



# Find Your Peace, Find Your Pace

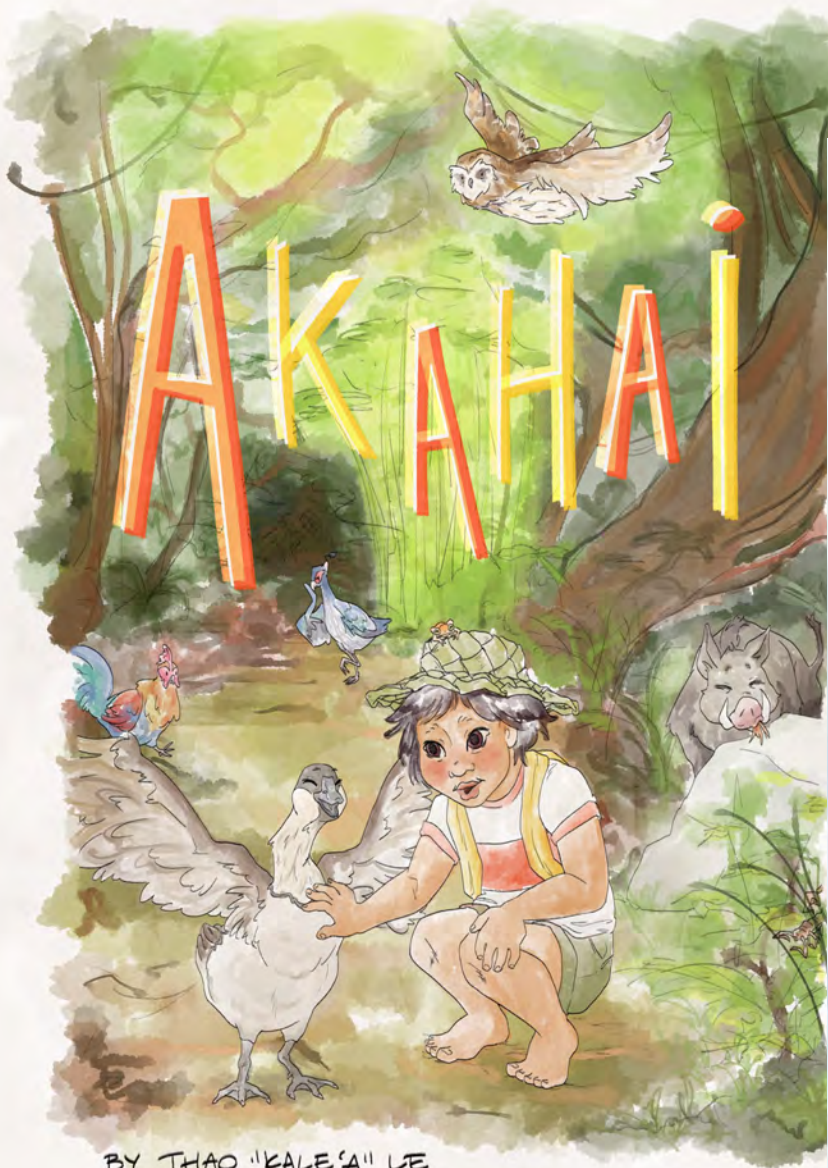
DR. THAO LE, BENJAMIN CHU

# Personal Background

- Demographics
  - 30 years old
  - Raised in Honolulu, Hawaii
- Education
  - BS in Family Resources, University of Hawaii at Manoa (2015)
  - MA in Economics, University of Hawaii at Manoa (2019)
  - PhD in Economics, University of Hawaii at Manoa (Expected 2023)
- Work Experience
  - Summer Fun Leader (2007-2019)
  - University Lecturer in Economics (2019-Present)
  - Graduate Assistant, Data Scientist (2019-Present)
  - Economist for Centers for Medicare and Medicaid (Starting 2023)







