



Advancing DEI: The importance of centering & well-being in this work

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Centering & being mindful: What is it?

- Bringing calm to our emotions
- Intentional
- Finding peace within the chaos inside
- Can redirect negative energy in a beneficial way

Centering uses mindfulness:

- Bringing attention to one thing at a time; this moment; today

Mindfulness fosters:

- Balance & well-being
- Help reduce stress
- Radical self-care & self-preservation
- Promote individual & collective healing
- Fosters holistic well-being & flourishing





“Mindfulness means paying attention in a particular way: on purpose, in the present moment, non-judgmentally.”

-Jon Kabat-Zinn

- A set of strategies and techniques that can be used to gain a greater awareness.
- Practicing paying attention.
- Being present to whatever is happening, no matter what it is.
- A way of being, living with intention.

Observing | Describing | Presence
Focused attention | Non-judgemental



Brain health

- Promotes positive change in the brain pathways involved in stress, focus and attention, memory, and mood
- Can alter and strengthen key brain networks for the better
- Over time can physically change brain structures long term, including age-related brain degeneration



Improves overall well-being

- Increased psychological well-being
- Improved empathy, affective regulation, & behavioral flexibility
- Better sleep quality
- Reduced emotional & behavioral disorders
- Decreased pain, anxiety, depression, and stress

Mindful moment



Take some time to reflect on the following:

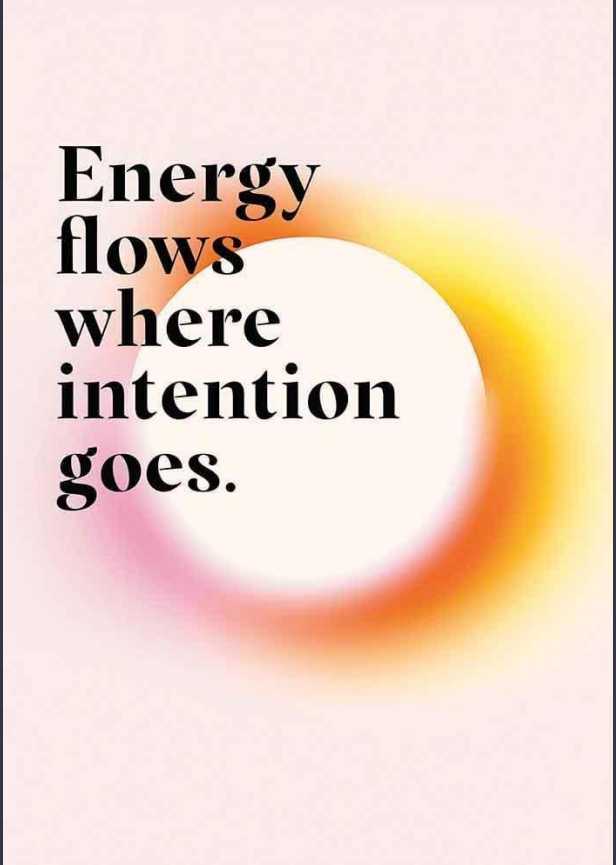
1. What came up for you today? During the conversation today, what did you think? Feel? Want?
1. What do you need? How does your body feel? Heart space? Head space? How can or do you need to address it?

A moment...

to breathe
to center
to allow
to be



Before you leave...



**Energy
flows
where
intention
goes.**

- What stands out most to you about what was discussed today?
- What did you learn about yourself?
- What came up for you during the mindful meditation practice?
- How would you like to be more intentional as you leave this space with what you heard, feel, think, want, or need?

Thank you!

Check-in!

