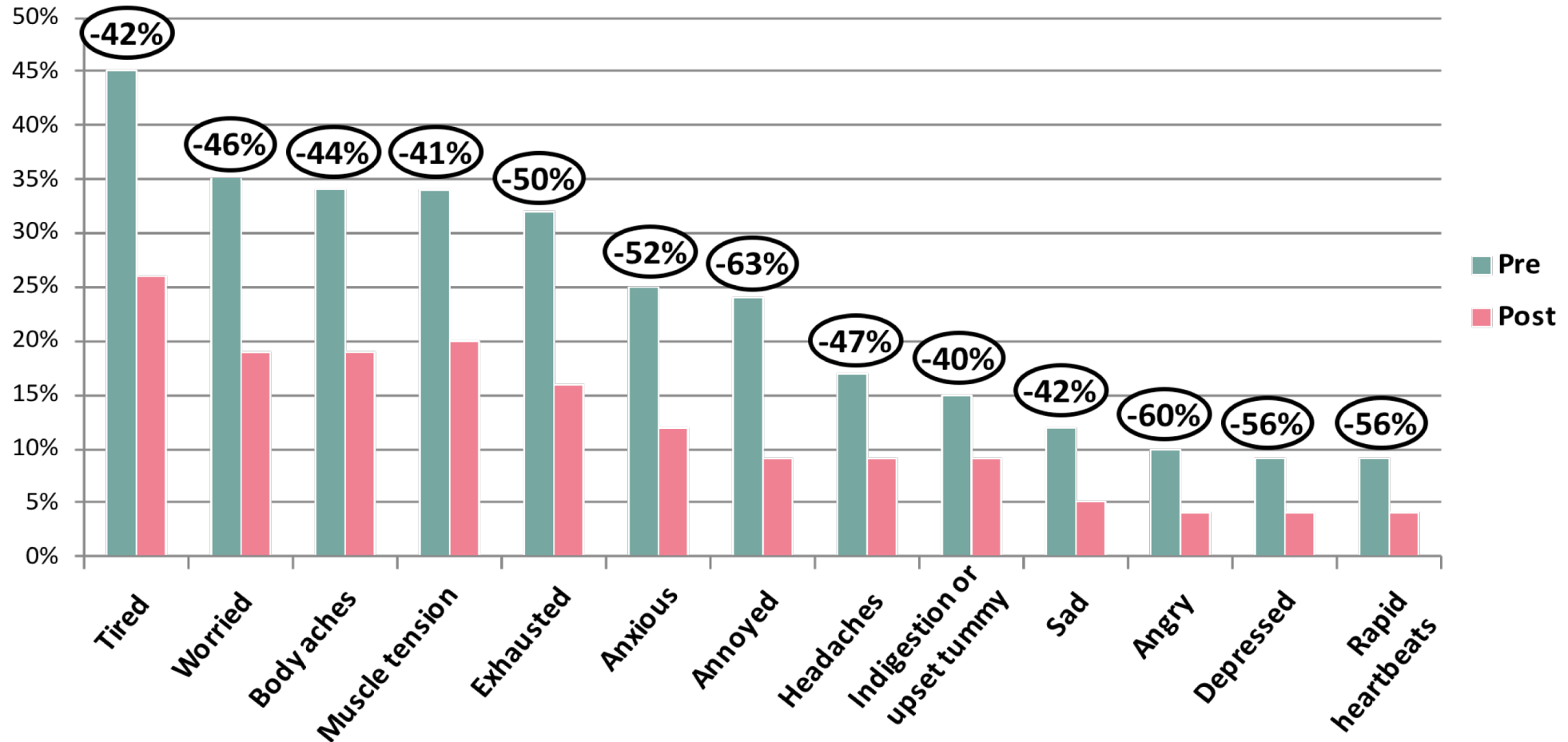
Confidence, Appreciation, Love, Courage



Promotes Optimal Performance

# Clinical Stress Risk Reduction

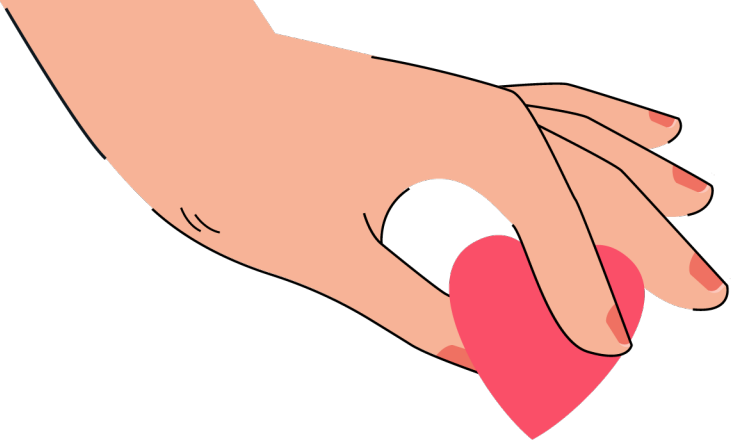
Percentage of individuals who responded: “often”, “very often” or “always” (n=10,249)  
Before and 6 weeks after taking a HeartMath programme



Source: Institute of HeartMath (2015), Boulder Creek, California. Results obtained from analysis of 10,249 people who completed the Personal and Organisational Quality Assessment (Revised) questionnaire (POQA-R) before and 6 weeks after completing a HeartMath programme.

