



1.5 Hour Agenda UC Riverside

Week One	<p><i>INTRO & WELCOME</i> <i>Living Firme Instructors Angel Aviles and Cynthia Carranza.</i></p> <p>Intro to this evening TRANSFORMATIONAL session The purpose of this 1.5-hour course is to introduce students to wellness techniques they can use to reduce stress and improve communication. This is not a series of lectures but a workshop. We are working with techniques that create an environment for changes in mindset. Some of the techniques will be familiar, some will seem random but rest assured, just as if we were working on a physical thing, we are working on transforming the mind.</p>
	<p><i>CÁLMATE!</i> <i>A Guided Meditation</i></p> <p>Meditation is a habitual process of training the mind to focus and redirect thoughts. Research shows that mindfulness positively influences health via stress reduction pathways. Mindfulness can also abate anxiety, boost the brain and improve sleep. For those who work under high-stress, these perks of the practice are vital to a good quality of life. Students are given an introduction to a basic guided meditation, that includes a mindful body scan, and a simple breathing technique for focused relaxation.</p>
	<p><i>WORD UP.</i> <i>Goal Setting</i></p> <p><i>“Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.”</i></p> <p>Students identify and share one word to live with more intention, focus, and purpose. The ONE WORD exercise scraps a list of goals or resolutions that are either not remembered or become overwhelming in a life full of constantly changing requirements. Students find the word that is connected to their current goal, or intention. They write that word on an index card and share the word and meaning. This exercise is a great way to simplify daily or even lifelong goals.</p>

living **Firme**

	<p><i>STORY TELLING</i> - Intention is defined as “a thing intended; an aim or plan.” The power of intention is the power of a focused mind. When focusing our mental energy on something, we’re able to give more of our brain power to it. It’s not magic or hocus-pocus, it’s our own innate tool (the mind) being placed into the right position to perform at its maximum efficiency. Everyone has a story. We share our own personal stories about the power of intention.</p>
	<p><i>FIESTA! Acting as if.</i></p> <p>This exercise takes students through an imaginary event where the guest of honor is them. Researchers have found that “acting” a certain way allows your brain to “rehearse” a new way of thinking and can set off a desired chain of events in the future. The same technique is used in the dramatic arts as well as in creative visualization and even in some forms of therapy. Acting as if it is not about being fake, it’s about actually feeling different about something. This exercise focuses on the physiology of acting. In other words our body language. We encourage our students to pay attention to how they communicate with their body and face both at work and at home.</p>