

“MINDFUL” CODE ENFORCEMENT

Lt. Maureen M. Themis-Fernandez

Davie Police Department



March of Dimes Baby
AND
Buffalo Bills Fan



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CLASSIC TRUNK MONKEY



- ▶ What is Mindfulness?
- ▶ What are the origins of Mindfulness? Who does it?
- ▶ How can practicing Mindfulness improve your health? Your job performance ? The overall quality of your life?
- ▶ How can you start practicing “Mindfulness” today?

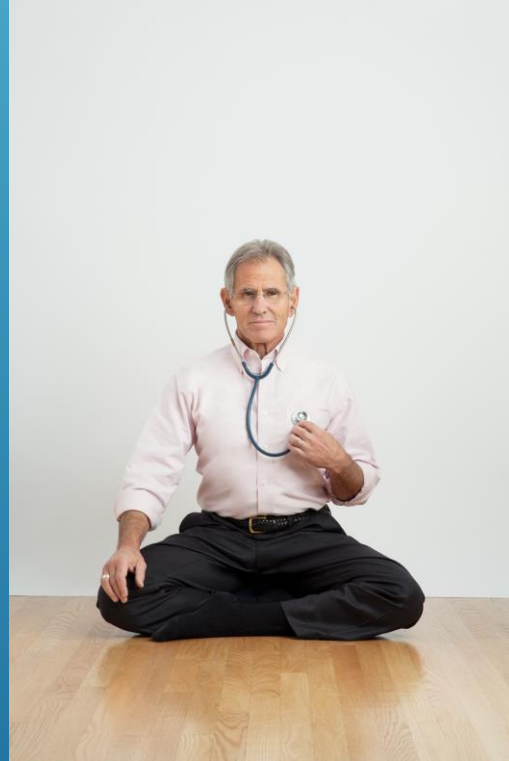
“MINDFUL” CODE ENFORCEMENT



MINDFULNESS IN GOVERNMENT



I NEVER THOUGHT IT WOULD BE ME!



ORIGINS OF MINDFULNESS



- ▶ Jon Kabat-Zinn – 1979 – University of Massachusetts Medical School
- ▶ UCLA
- ▶ Jupiter Medical Center, Palm Beach County Florida
- ▶ University of Miami

ORIGINS OF MINDFULNESS

- ▶ Schools
- ▶ Legal Arena “Mindful Law”
- ▶ Sports Arena: Seattle Seahawks, Miami Heat
- ▶ Military for PTSD
- ▶ Indian & British Parliaments
- ▶ Fortune 500 Companies
- ▶ Mindful Magazine

MINDFULNESS NOW





- ▶ Antidote to the Inflammatory Response – results from stress hormones
- ▶ Allows you to manage anxiety & effects of witnessing traumatic events
- ▶ Lowers Blood Pressure
- ▶ Positively develops areas of the brain responsible for memory/focus, self-esteem, and happiness
- ▶ Better relationship with food, easier weight management
- ▶ More relaxed muscles
- ▶ Longer life- protects & elongates telomeres
- ▶ Pain relief- as much as 40%

MENTAL & PHYSICAL HEALTH BENEFITS OF MINDFULNESS

- ▶ Improved immune system
- ▶ Improved ability to learn
- ▶ Less cynicism in your personal life
- ▶ Improved sleep
- ▶ Less anger and inappropriate emotional reactivity
(respond vs react)
- ▶ Creative problem solving
- ▶ Better Listening skills

MENTAL & PHYSICAL BENEFITS

- ▶ Increased resilience & ability to sustain performance
- ▶ Better judgment and decision making
- ▶ Improved concentration on task at hand and an enhanced ability to stay focused, making one more effective
- ▶ An ability to prioritize
- ▶ Enhanced capacity to work on multiple projects
- ▶ Improved time management
- ▶ Improved ability to problem solve by seeing situations with greater clarity

ORGANIZATIONAL & PROFESSIONAL BENEFITS

- ▶ An ability to effectively coach or mentor staff
- ▶ Better handling of stressful situations and working more effectively under pressure
- ▶ Increased ability to listen to others and utilize feedback
- ▶ An ability to anticipate & serve public needs
- ▶ Creativity

