

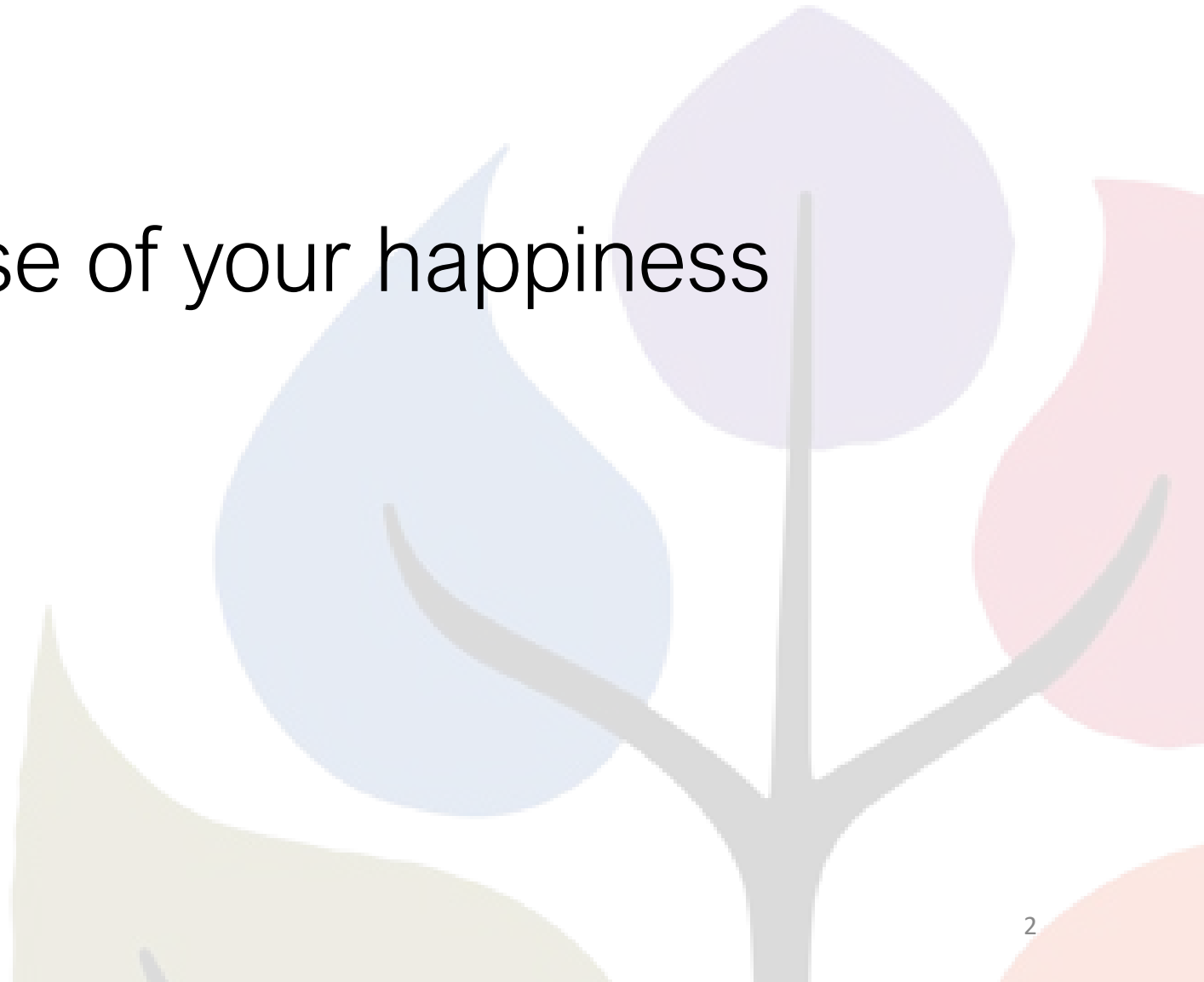
A stylized tree with a grey trunk and branches, and several large, rounded leaves in shades of purple, blue, green, and pink. The tree is positioned on the right side of the slide, partially overlapping the text.