BY THAO "KALE'A" LE  
ILLUSTRATED BY ADAM TING

# Mindfulness with Aloha Breath



by Thao "Kale'a" Le  
illustrated by Storm Aolani Kano



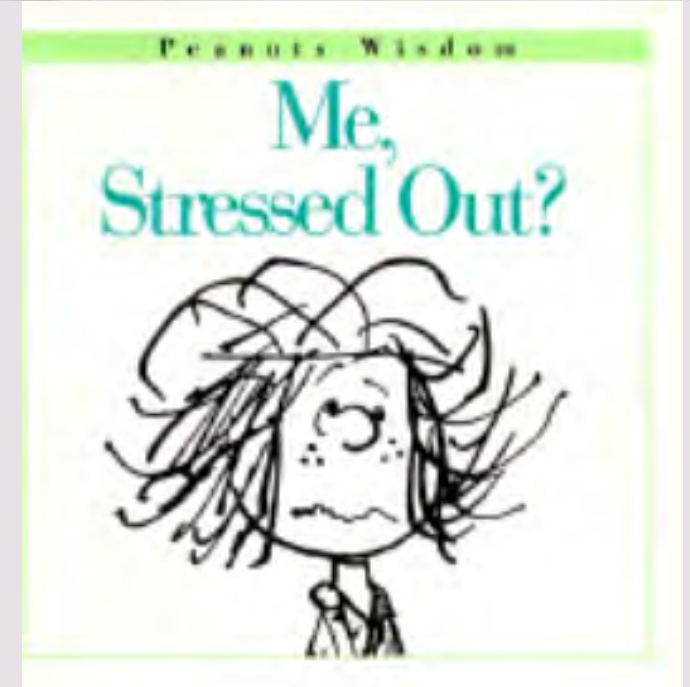
# HA'AHA'A humility

by Thao "Kale'a" Le  
illustrated by Storm Kano



# Stress in Children

- Signs of Stress
  - Trouble eating, relaxing, sleeping
  - Increased clinginess, whining, crying, fighting
  - Recurring tummy aches
  - Thumb sucking, fingernail biting, rocking, teeth grinding
  - Increased irritability, sadness, panic, anger
  - Becoming withdrawn - avoiding others
  - Increased behavior such as biting, kicking, poor listening, acting out
  - Low energy or high energy



