

## About Preethi...

Preethi Fernando is the author of twelve books and a speaker. She does trainings, workshops, Keynote and webinar presenting. Born and raised in the beautiful island of Sri Lanka, Preethi now calls lovely Colorado her home.

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LEADISTA

## Mindfulness and Self Care

### *The Art of Slowing Down, In Order to Speed Up*

**Mindfulness, in being in the moment  
is key to practicing self care.**

- Mindfulness and self care is the art of slowing down, in order to speed up
- Learning to be in the moment and process emotions, rather than shutting off our thoughts requires courage, discipline, and patience

**Putting our own oxygen masks on  
first...**

- Self care boils down to putting our own oxygen mask on first, before attempting to help those around us
- Self care gives us the courage to say no . Especially to those people, we have been "on call" all our lives.
- The most important relationship that we will ever have is the one we have with ourselves

**Mindfulness and self care allows us to  
set peace of mind as our highest goal  
and organize our lives around it**

- No job, no paycheck, no burdens that we carry to make it easier on others, are worthwhile, if it costs our sanity.
- Mindfulness influences us to ask ourselves the question "What is life, really about? Rather than relying on a Smart phone to answer it for us.