Flourishing in Your Recovery: Become an Active Participant in a Life You Find Meaningful and Fulfilling

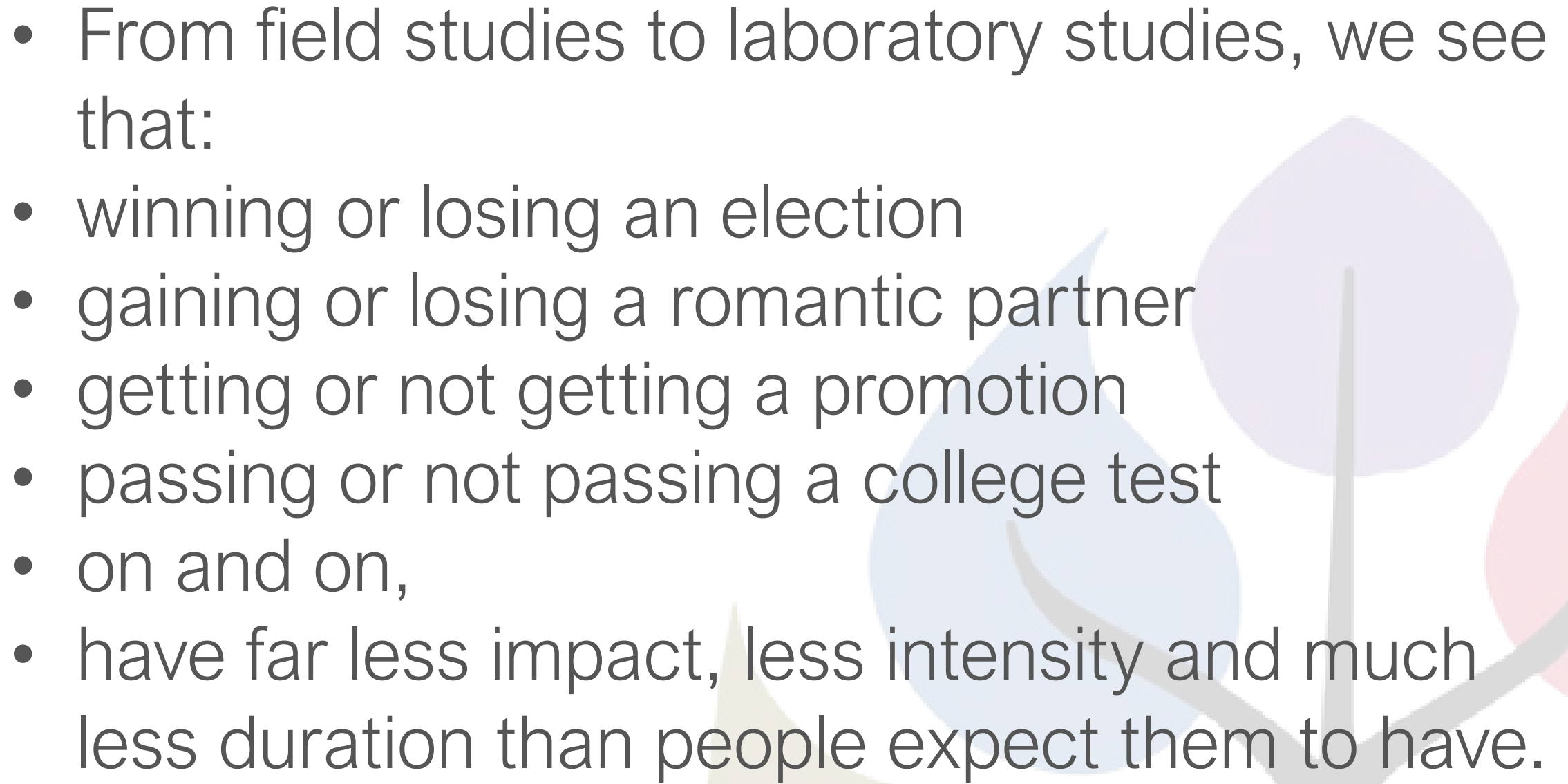
John Bruna M.Ed.

Co-founder, Mindfulness in Recovery® Institute

What is the cause of your happiness
or suffering?