# Stress & Budget

- Body Budget
- Brain Budget



# WHY Mindfulness?

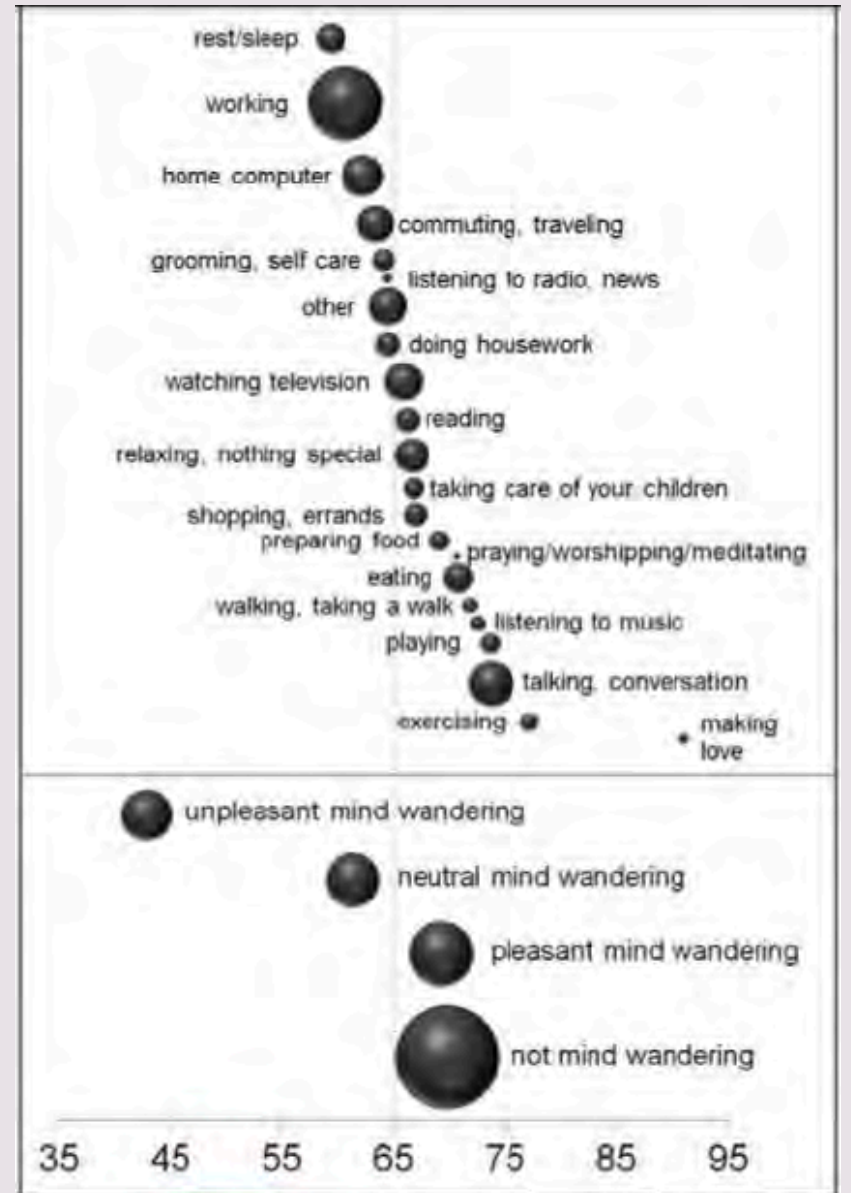
## A Wandering Mind is an Unhappy Mind

How are you feeling right now?

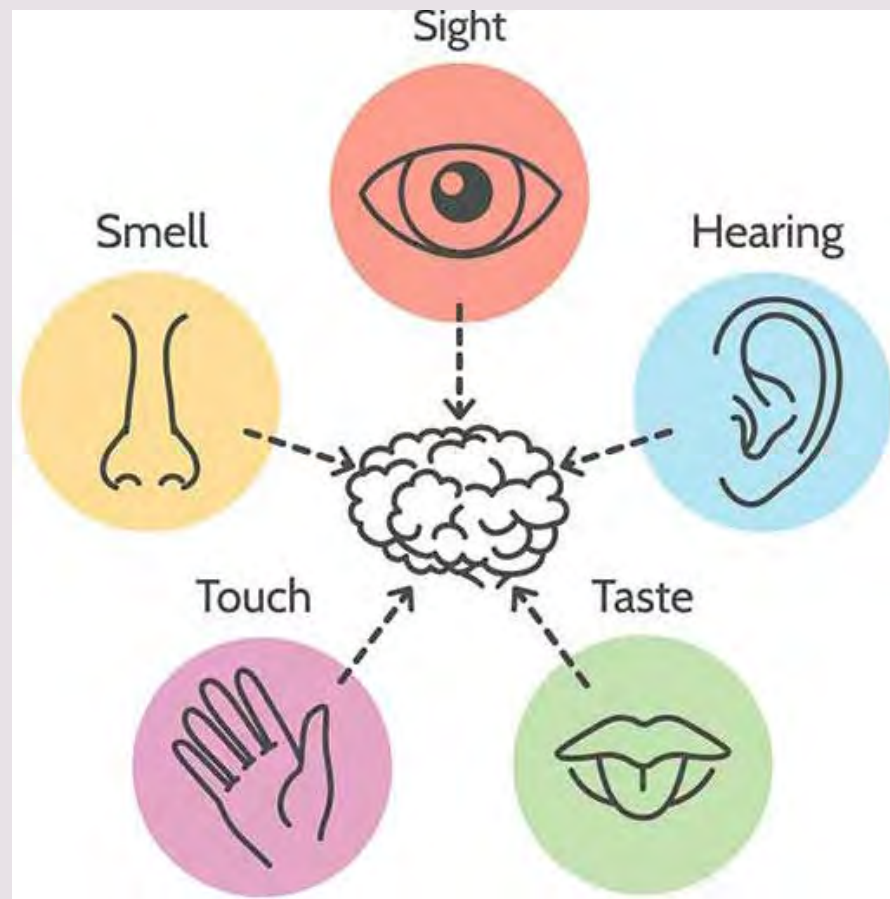
What are you doing right now?

