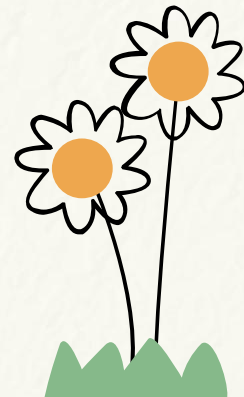
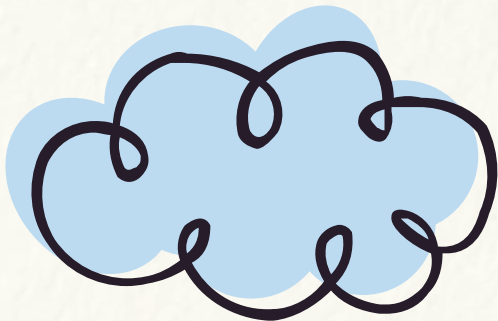
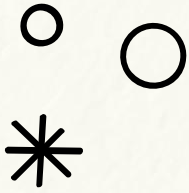
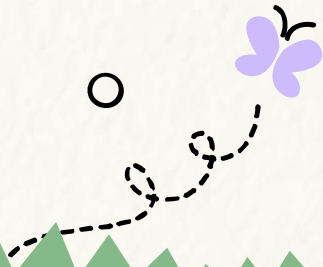
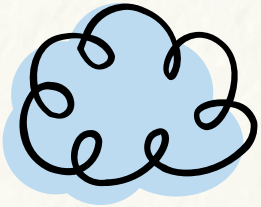
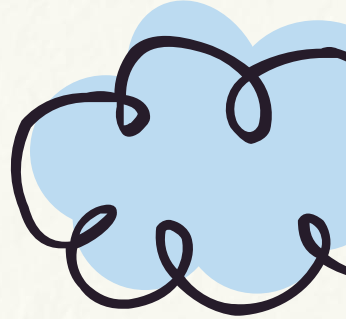


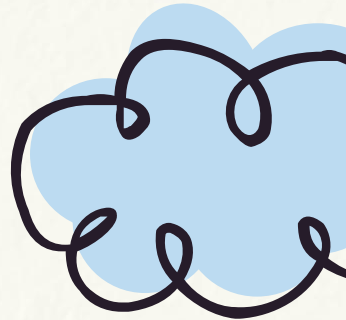
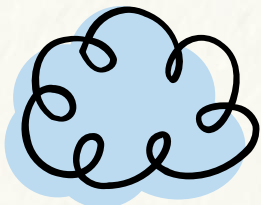
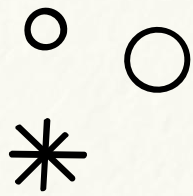
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Imagine & Play Yourself Back to
Happiness, Health, & Prosperity

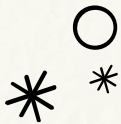


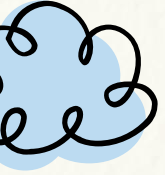
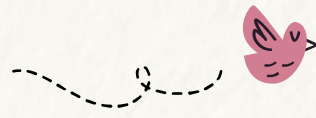




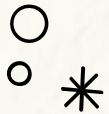
Objectives

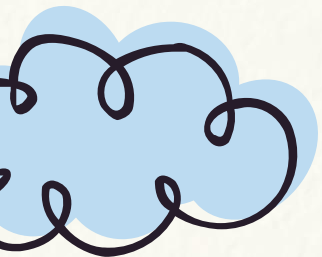
- Define play and explain how it's important
- Discuss the pitfalls associated with negative imagination
- Explain what's meant by the beginner's mind
- Describe the monkey mind and a method to calm it
- Define neuroplasticity and list several activities that can stimulate it
- Explain the Super Mario Effect





Imagination and play don't cease in adolescence, we just transmute them into depression, anxiety, rumination, and planning.

