

# Stress Management Summit

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## Mindfulness for mental fitness and resilience

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Ever since Mindfulness was accepted under the umbrella of Cognitive Behavior Therapy after seminal work by Kabat-Zinn, who designed Mindfulness-Based Stress Reduction (MBSR) (1991); therapists and lay people have started to use it very successfully to overcome a broad range of personal problems, from transient stress, chronic stress, addictive behaviors, depression and other issues. Mindfulness appears to help people build resilience and maintain a level of mental wellbeing and balance so that it prevents stress turning into mental illness.

Current literature points towards the potential for mindfulness to affect the structure and neural patterns present in the brain (e.g. Lazar, 2005), increased activity in the areas to do with empathy and awareness of emotional cues (Lutz et al, 2008) and better stress regulation (Tang et al, 2007).

Other research has shown how mindfulness practice benefits relationships with others, helps health professionals, enabling them to build resilience against taking on negative emotions and enhances children's education.

This talk focuses on the value of mindfulness in terms of its practical use in building mental fitness and resilience. It will explore methods for use by individuals and in the workplace and will include the demonstration of some of the techniques that we have found to be most effective in practice, including the Mental Shift and Rapid Relaxation methodologies.

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## Stress Management Specialist

**A. Monique Holmes**  
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Serenity Solutions began 2006 as an onsite mobile spa. Under with a partnership with Dr. Cooper where we worked together to provide services that targeted health and wellness and gave awareness to stress related conditions to provide coping skills. For almost a decade my focus has been placed on supporting others becoming stressed free by equipping with solid coping techniques and methods. Under the leadership of Dr. Cooper, we partnered together to establish awareness of the effects that stress has on the body resulting in heart disease up to mental related illnesses. Together we targeted an array of businesses; Law Offices, Corporations, restaurants' staffs, schools and churches.

Additionally, the services provided also allow businesses and business owners to operate through our stressed free process to become "Serenity" Certified. The target goal is to ensure they are operating at optimal levels increase customer and employee retention while increasing productivity and creating a "Serenity Zone".

Case studies are currently underway to show the effects of a practical application guide to provide lasting results.

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