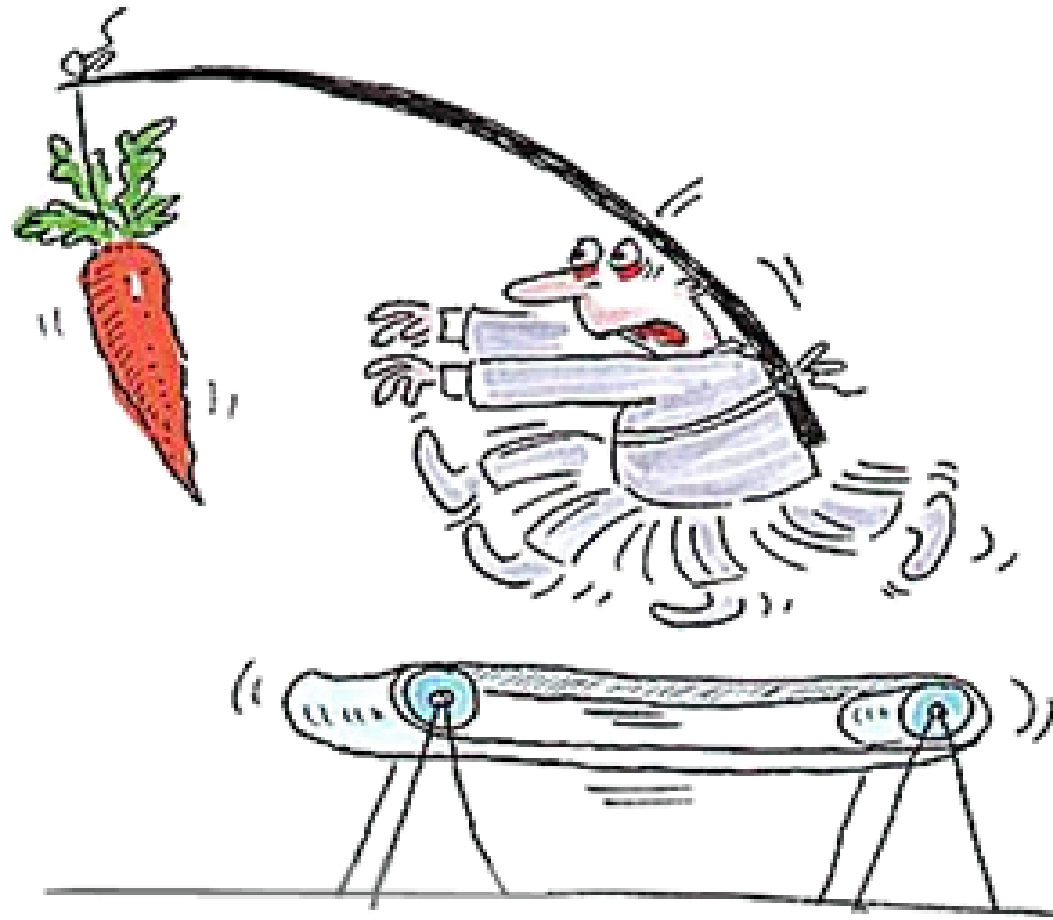
- You win the lottery.
- You become paraplegic.
- You get divorced.
- You have a miscarriage.
- You win the marathon.
- You win an election.
- Your home is destroyed in a tornado.
- You are presented with an award.

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- From field studies to laboratory studies, we see that:
 - winning or losing an election
 - gaining or losing a romantic partner
 - getting or not getting a promotion
 - passing or not passing a college test
 - on and on,
 - have far less impact, less intensity and much less duration than people expect them to have.

Gilbert, D. (2004). The surprising science of happiness [Video]. TED Conferences.