Are you thinking about something other than what you're doing?

Source: Mathew A. Killingsworth and Daniel T. Gilbert, November 12, 2010 Vol 330 Science



# What pulls your attention?



The lights are too bright !

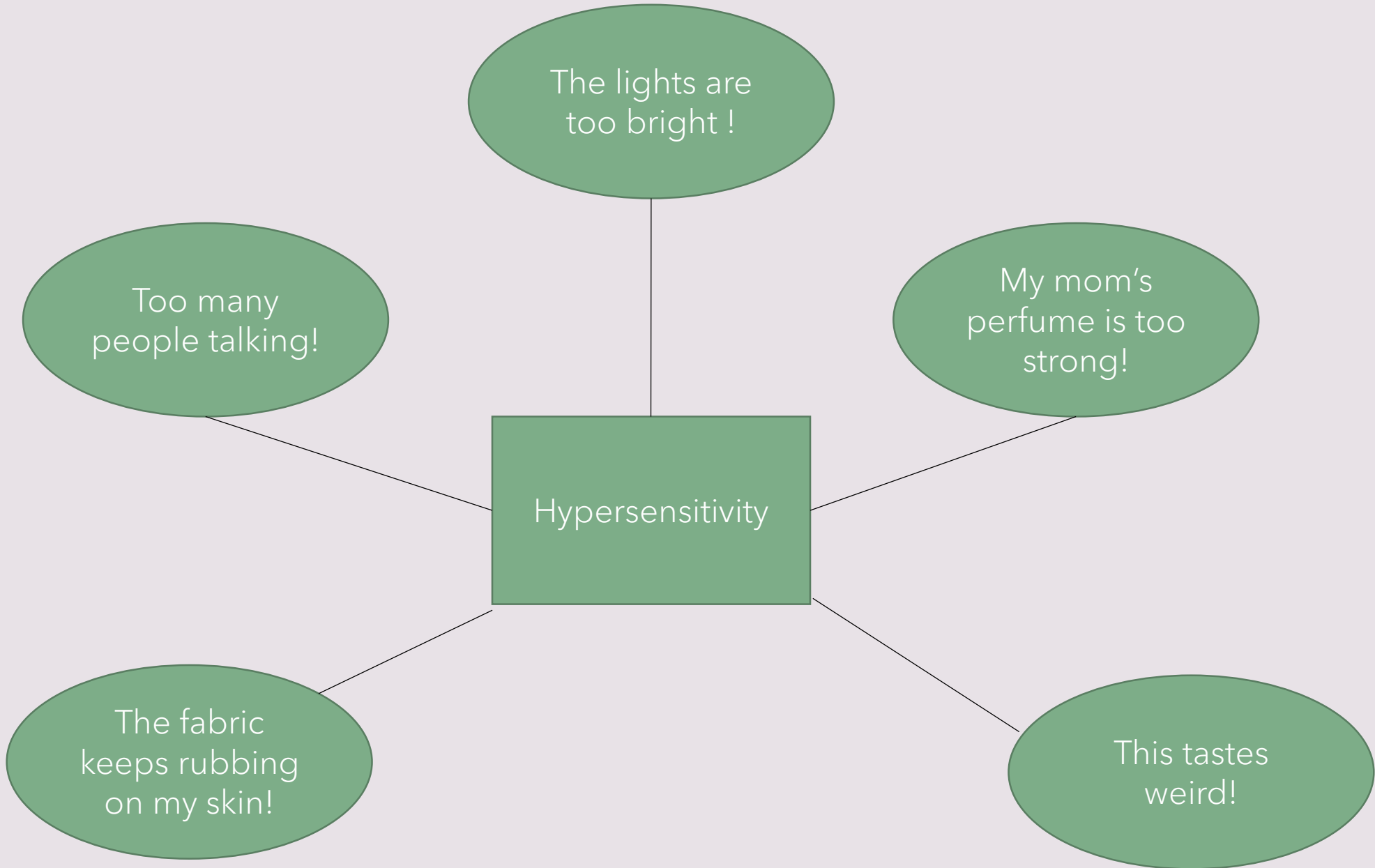
Too many people talking!

