MANAGER ORIENTATION

BEING PRESENT

2021 TRAINING

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Slide 1

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Slide 2

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Slide 3

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• Longer time spent on technology each day has been definitively linked to shortened sleep.

• 60 percent of people say a traditional vacation does not relieve their stress with many admitting to checking emails and taking phone calls while away, sometimes multiple times a day.

• More than half (58 percent) of UK adults now say they have unplugged at least once a day to communicate with friends and family.

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How much time do you spend on your devices?

Slide 6

WHAT DOES BEING PRESENT MEAN?

• Being present means fully enjoying the moment that you are in. It means being fully focused on what you are doing in that moment and nothing else.

• We live in a fast-paced world. Most of us forget to be present. Fully enjoy the moment, and pay attention to what is really important.
Slide 7

POWERING DOWN

- Helps to remove unhealthy jealousy, envy, and loneliness
- Combats the fear of missing out
- Stops loneliness
- Allows you to have more quality time
- Helps you to be more positive
- Stimulates the creative part of your brain
- Improves sleep
- Enables you to make deeper connections
- Encourages conversation
- Builds confidence

Slide 8

What do you wish you had more time to do?
Who do you wish you could spend more time with?
When was the last time you switched off and really noticed your surroundings?

"The ability to be in the present moment is a major component of mental wellness."
— Abraham Maslow

Slide 9

A MINDFULNESS EXERCISE FOR YOU TO TRY

This is a two-minute exercise you can practice daily any time, anywhere and with anyone to bring you into the present.

Turn off all devices.
5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you can taste
Try turning the phone off for just one hour a day.
Spend some real time with your loved ones.

THANK YOU
ANY QUESTIONS?