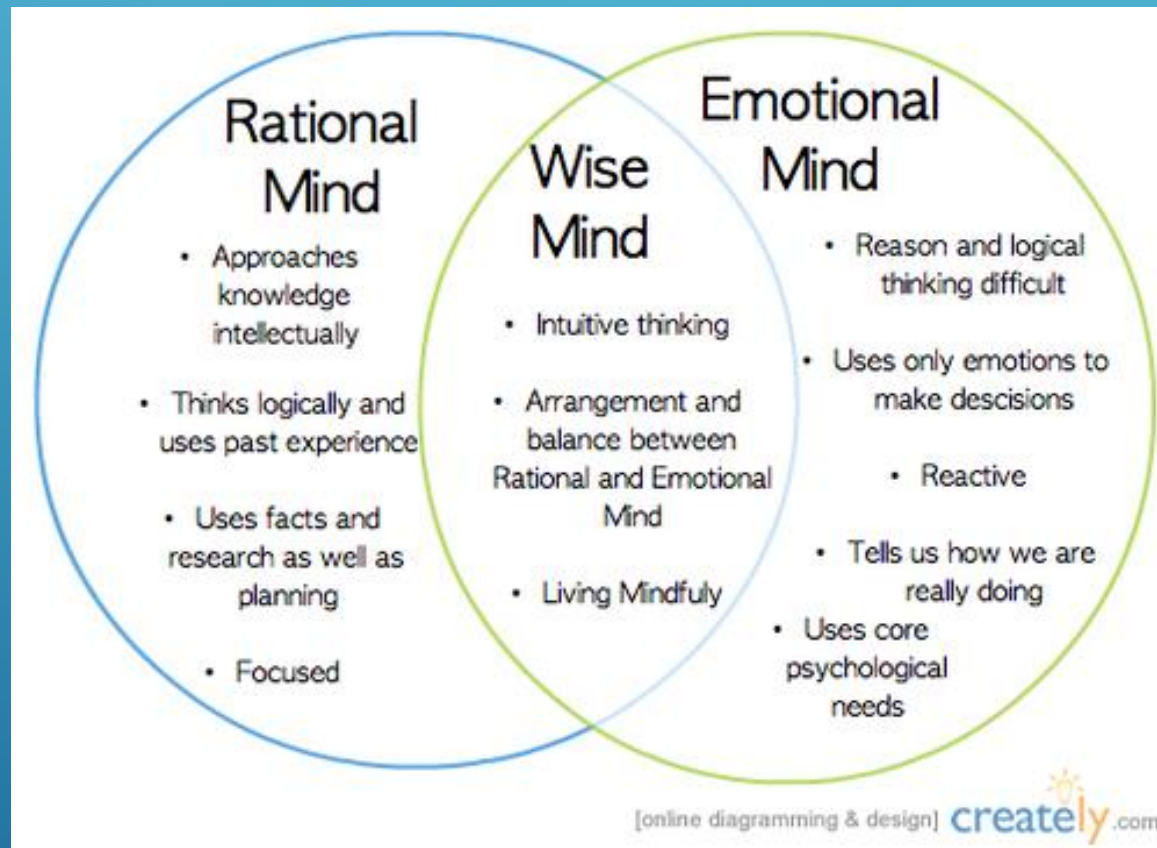
ORGANIZATIONAL & PROFESSIONAL BENEFITS



MINDFULNESS & TEAM TRAINING

- ▶ Improved team effectiveness, including more effective & efficient meetings of significantly shorter duration
- ▶ Improvement in team performance and fewer miscommunications/ misunderstandings
- ▶ The ability to determine what underlies most conflicts and to arrive at a mutually beneficial conclusion
- ▶ Individuals & teams with greater innovation & inspiration
- ▶ Greater collaboration and cooperation, & joint problem solving
- ▶ Enhanced communication within & across teams
- ▶ Enhanced ability to anticipate & serve public needs
- ▶ Greater compassion & empathy

MINDFULNESS & TEAM TRAINING



WHAT IS MINDFULNESS?

- ▶ The practice of Mindfulness does not slow down your response to danger
- ▶ Applying Mindfulness in one area of our lives can positively impact others
- ▶ Differs from traditional meditation:
Purpose is not necessarily to quiet your mind but to raise your level of awareness

KEY FACTS ABOUT MINDFULNESS

▶ ABCs = Awareness +
Breathe = Connection

ABCs OF MINDFULNESS

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- ▶ Thoughts
- ▶ Emotions
- ▶ Physical Sensations
- ▶ Behavior

AWARENESS COMPONENTS



- ▶ You are aware of your thoughts and feelings moment by moment
- ▶ You are aware of how different people and situations affect you
- ▶ R.A.I.N. Method: Recognize, Allow, Investigate, Needs
- ▶ Brain Function Review – Limbic vs. Frontal Cortex
- ▶ Lt Colonel Story – RAIN Application

AWARE



- ▶ Breathe Awareness
- ▶ Naming the Objects in the Room, Car
- ▶ Sights & Sounds
- ▶ Body Scan
- ▶ Standing Stretches
- ▶ Mindful Eating
- ▶ Mindful Walking
- ▶ Writing & Coloring

