



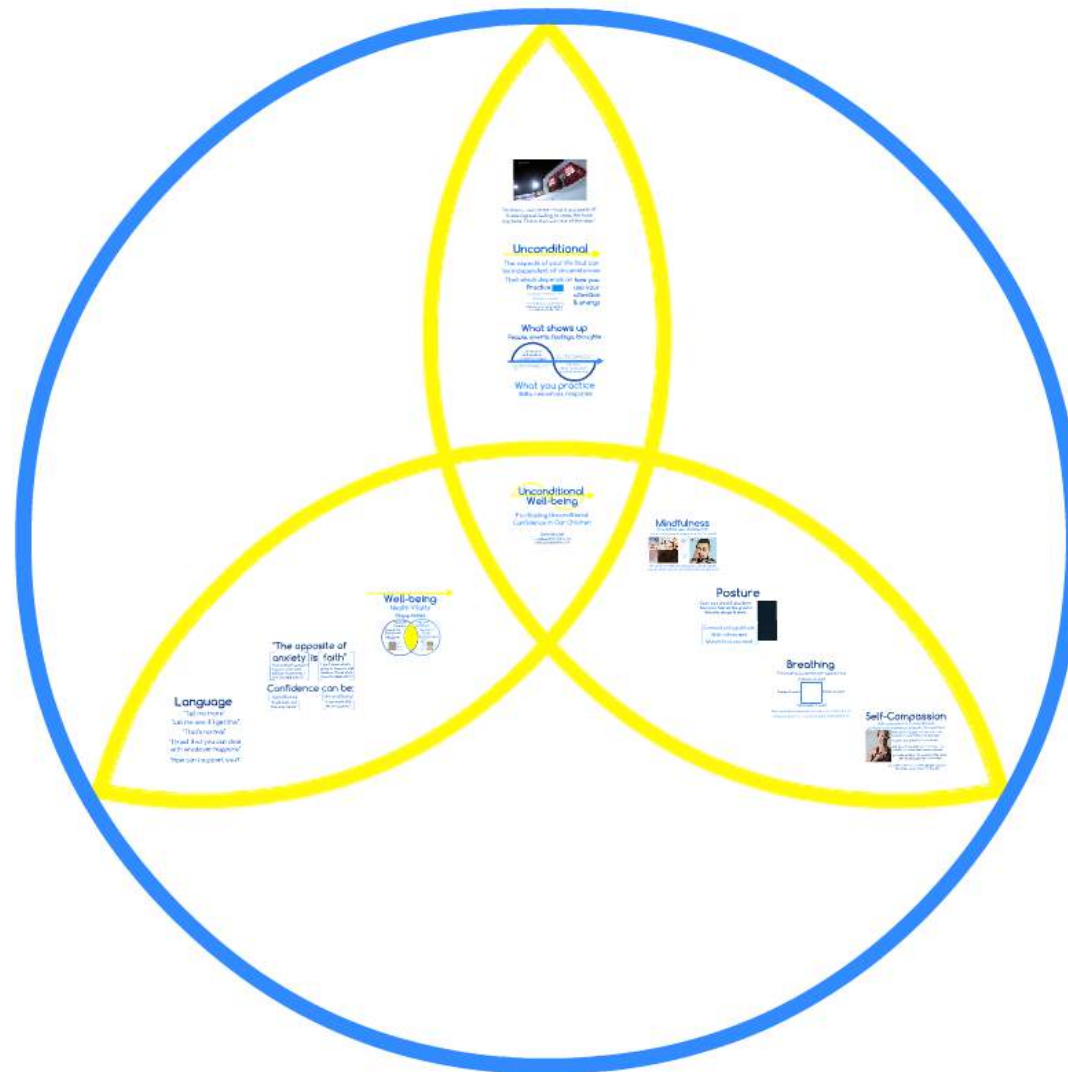
Unconditional Well-being

Facilitating Unconditional
Confidence in Our Children

Dave Mochel

dave@appliedattention.com

www.appliedattention.com





"I'm tired — very tired — but it was worth it!"

