Welcome!

Hi! I’m Kathi, founder of OmmWorks.com where we create powerful positive programs to relieve stress and create success inside and outside the classroom. Today we will focus how to get our youth better connected with purpose and reach their full potential. Creating a positive community culture.

How?  Do Your OmmWork!

But first let’s talk about stress, success and the SEA of intelligence within each us.
“Let’s talk about STRESS baby, Let’s talk about you & me. Let’s talk about all the good things and the bad things that may be, Let’s talk about stress. Let’s talk about stress. ..”

We all encounter stress and it doesn’t have to be all bad, we can channel stress to bring energy and motivation to intentions. It’s when stress builds up without release and negatively affects our mental, physical and emotional well being in an unhealthy way it needs to be addressed.

- Sleeping
- Eating
- Focusing

- Relationships
- Daily functioning
- Illness
Can we remove stress from our lives?

No, in fact stress comes daily from

- School
- Home
- Work
- Competition
- Relationships
- Media / Social Media
Stress Stats for Generation Z

More Than 90% of Generation Z Is Stressed Out | Time

time.com › Health › Mental Health/Psychology

Oct 30, 2018 - The American Psychological Association's 2018 Stress in America report shows that stress and mental health issues are common in Gen Z.

Generation Z is stressed, depressed and exam-obsessed - Daily chart

https://www.economist.com/.../generation-z-is-stressed-depressed-and-exam-obsessed

Feb 27, 2019 - MOVE OVER, millennials. Young people now belong to “Generation Z”: a cohort which demographers

Teen suicide is up 70% since 2006 according to the CDC and over 30% of teens are sad and depressed. And this was done 2018.
Unrelieved stress can manifest into

- Anxiety
- Depression
- Disconnection
- Hopelessness

This can lead to harmful and addictive behaviors.

* We can not remove stress from daily life, we can however learn techniques to relieve daily stressors.
Why is stress more prevalent today?

There are many outside influences, we are a more goal oriented society and of course, the mac daddy of stress social media. Affecting all genders, races, religions, cultures, socioeconomic backgrounds.

Over served Kids
- Over scheduled/never be enough
- Stress of college every age
- Indoctrinate over educate
- Living up to parents expectation
- Little to no connection with nature or just being
- Media/Social media

Underserved Kids
- Nothing to do/never have enough
- Knowing of what not possible from circumstance
- Living down to society expectations
- Lack in basic needs, guidance or trust in others
- Media/Social media

This is leaving our kids feel more.....
Disconnected :(
Create Success

*OmmWorks* is changing the definition of success!

We believe that everyone has unique gifts to offer the world. When our natural gifts & talents are discovered and developed, we will positively impact our community culture and the world!

This is what we call *Rolling with the Ommies ;)*

“When we discover our unique gifts, recognize and honor others - we create true success for ourselves, our community, and the world!” - Kathi Donnelly
The key to true success is knowing yourself and tapping into the SEA of intelligence within. We all have unique gifts and talents. If you recognize your talents and work to nurture your gifts, there is no limit to what you can achieve or how good you can feel about yourself in the process. Take Einstein’s advice and build yourself around your personal brand of genius. If you succeed, you’ll end up proving Einstein’s genius label as well as your own.
That’s right. Everyone is a genius. Or at least, the potential to be a genius. The trick is, you have to find and cultivate the genius within you. Many of us go down the wrong road at first, much like the poor fish that tried to climb a tree in Einstein’s example. And when we don’t succeed, we feel, well, stupid. Inadequate. Unfulfilled. The truth is, many of the most successful people of our time started out going down very different career paths.
How do we best connect or reconnect with self, with others and reach our full Potential?

Do your Omm Work!
Before we dive into OmmWork, Let’s Omm 101

What is Yoga?
What is Mindfulness?
What is Meditation?
Experience the Practice.
There’s no Place like Omm......
What is Yoga?

Yoga is an ancient word. Translated to English, yoga means union. **Union** of **mind**, **body** and **spirit**. When we can connect our breath with movement and relaxation, we find or return to the yoga, or union within. Yoga was created 5000 years ago to **relieve human suffering**, mentally and physically. Yoga was founded by Patanjali who was of the Hindu religion. Yoga is **NOT a religion**, however, a regular yoga practice can bring you deeper into your religion or spiritual practice. People also think you have to be athletic, flexible or strong. **Anyone** can benefit from yoga.
Who benefits from Yoga?
Mindfulness

Mindfulness is the process of bringing one’s attention to experiences occurring in the present moment, which can be developed through the practice of meditation and other trainings, such as breathing techniques. Are you “mind-full” or “mindfull”? Simply take a breath... let’s go!
What is Meditation?