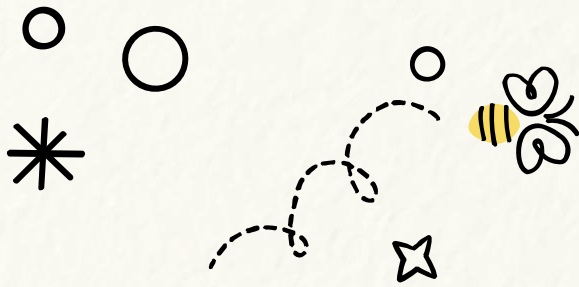




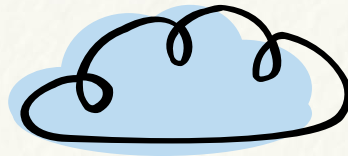
I'm going to let you in
on a secret!

- This isn't a talk about imagination & play.
- It's about mindfulness
- It's about neuroplasticity
- It's really about the open, beginner's mind.

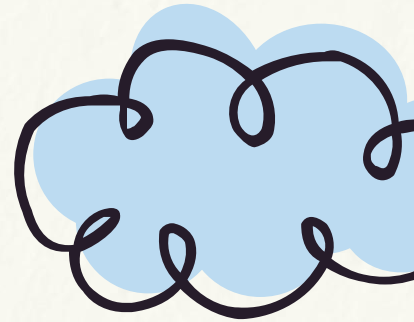
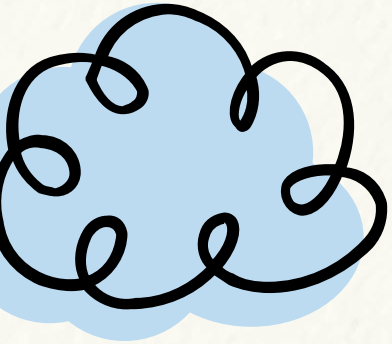


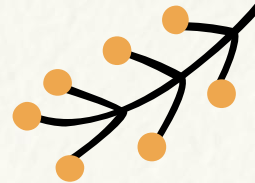


Beginner's Mind

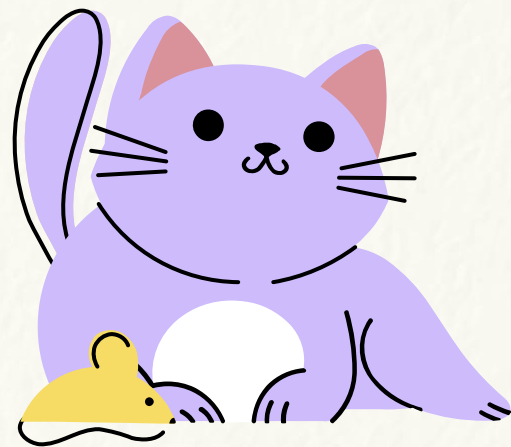
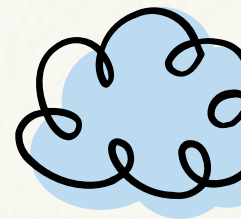


- Open & Eager
- Non-judgemental (Don't know mind)
- View failures as lessons
- Let go of being the expert
- Question-focused
- Ready to PLAY!



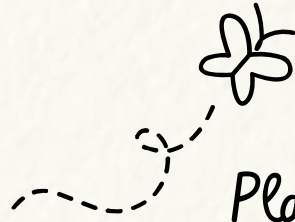


*Empty your mind, be formless, shapeless —
like water. Now you put water in a cup, it
becomes the cup; you put water into a bottle it
becomes the bottle; you put it in a teapot it
becomes the teapot.”*

