

The logo for 'horseshmouth' is a green speech bubble with a white interior. The word 'horseshmouth' is written in a black, lowercase, sans-serif font inside the bubble. A small registered trademark symbol (®) is located to the upper right of the bubble.

*horseshmouth*

# Panic Detox

## How to Remain Calm & Focused for Your Clients in Turbulent Times

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@EllenRogin



Volatile  
Uncertain  
Complex  
Ambiguous



Advisors experience 23% more stress  
than the general population

Are you emitting a  
**Fear Pheromone?**



47%

Average time spent  
mind-wandering

70%

Leaders report regularly  
unable to be attentive in  
meetings

2%

Regularly make time to  
enhance personal  
productivity

**Your inability to manage  
your thoughts is hurting  
your business.**







# Be a Zebra ...



# Autopilot



# Aware

# Autopilot Traits

- Attention is in the past or future
- Distracted
- Less aware
- Act based on habit patterns and assumptions

# Mindfulness

“being aware”



“Mindfulness means paying  
attention to what’s happening in  
the present moment

in the mind, body and external  
environment,

with an attitude of curiosity  
and kindness.”

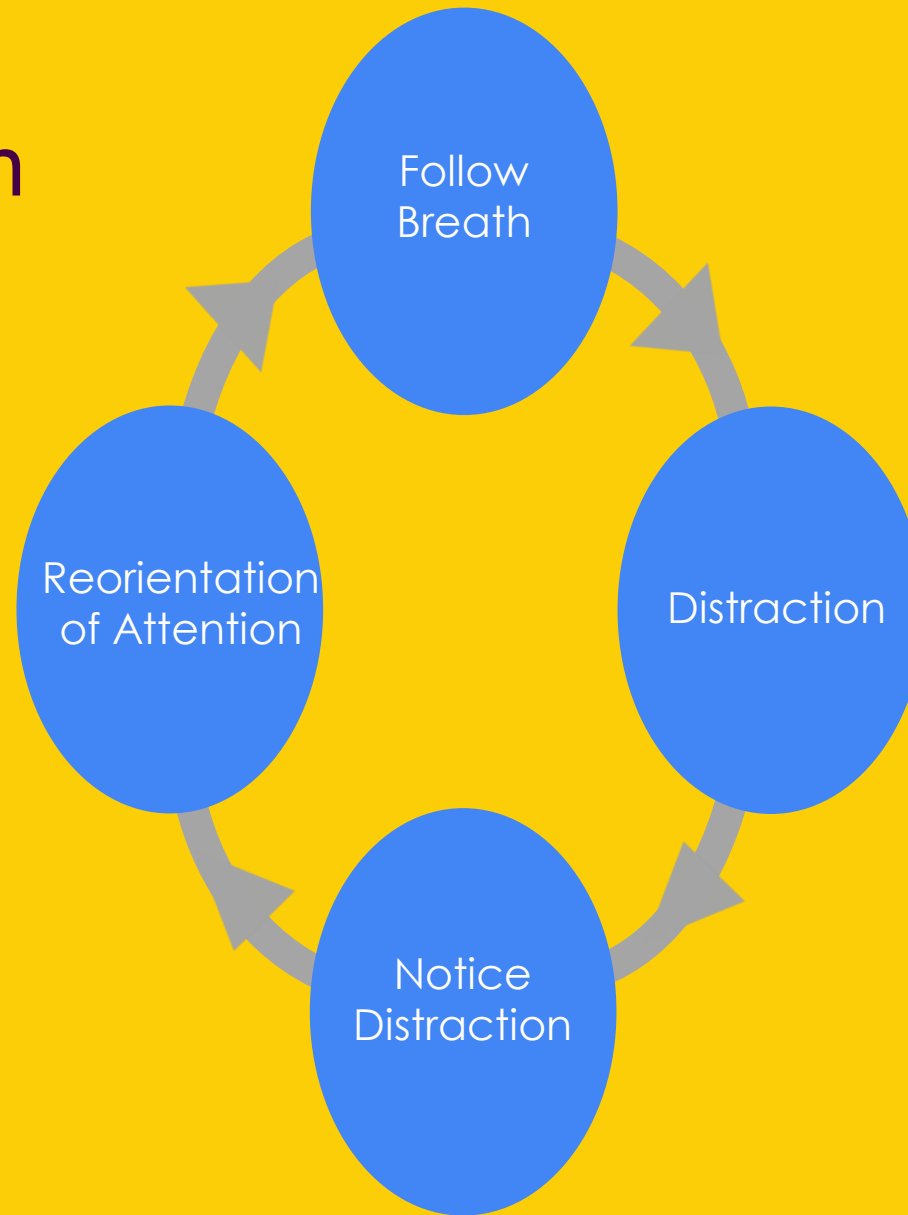
# How?