Meditation is a healing practice guiding awareness and attention inward to release stress and experience inner calm and deep relaxation. People have been practicing and using meditation to move beyond the mind’s busy activity and turbulence into profound peace and expanded awareness.
Out of the mind into profound peace & stillness

“All that we are is the result of what we have thought. What we think we become”
- Buddha
How to Use This Guidebook

Attention energizes. Intention transforms.
—Deepak Chopra, MD

Following the OmmWork program is easy. The book is divided into 7 Happy Life Lessons. Also included are quotes to inspire, focused intentions to energize you, a description of body location zones, and specific colors and sounds for awareness. Do one practice or the whole page. The 7 Happy Life Lessons are:
1. Be Fearless
2. Be Creative
3. Be Powerful
4. Be Kind
5. Be Expressive
6. Be Purposeful
7. Be OmmAzing!

Each lesson includes 7 powerful practices to awaken, enliven and help ramp up your intentions. These tools will empower you to self-regulate your emotions, connect with your deeper purpose and ultimately reach your full potential. They are:

- **Intentional Observation**: A thoughtful observation to read alone or discuss with others that will set the intention for your OmmWork practice and your day.
- **Mindful Breathing and Self-care Technique**: These will help you to become present, regulate emotions and learn the importance of self-care.
- **Meditation**: A simple practice to quiet the mind and allow your intentions to settle within.
- **GroovMove and 3 OmmAzing Yoga Poses**: These specific yoga poses will help you get your “groov-on” and bring energy to your daily intention, as well as build
Practice makes Present

There’s a saying that “Practice makes perfect.”

No one is perfect. Who would want to be......Boring!

Practice makes Present, meaning whatever we practice in life becomes Present.

Practice a negative dialogue with the self or unhealthy habits. Negative perception.

Practice a kind, loving, forgiving dialogue and do your OmmWork. Find Power in a Positive Attitude!
Be Fearless

Grounded. Supported. Safe.

Location: Base of the spine
Color: Red
Sound: Lam

Being fearless is not the absence of fear. It’s choosing to be brave in spite of fear and go for it!

—Kathi Donnelly

Observing Mindful Meditation

We all feel fear. It’s a primal instinct that is built into our human design to keep us safe. To be fearless is not to be reckless. It’s a way to feel less, acknowledge that we may be uncomfortable and afraid, but continue to take steps forward and move in the direction that we want to go—maybe stepping out of our box a little. Fear less, trust more.

We feel grounded and supported when our basic needs are met, such as having food to eat, a warm bed to sleep in, and people who love and care for us. We can also feel safe and fear less when we are aware of how our choices and how they make us feel.

Let’s face it: Life can be stressful! On any given day, you may encounter academic pressures at school, tensions at home, competition and all sorts of social pressures. These can make you feel unstable, unsupported or fearful of not having enough or being enough.

Would you choose to hold onto this fear or would you rather fear less, and trust that everything will be okay? I think I know the answer to that. It’s always your choice. Remember that we can’t always choose what’s going on around us, but we can choose how we react or respond.

Mindful Breathing and Self-Care Technique: Catch and Release

This breathing technique will help relieve stress, feel clearer and make the best choices for yourself, which ripples out to those around you.

1. Think of something that creates stress, fear, anger and worry for you.
2. Make tight fists. Take those negative thoughts out of your mind and hold them in your tight fists.
3. Inhale. Bring your shoulders to your ears. Hold for 8 to 20 seconds. Can you feel the stress in your shoulders? Tighten your face as if you feel anger, worry and tension. Do you want to hold on or let go of this stress? Notice how uncomfortable it is to hold your breath and to keep tension.
4. Now EXHALE and let it all go. Release all stress. Trust that all is well. Feel the instant relief.
Aahh!
5. Close this practice by keeping in mind that we cannot always choose what is going on around us, but we can always choose how we react or respond. Make a promise to yourself to be an exceptional choice maker.
**Meditation**

Continue to breathe naturally. Close your eyes and silently repeat the mantra, “I am grounded, I am supported, I am safe, I am fearless.” Know that you are enough just for being you.

**OmmAzing Creations**

With strong roots, a tree can stay firmly planted even in high winds. Think about what keeps you rooted and helps you stay grounded. Grab some paper and a pencil or pen and draw your own tree, with the roots spreading out towards the bottom of the paper. In each root, write a word that represents something that helps you stay grounded, stable and safe.

**Journaling**

1. Your choices affect your happiness and the happiness of those around you. Write down what makes you feel stressed, angry or afraid. Now cross it out and rip it up or throw it away.
2. Next, write down who or what makes you feel grounded, safe and supported. Take a moment to feel gratitude for this.
3. Finally, jot down a choice you made this week that brought joy to you or someone else.

**Happy Healthy Eating Tip**

Today, enjoy foods that are red, such as cherries, strawberries, pomegranates and beets. This will activate your “Be Fearless” intention. Choose well, eat well, be well.
Contact us to have OmmWorks programs in your school, camp or agency!

Classes / Workshops / Trainings / Speaker Series / Events

%10 off on Trainings today!

Contact us @ OmmWorks.com / 650.656.7688 / info@ommworks.com

Thanks for coming Ommies!