My mom's perfume is too strong!

Hypersensitivity

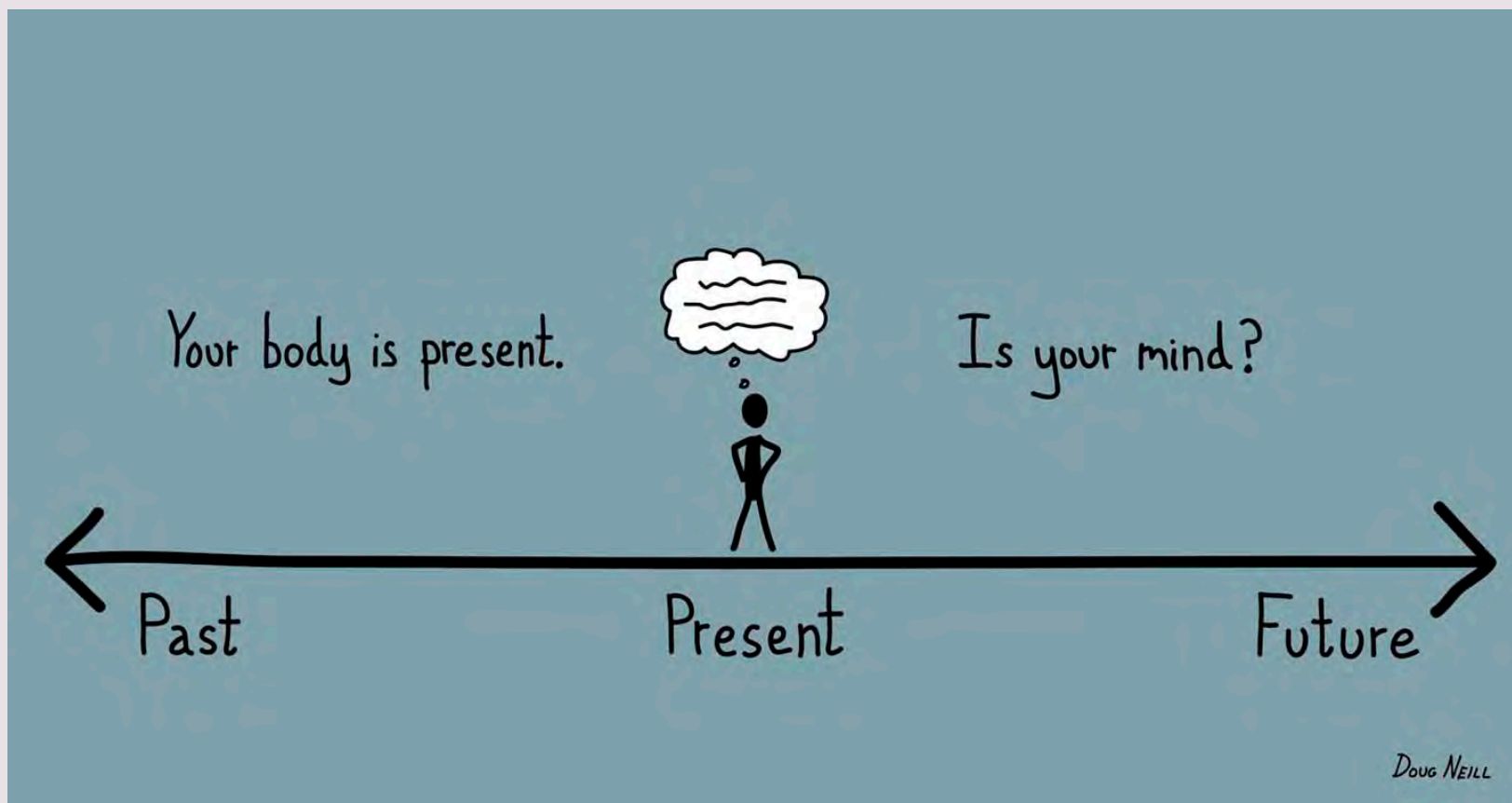
The fabric keeps rubbing on my skin!