"It was a great feeling to cross the finish line here. This is the best race of the year."

Unconditional

The aspects of your life that can
be independent of circumstances

That which depends on how you
Practice 
use your
attention
& energy

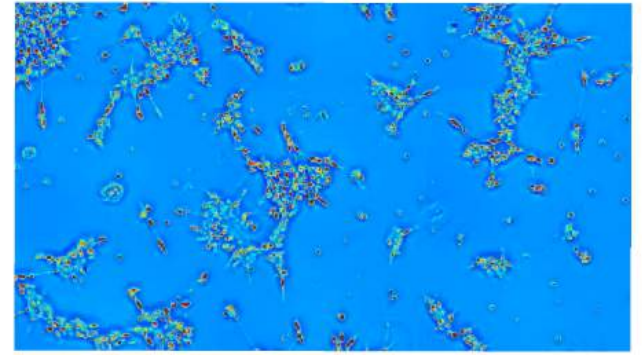
You get better at what you practice

You get what you practice

You are always practicing something

"Under duress, we do not rise to our expectations -
we fall to the level of our training." ~ Bruce Lee

Practice



You get better at what you practice

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What shows up

People, events, feelings, thoughts

Over-focus on
what shows up
can lead to struggle

The diagram features two overlapping circles. The left circle contains the text 'Over-focus on what shows up can lead to struggle'. The right circle contains the text 'Focus on what you practice is critical to thriving'. A large blue arrow points from the left circle to the right circle, indicating a transition or shift in focus.

Ryan, R. M., Huta, V., & Deci, E. L. (2013). Living well: A self-determination theory perspective on eudaimonia. In *The Exploration of Happiness* (pp. 117-139). Springer Netherlands.
Spector, P. E., & Cooper, C. L. (2002). Locus of control and well-being at work: how generalizable are western findings?. *Academy of Management Journal*, 45(2), 453-466.

Klonowicz, T. (2001). Discontented people: reactivity and locus of control as determinants of subjective well-being. *European Journal of Personality*, 15(1), 29-47.
Twenge, J. M., et al (2010). Birth cohort increases in psychopathology among young Americans, 1938-2007: A cross-temporal meta-analysis of the MMPI. *Clinical psychology review*, 30(2), 145-154.