# Heart Focused Breathing





TAKE YOUR  
VITAMIN G  
DAILY



YOUR RAS AND  
HOW TO WORK WITH IT



# PRACTICE THE PAUSE

- When frustrated – PAUSE
- When tired – PAUSE
- When stressed- PAUSE
- When scared- PAUSE

**THEN BREATHE  
BEFORE YOU PROCEED**





“

When you give someone  
or something your time,

**Why Not Give Them**

your presence too?



# MANAGING TIME, DAILY RHYTHM & ROUTINE

- Ditch your phone to get in the zone— no phone for 30 mins when you wake
- Start your day the right way with some presence and calm
- Take notes by hand in meetings, engages the brain
- Get a good night's rest— sleep is where the magic happens
- Take breaks often
- Get fresh air every day
- Stay hydrated and eat well
- End your day with a reflective practice, let go of what no longer serves you
- Wind down with no blue light for at least 60 mins before bed



# ACTION, ACTION, ACTION



Too much knowledge,  
not enough action

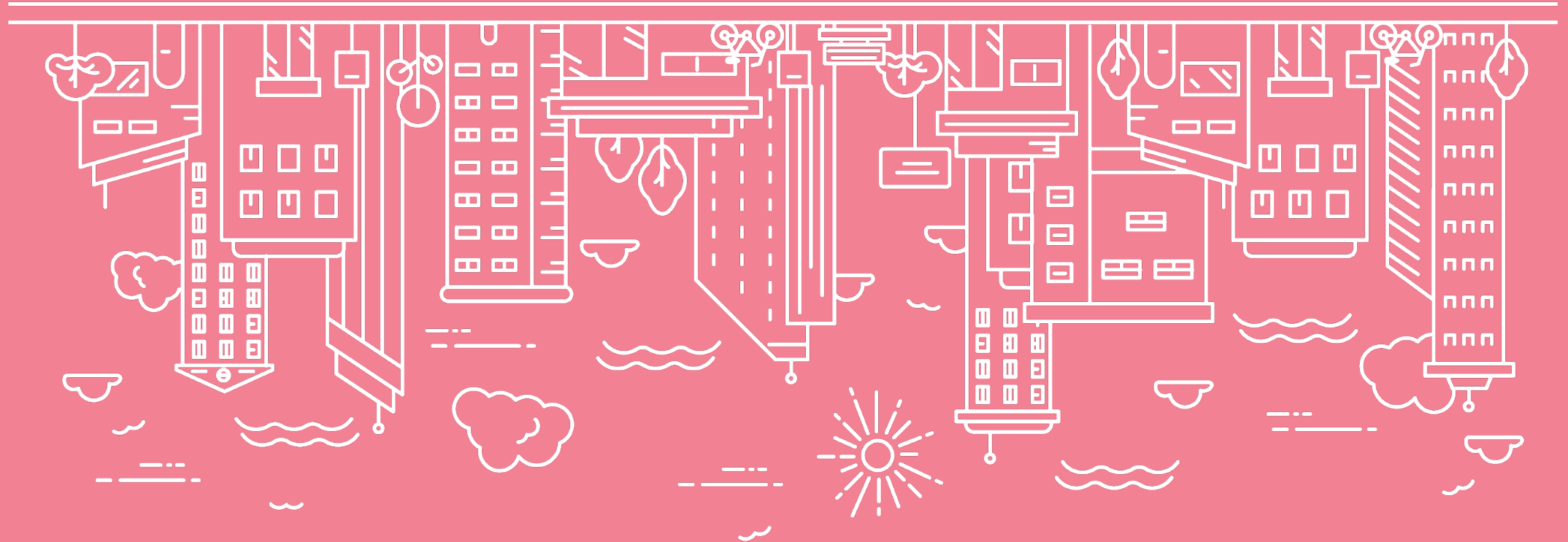


CONSISTENCY

IS KEY

Small Moments Matters

# Its an Inside Out World



You are a beautiful, powerful being who has the potential to make the impossible possible.

You are the writer, director and producer of your life. You are the creator, it's all up to you. The only question left to ask is...

Where do you want to go and what would you love to do?



**Now go, do it and shine your light bright!**

Download my free booklet of resources  
from my website  
[www.alisoncanavan.com](http://www.alisoncanavan.com)



Thank You



IS YOUR INNER CRITIC BAD FOR YOUR HEALTH? • THE RIGHT TIME TO MEDITATE

# mindful

healthy mind, healthy life

## OPTIMISM IN ACTION

HOW TO BE  
POSITIVE...  
AND STILL  
KEEP IT  
REAL

Alison  
Canavan  
Health and  
Wellness Coach



**MINDFULNESS  
MADE SIMPLE**  
*How to find balance  
in small moments*

**THE ROAD(S)  
TO HAPPINESS**  
*The new science  
of living well*

**CAN MEDITATION  
CHANGE  
YOUR BRAIN?**

JUNE 2018 | [mindful.org](http://mindful.org)