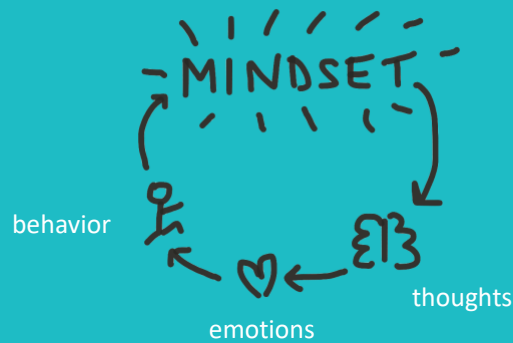


**J&J Wellbeing Program**  
**Workshop 3: Managing Stress**  
With certified coach Desi Jagger

## Mindset is everything



Johnson & Johnson

Desi Jagger  
THE CHANGEMAKERS COACH

## Mindful digital habits



- Concentrate: set a timer
- Relax: block non-critical calls
- Balance: schedule 55min meetings, allowing for 5min mindfulness practice
- Integrate: include 1 min silence / breathing at the start of every meeting
- Inspire: share your mindfulness practices with your colleagues

Johnson & Johnson

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THE CHANGEMAKERS COACH

## MINDFULNESS PRACTICES – EXAMPLES

Grounding in the here and now

*You can do this exercise sitting down with your eyes closed or standing up with your eyes in soft focus.*

- Go back 1 week
- Go forward 1 week
- Go back 1 day
- Go forward 1 day
- Go back 1 hour
- Go forward 1 hour
- Come to the here and now

3 min breathing space

- Set a timer for 3 minutes
- Become aware of your body
- Follow your natural breath
- Breathe in to the count of 3, hold for 1, breathe out to 4
- Gradually extend your inhale and exhale length up to where you are comfortable

Positive affirmations

*Speak these out loud and take a long, slow breath after each one. Focus your affirmations on your specific area of concern – ex. digestion, relaxation, skin etc.*

"I am calm"  
"I am completely calm"  
"My heart rate is slowing down"  
"My muscles are relaxed"  
"My body is healthy"  
"Every cell in my body is working well"  
"I trust my body"  
"I trust the process of life"

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## RESOURCES



The Holmes-Rahe Stress Inventory – assess your stress level  
<https://www.stress.org/holmes-rahe-stress-inventory>

## TAKING ACTION (COMPLETE BEFORE THE NEXT SESSION)

Take the Take the Holmes-Rahe Stress Inventory

My current level of stress is:

Decide on one stress-reducing practice or tool to practice before the next session. This can be mindfulness or other, from this workshop or elsewhere. The practice can take just 1 minute but it should be practiced daily (at a minimum, 5 days per week). Experiment to find out what works for you and enjoy the process!

Stress-reducing practice which I will try:

When will I do this?

Reflection: What was easy or difficult about this practice? What did you learn? What do you need to focus on next week?