Focus on
what you practice
is critical to thriving

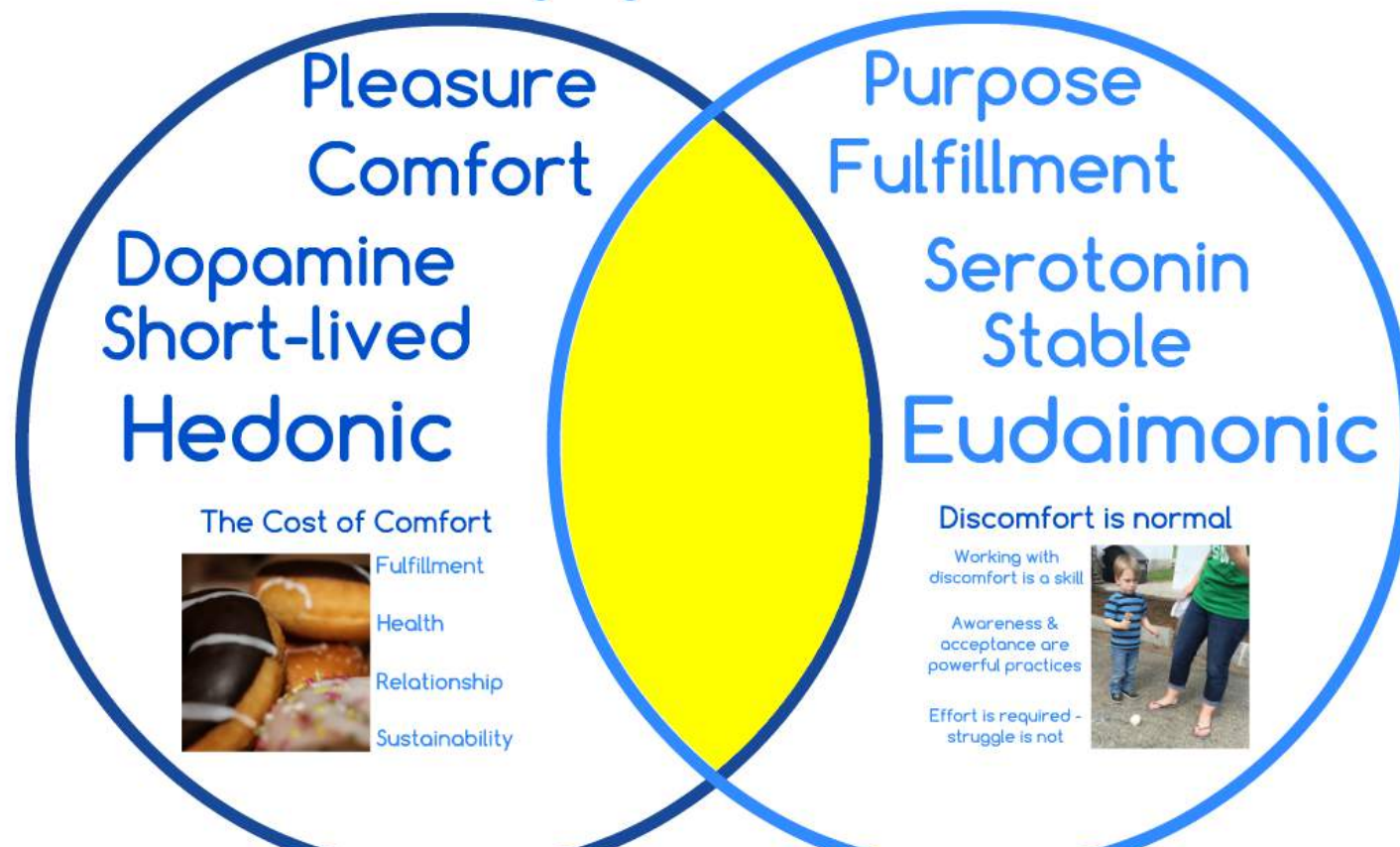
What you practice

Skills, resources, response

Well-being

Health Vitality

Happiness



The Cost of Comfort



Fulfillment

Health

Relationship

Sustainability

Discomfort is normal

Working with
discomfort is a skill

Awareness &
acceptance are
powerful practices

Effort is required -
struggle is not



"The opposite of

anxiety is faith"

"I know what's going to happen, and I don't believe I have what I need to deal with it."

"I don't know what's going to happen, and I believe I have what I need to deal with it."

Confidence can be:

Conditional

"It will work out the way I want"

Unconditional

"I can work with what happens"

Language

"Tell me more"

"Let me see if I get this"

"That's normal"