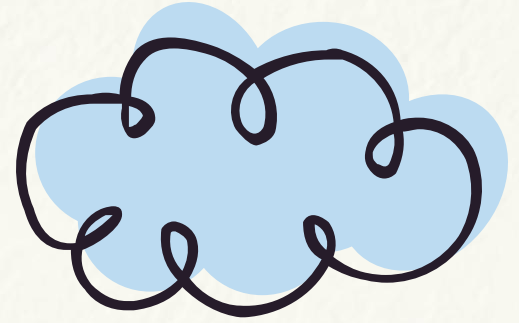
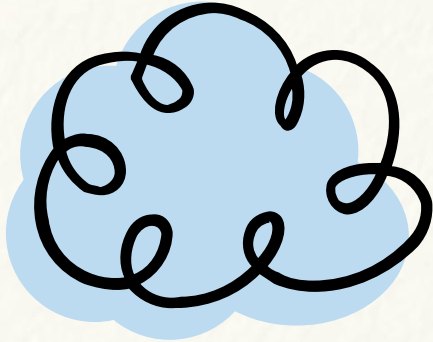


—Bruce Lee



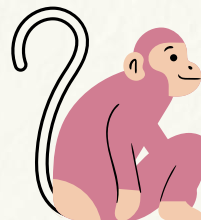


Play reminds us to be limitless. It allows us to step outside of rigid constructs, strict rule-based rubrics, and limiting beliefs.



What if I can't play?

Maybe you've lost your desire or
simply forgot how to do it.



P L A Y

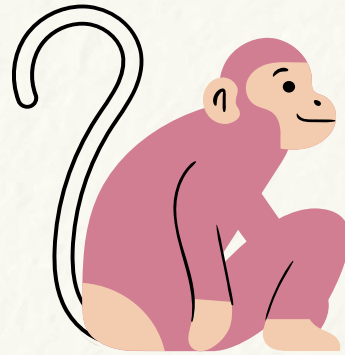


B E T T E R

Good news! Play can be
relearned.

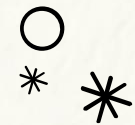
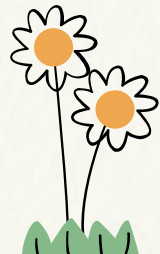
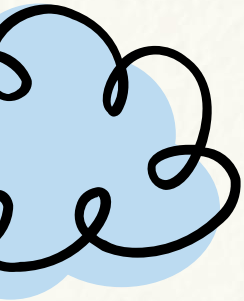
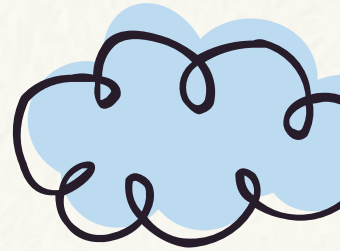
Purposeful playfulness boosts
mood!

M is for Monkey



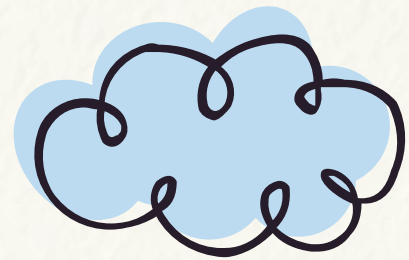
M o n k e y

The concept of the monkey mind is a useful metaphor when thinking about thinking!





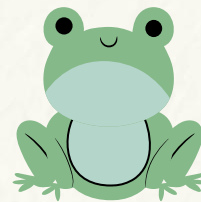
I am not who you think I am; I am not
who I think I am; I am who I think you
think I am.



T R U E

This frog accepts the „truth”
of the mob.

-Thomas Cooley



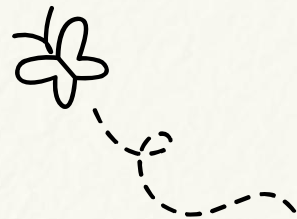
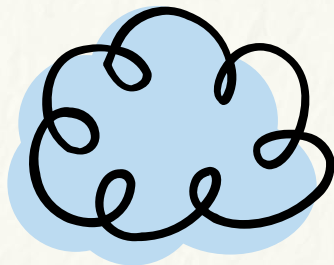
T H I N K


This frog „thinks” or imagines that
she is being cheered on.



Imagine being the tiger.