This tastes weird!





# WHAT is Mindfulness?



# HOW to practice Mindfulness?

- Attention/Focus
- Awareness
- Acceptance
  - Non-reactivity
  - Non-judging, but yes to discerning



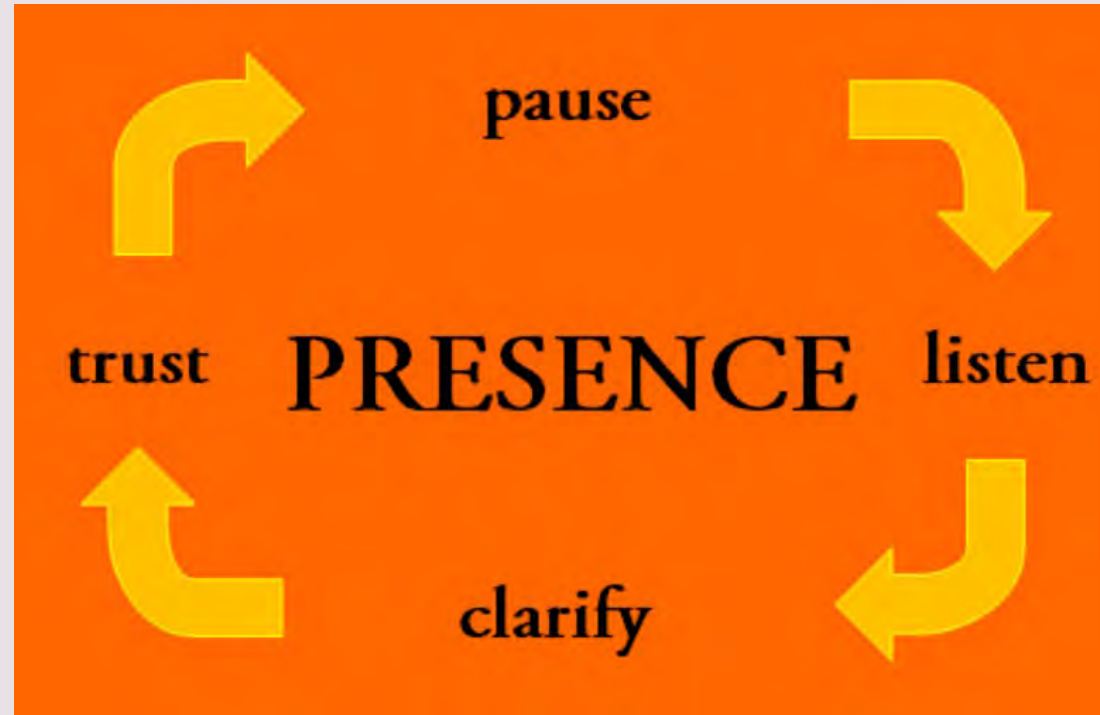
Finding your sensory/bodily anchor



Examples from Benjamin's  
experiences with Mindfulness

Young People Need Your PRESENCE....

And you can only do that when you are PRESENT



Mindfulness Practices can help us to cultivate PRESENCE, be more emotionally available, manage stress skillfully....

PRESENCE = ALOHA



# Mirror Neurons & Attunement



- Stress, Expectations, Judgments,  
wanting something different than  
what is...takes you out of  
PRESENCE

# The Mindfulness Practice

- Foundational Attitudes
  - LETTING GO
  - Akahai/Kindness
  - Non-judgment/Acceptance





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# Benjamin's Mindfulness Journey & Where he is NOW

Finding his pace, finding his peace

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