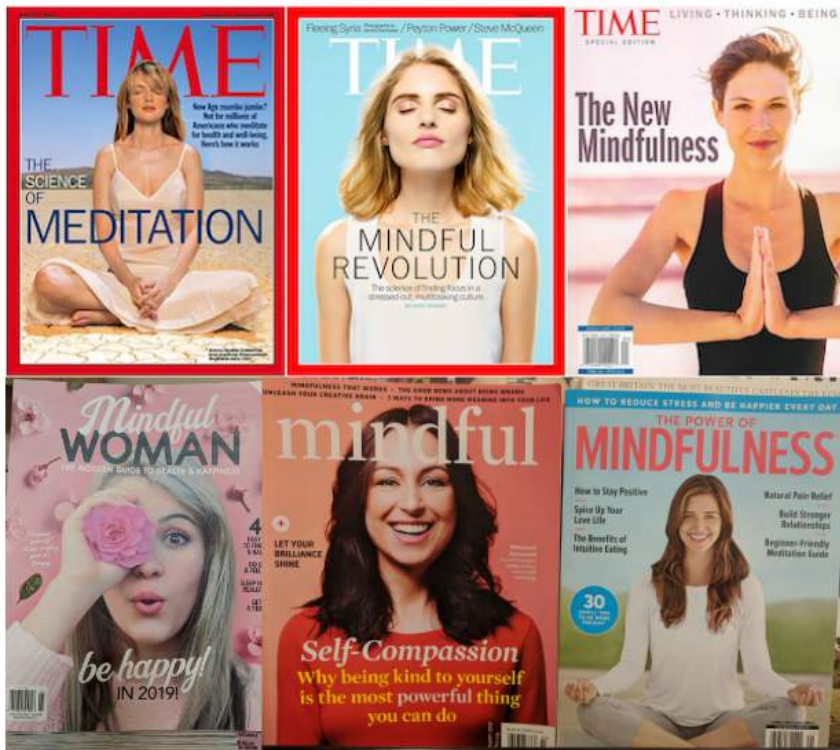
"I trust that you can deal
with whatever happens"

"How can I support you?"

Mindfulness

The skillful use of attention

Conscious awareness & acceptance of what is present



Mindfulness is not:
Relaxation
A cure-all
About stopping thoughts
About feeling good
An escape
A big deal

Mindfulness is a practice for:
Noticing where your attention is
Choosing where you focus
Being with:
Life as it is & others as they are
The miracle & the challenge of life
Connecting with:
Values, goals & commitments
Compassion for self & others
Choices of response to what shows up



We can be mindful of restlessness, stress, anxiety, joy, gratitude, love, or any other internal experience

Mindfulness is not:

Relaxation

A cure-all

About stopping thoughts

About feeling good

An escape

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Mindfulness is a practice for:

Noticing where your attention is

Choosing where you focus

Being with:

Life as it is & others as they are

The miracle & the challenge of life

Connecting with:

Values, goals & commitments

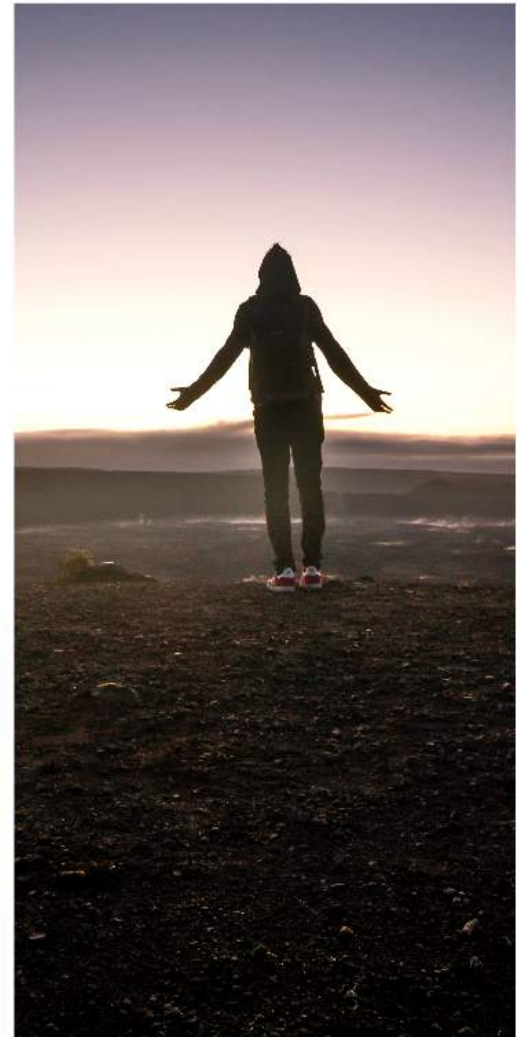
Compassion for self & others

Choices of response to what shows up

Posture

Open your chest & shoulders
Feel your feet on the ground
Breathe deeply & smile

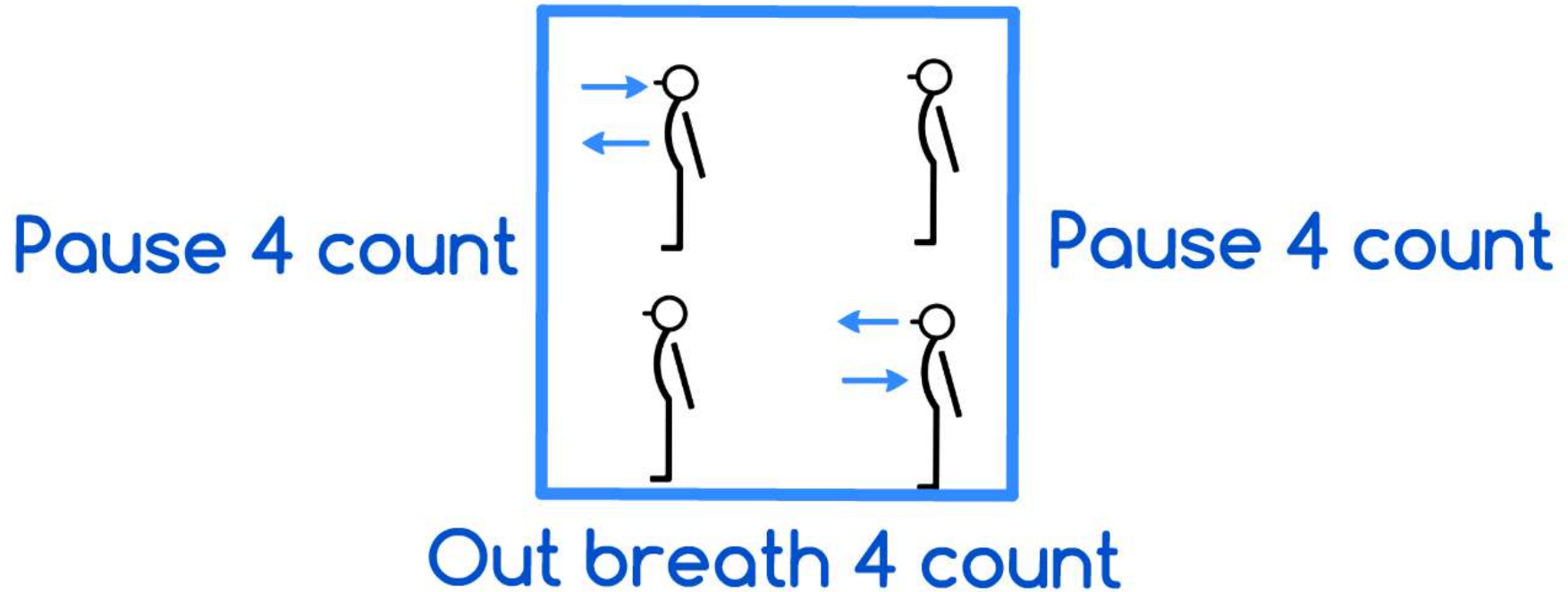
Connect with gratitude
Wish others well
Marvel that you exist



Breathing

The breath is a powerful self-regulation tool

In breath 4 count



Allow your belly to fall away from your body on the in breath

Bring your belly back toward your spine on the out breath

Self-Compassion

Self-compassion is connected with performance, resilience, empathy & happiness



Rest your hand gently on the part of the body where you feel love or gratitude

Imagine feeling kindness for yourself

Just be with any discomfort until you can actually feel some kindness for yourself

or... smile gently at the person in the mirror until you feel just a bit of kindness

or... make a mental list of the people you love and sneak your name in at the end