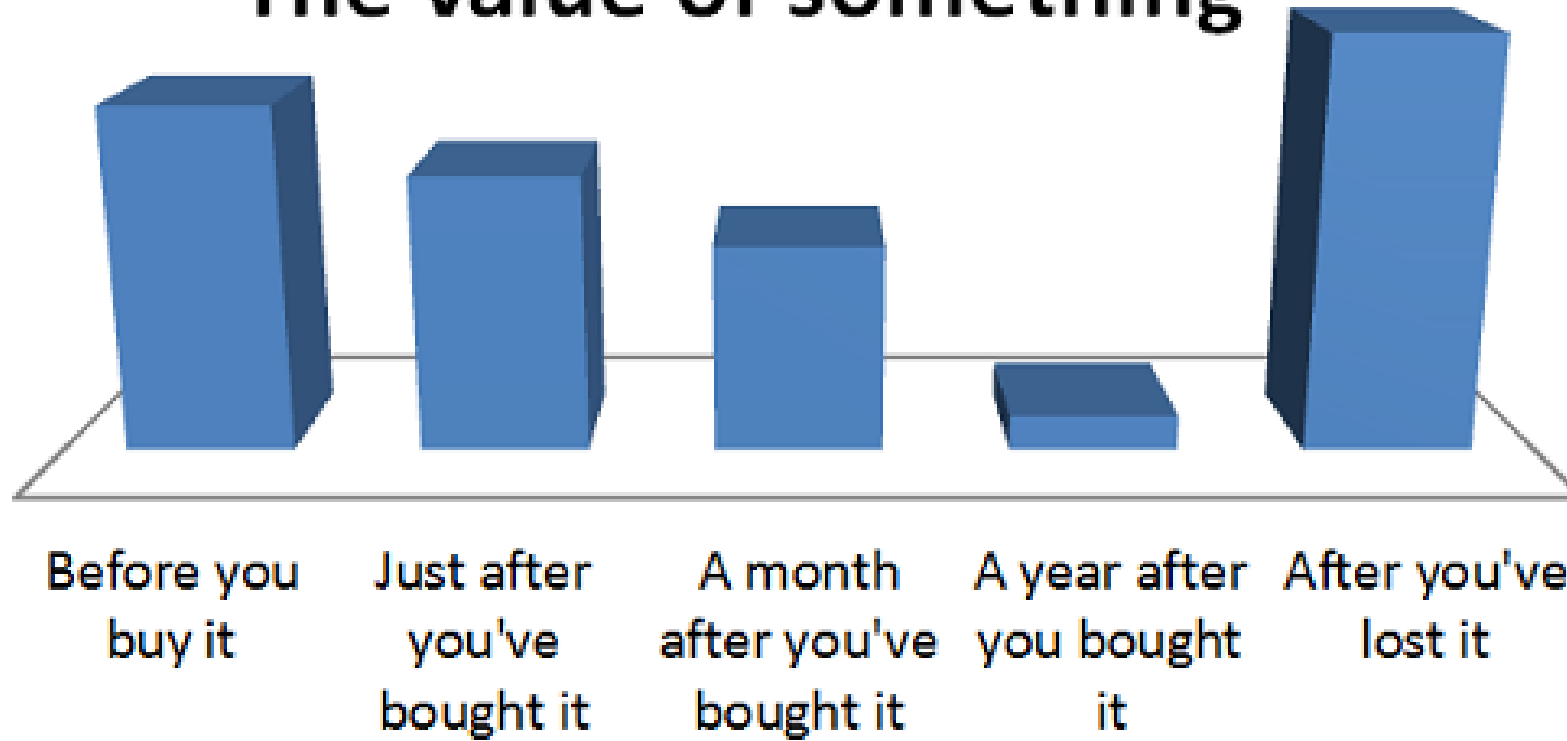
A study cited by Daniel Gilbert Ph.D., showing how major life events affect people suggests that, excluding severe traumatic events, if the event happened over three months ago, with only a few exceptions, it has very little, if any, impact on your happiness.

Gilbert, D. (2004). The surprising science of happiness [Video]. TED Conferences.