**Meditation** is a practice where an individual uses a **technique** – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to **train attention** and awareness, and achieve a **mentally clear** and **emotionally calm** and **stable** state.



# Focused Attention Process







How was that for you?

# Micropractice

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## Three Breaths

1. Attention to breath
2. Relax body
3. Ask: What's important now?

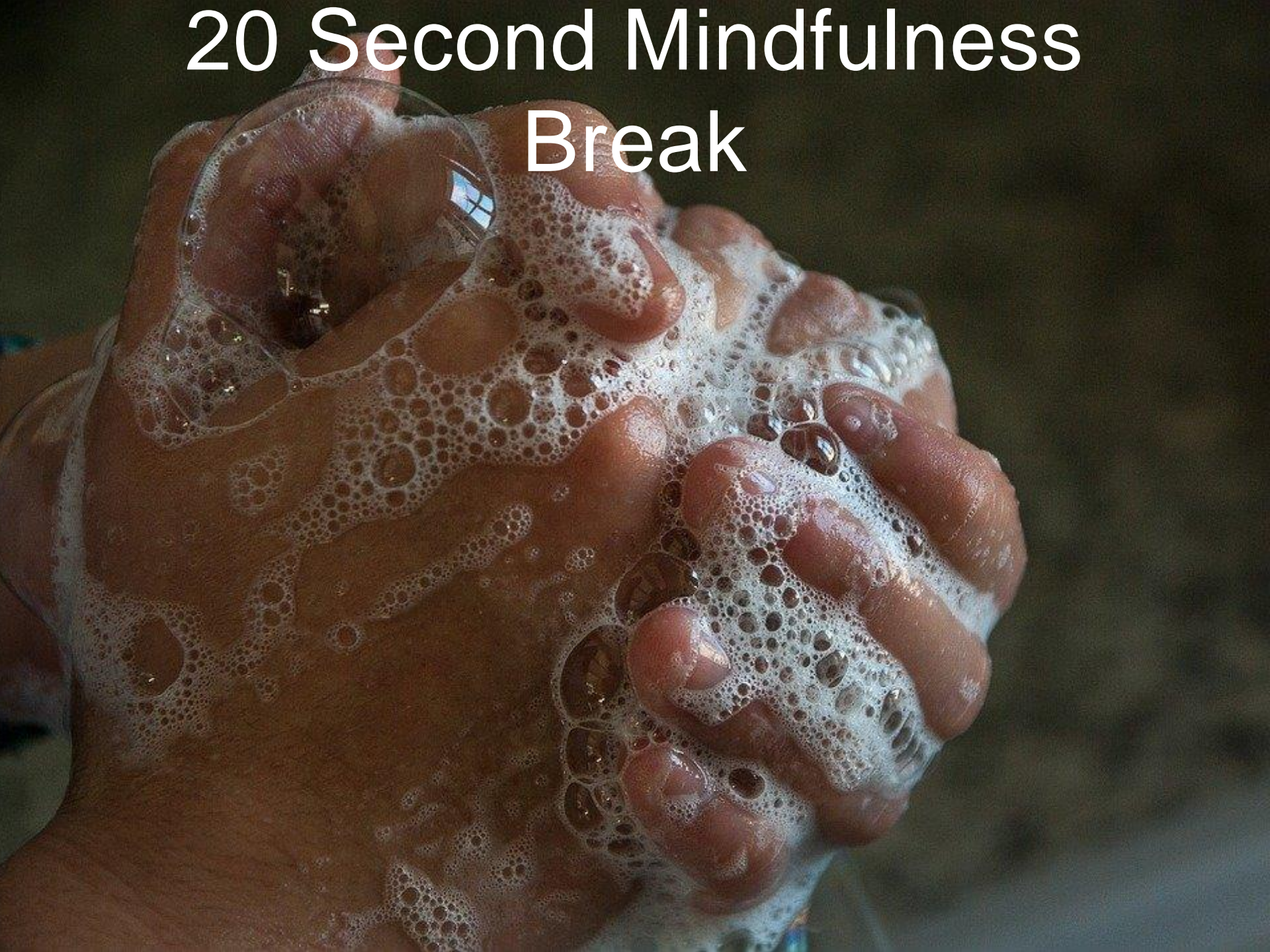
# Take a Minute To Arrive at Team Meetings

To get your head and body in the same place...

1. Attention to breath
2. Relax body
3. Ask: What's important now?



# 20 Second Mindfulness Break





# Journaling





# The Five Minute Journal



# Abracadabra:

Abracadabra:  
I will create as  
spoken

# CHANGE YOUR PERSPECTIVE





**“Learn how to see. Realize  
that everything connects to  
everything else.”**

**- Leonardo da Vinci**



# What Now?

For mindfulness resources go to:

**[Ellenrogin.com/mindfulness](http://Ellenrogin.com/mindfulness)**

Questions?

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