MINDFUL TACTICS



mindful eating

hunger

SAVOR
aroma

connection

INTUITIVE

texture

indulgence

body satisfaction

bite mind awareness

meal

Mindful

MINDFUL EATING

- ▶ We spend 39% of our lives on diets; barrage of conflicting information
- ▶ Food can be used for other purposes besides nutrition; misused & abused to meet other needs
- ▶ Mindfulness can help you take your eating off autopilot
- ▶ Mindfulness can give you the “pause” to become aware of feelings, thoughts, and bodily sensations
- ▶ Stress hormones cause us to store fat
- ▶ Mindful Eating helps you maximize your nourishment from food & manage your weight effectively

GENERAL FACTS ABOUT MODERN EATING & MINDFULNESS

▶ PART 1: RAISE YOUR AWARENESS

▶ PART 2: ENGAGE YOUR SENSES

▶ PART 3: IN PROGRESS MINDFUL EATING

MINDFUL EATING TACTICS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a solid blue background.

- ▶ BODY POSTURE: STAND, RELAX, AND BREATHE I.E. MOUNTAIN POSE
- ▶ MINDFUL BREATHING WHILE SEATED
- ▶ BODY SCAN
- ▶ NAME THE OBJECTS IN THE ROOM
- ▶ SIGHTS & SOUNDS
- ▶ STANDING STRETCHES
- ▶ MINDFUL WALKING
- ▶ AWARENESS & SENSES

PART 1: RAISE YOUR PRE-MEAL AWARENESS

- ▶ What Am I Hungry For? Is it Food? How do I know?
- ▶ If it is Food, proceed to Part 2
- ▶ If it isn't, ask yourself, What Do I Need?

PRE-MEAL AWARENESS CHECKLIST

- ▶ Support
- ▶ Comfort
- ▶ Movement
- ▶ Silence
- ▶ Fun
- ▶ Reflection
- ▶ Work
- ▶ Play
- ▶ Rest
- ▶ Romance
- ▶ Nature
- ▶ Creativity/Purpose

WHAT DO I NEED
(BESIDES FOOD)?



- ▶ How many senses do you have?
- ▶ ANSWER: 5
- ▶ Sight, smell, hearing, touch, and taste

PART 2: ENGAGING YOUR SENSES

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- ▶ 1. Am I sitting down?
- ▶ 2. Am I eating fast or slow?
- ▶ 3. Am I mindlessly munching or noticing each bite?
- ▶ 4. How Hungry Am I? on scale from 1 to 10
- ▶ 5. Am I multitasking or enjoying my meal?

PART 3: “IN PROGRESS” MINDFUL EATING

- ▶COVER: Stop, re-engage or wrap it up
- ▶SCAN: Assess Food & Hunger
- ▶BREATHE: Chew thoroughly, savor food, slow down

PART 3: “IN PROGRESS” –BREATHE,
SCAN, AND COVER





HOW CAN MINDFULNESS HELP YOU
PROFESSIONALLY?

- ▶ Ability to calm yourself in the face of stress or difficult decisions – have a calming effect on those you lead
- ▶ Understand how you perceive situations, what drives you, how you think and feel about what arises
- ▶ Ability to be in the present moment, clearly understand what you are seeing, reading, and hearing
- ▶ Ability to set in motion positive outcomes in your professional and personal life, clearly develop vision and strategies for yourself
- ▶ Ability to know that all situations are temporary

PROFESSIONAL MINDFULNESS

- ▶ EQUANIMITY: accepting things you can't control in any given moment (also accepting related thoughts, feelings, emotions)
- ▶ CONCENTRATION: distractions remain in background, see opportunities that may have been obscured, listen more strategically
- ▶ CLARITY: understand what drives you & you remain "mindful" of goals & objectives, mission & vision
- ▶ PURIFICATION: clearing away of negative, habitual patterns

KEY QUALITIES DEVELOPED THROUGH MINDFULNESS

- ▶ Present
- ▶ Aware
- ▶ Calm
- ▶ Focused
- ▶ Clear
- ▶ Equanimous
- ▶ Positive
- ▶ Impeccable

8 WAYS MINDFULNESS TRANSFORMS
YOURSELF & INSPIRE OTHERS



- ▶ Insight Timer/Headspace– Free Apps
- ▶ Palousemindfulness.com
- ▶ Mindful Magazine
- ▶ South Florida Center for Mindfulness

WHERE CAN I GET MORE
INFORMATION ON MINDFULNESS?

- ▶ Mindfulness Based Stress Reduction (MBSR)
- ▶ Mindfulness Based Cognitive Therapy (MBCT)
- ▶ Mindfulness Based Resilience Training (MBRT)

FORMAL TRAINING





MINDFULNESS “MUSCLE”



WE ARE IN THIS TOGETHER!

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