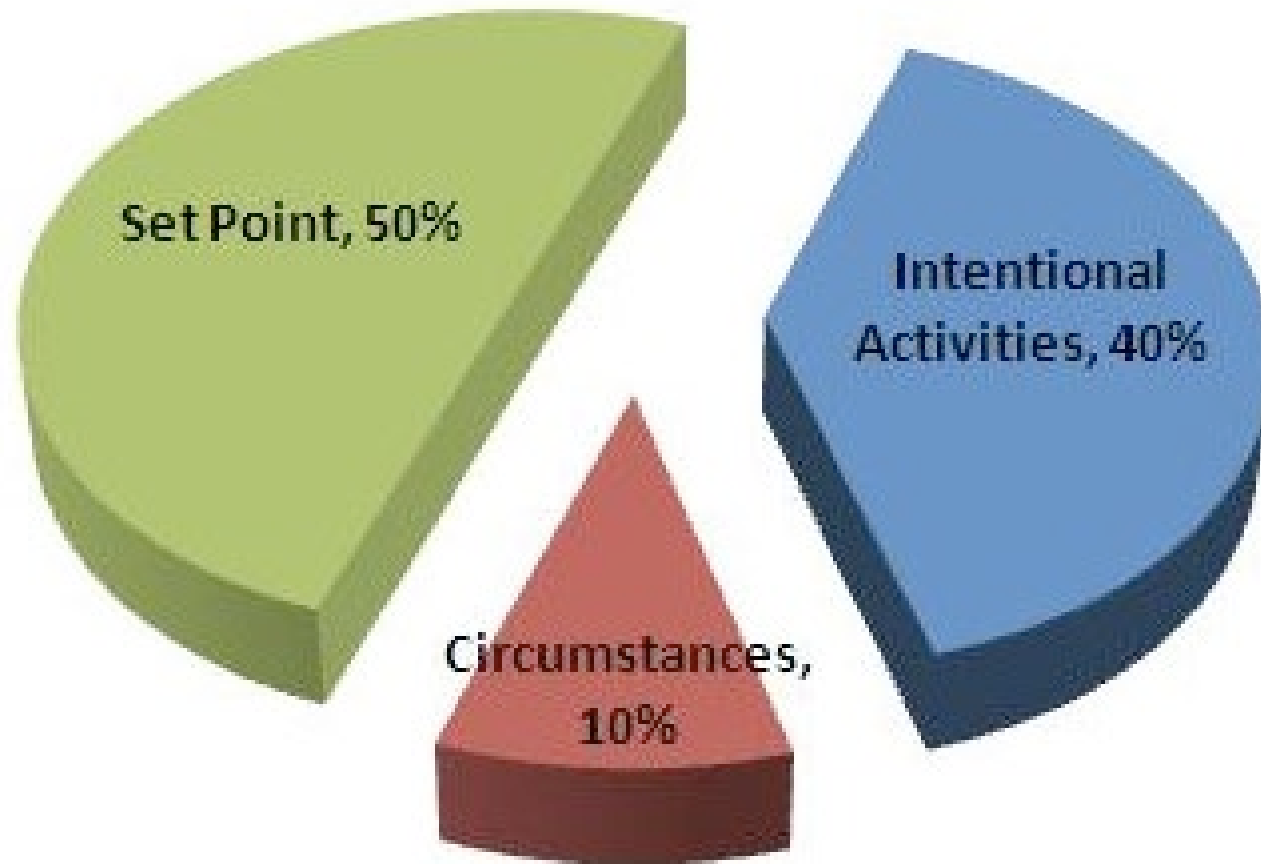


Hedonic Treadmill

The value of something



What Determines Happiness?



“Genuine happiness is a deep sense of serenity and fulfillment, a state that actually pervades and underlies all emotional states, and all the joys and sorrows that can come one's way”

Matthieu Ricard

“The experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.”

Sonya Lubormirsky

The more one lives in alignment with their deepest values, the greater the degree well-being, self-worth, and genuine happiness they will experience.

Cognitive Dissonance: The discomfort a person feels when their behavior does not align with their values or beliefs.

This gives rise to feelings such as shame, low self-worth, stress, lack of purpose, and general unease about oneself.

Why do we consistently do things that do not align with our values?



1. Mindlessness.
2. We confuse temporary stimulus-driven pleasure with genuine happiness.
3. We rarely include our values in our decision-making process.

Living Mindfully

“The practice of mindfulness is much more than present moment awareness, it includes and facilitates the cultivation of **attention, wisdom,** and the ability to make **healthy choices** that foster genuine happiness and a **meaningful life.**”

- John Bruna, Mindfulness in Recovery®

Degrees of Mindfulness

1. Aware of what I am doing – reducing rumination and increasing opportunities for choice.
2. Aware of why I am doing it – increasing self-awareness.
3. Aware of whether or not it is healthy/beneficial – reducing cognitive dissonance.
4. Aware if it based in reality – reducing cognitive distortions.