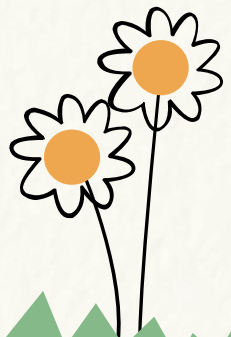
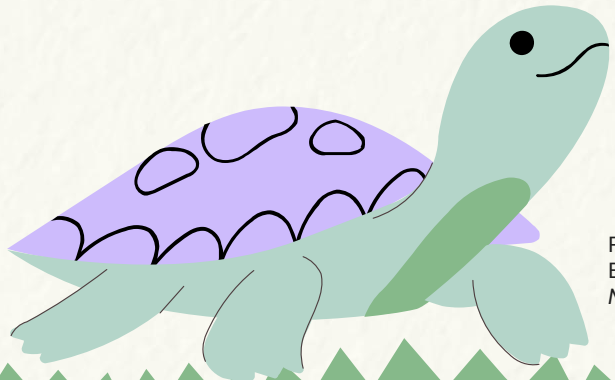
When met with adversity,
quiet that monkey mind and
engage your inner tiger!



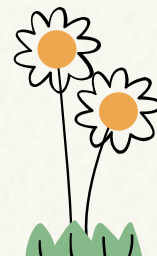


Play involving balance has been found to stimulate neuroplasticity and learning.

- Walking
- Biking
- Yoga
- Dance
- Tai Chi
- Balance training
- Slacklining

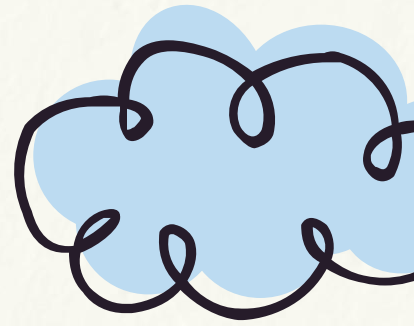
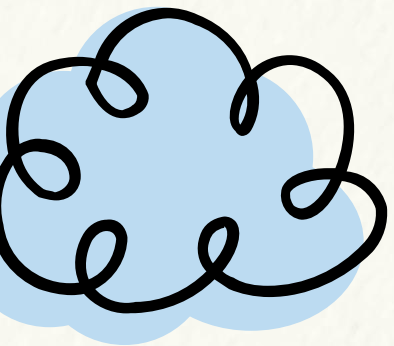


Rogge, A. K., Röder, B., Zech, A., & Hötting, K. (2018). Exercise-induced neuroplasticity: Balance training increases cortical thickness in visual and vestibular cortical regions. *NeuroImage*, 179, 471–479. <https://doi.org/10.1016/j.neuroimage.2018.06.065>




○ ○
* *

The Super Mario Effect





Let's review what we've learned

- Approach life with the beginner's mind
 - Be like water
 - We can practice and get better at play
 - Be aware of the monkey
 - 'Failure' creates a fertile mind
 - Engage in novel, balance-oriented play
- 

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The Tao of Pooh



Benjamin Hoff

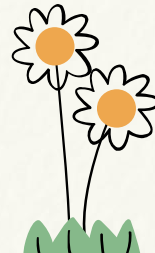
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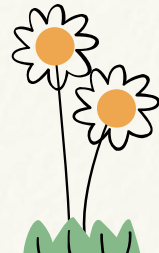
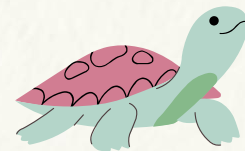
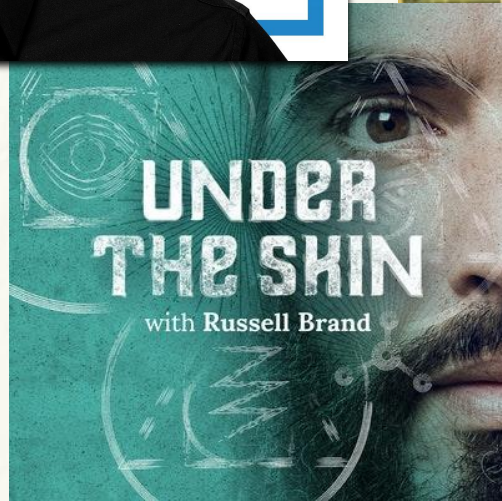
THE #1 NEW YORK TIMES BEST-SELLING AUTHOR