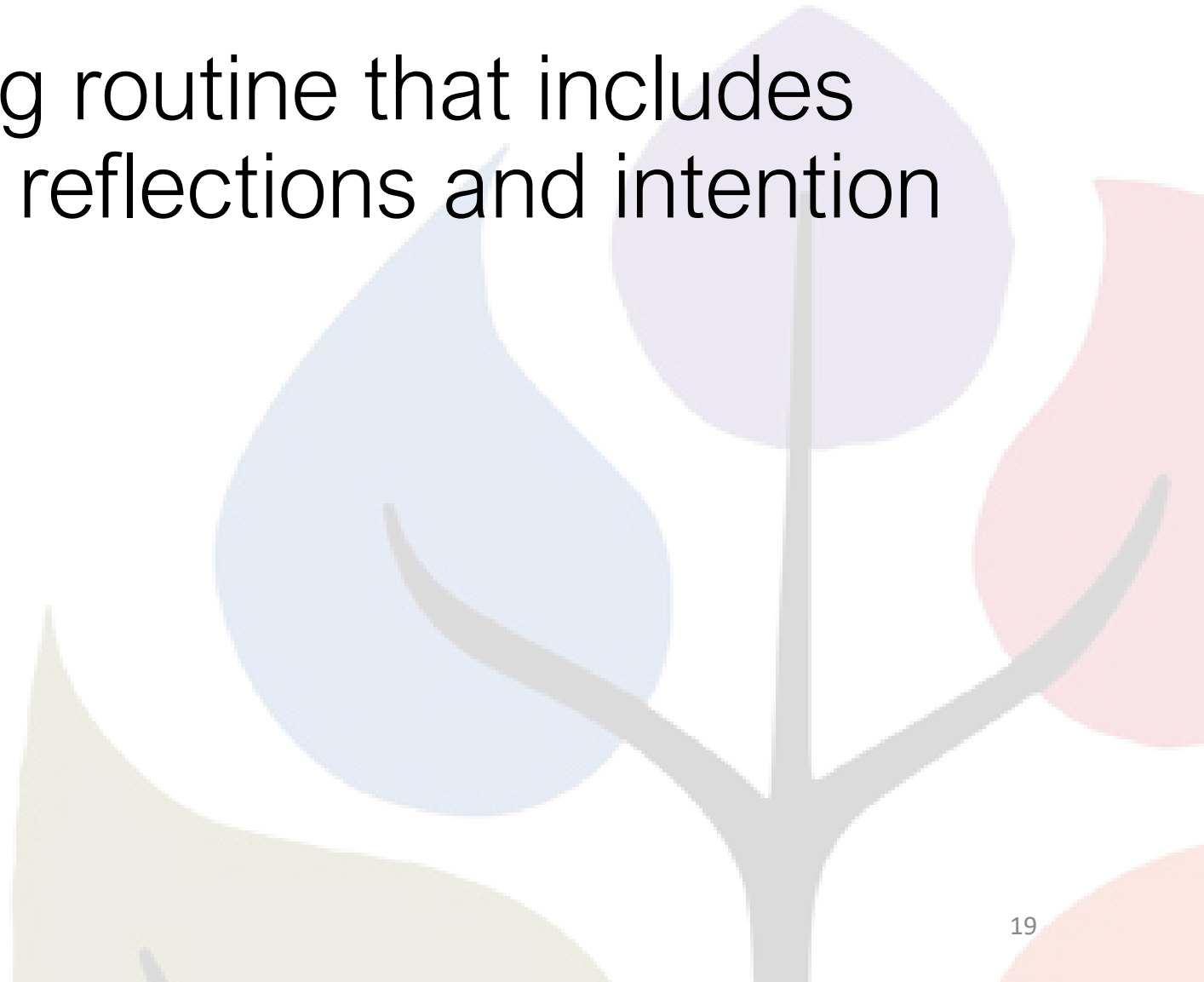
Four Pillars of Mental Health

- 1.Awareness** - includes attention and meta-awareness (knowing what you and your mind are doing).
- 2.Connection** - qualities that nurture and support healthy relationships such as appreciation, kindness, compassion, and a positive outlook.
- 3.Insight** - self-awareness, understanding, and improving the relationship with one's personal narrative (thoughts about self).
- 4.Purpose** - being purposefully engaged in your daily activities. Recognizing they are meaningful and contribute to the quality of your life.

Take Action – become an active participant in who you become.

Develop a structured routine that can be integrated into one's life using the three pillars of living mindfully

Pillar One: A morning routine that includes meditation, morning reflections and intention setting.



Meditation: Establish a daily morning meditation practice.

Morning Reflections:

- A precious life in recovery
- Gratitude
- Values

Intention Setting: In addition to clarifying your values, it is important to learn to bear them in mind throughout your day. Pick one to guide your decisions for the day.

Pillar Two: Check-ins

Develop the habit and skill of checking in on your intention at least 3 times a day. This is one of the most transformative habits you can develop. We encourage making appointments with yourself throughout the day to remind yourself of your intention and note how you are doing. It is best to write down your check in.

Pillar Three: Evening Review

Review your day, what did you do that you feel good about, that were in alignment with your values? What did you do that you did not feel good about? How can you improve?

Thank you!

If you have questions, you can email me,
john@MIRinstitute.org.

You can explore our resources at
MindfulnessInRecovery.com

Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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Wanda Russell – 800.274.7603 x342063

Kari Mack – 800.274.7603 x1034994

Jordan Nielsen – 800.274.7603 x382620