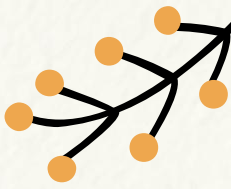
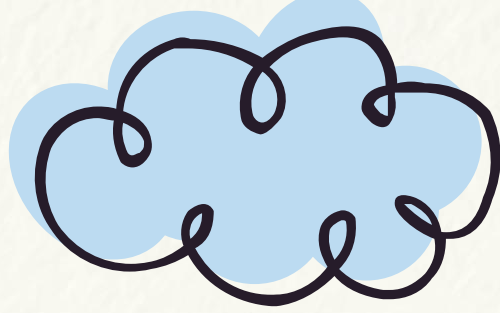
DR. WAYNE W.
DYER

LIVING THE WISDOM OF THE TAO

CHANGE
YOUR
**THOUGHTS—
CHANGE YOUR
LIFE**

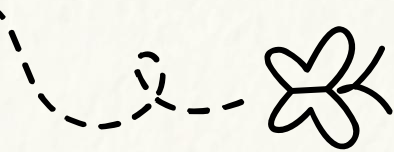
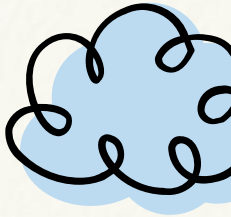
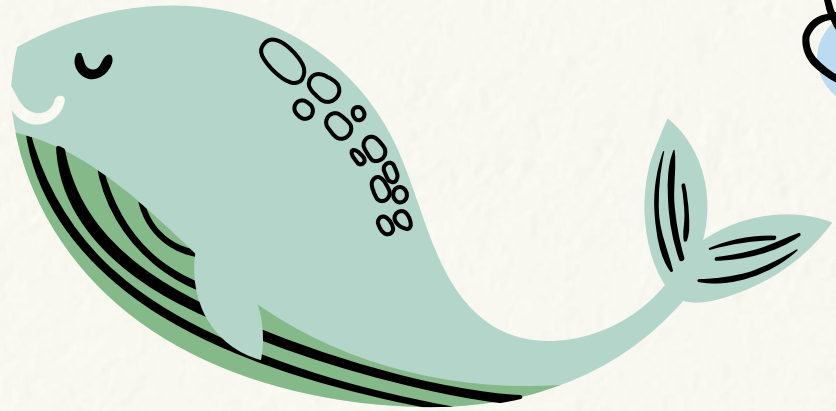


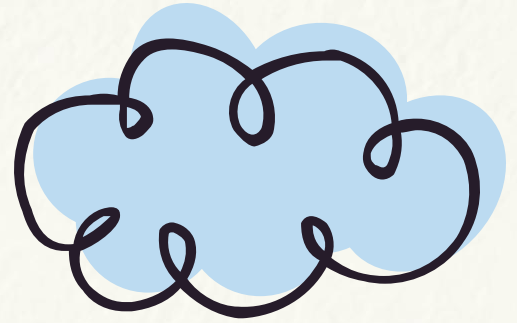
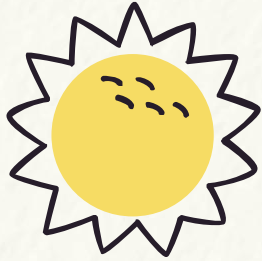




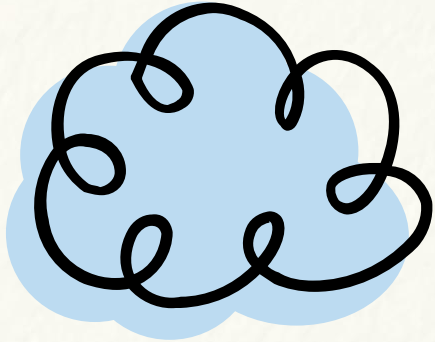
Q & A

Thank you!





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