



SDSU Student Accounting Society

Meeting Minutes: Deloitte Mindfulness

9/16/2021

Presenters:

Tracy Carneal: Campus Recruiter (Audit)

Sarah Moynier: Campus Recruiter (Tax)

Presentation:

Mindfulness:

- The ability to know what's happening around you and within you at any given moment without criticizing, judging or getting carried away by it.

How are you feeling?

- Be honest about what you feeling and share this with people who are around you
- What can you do to help others who are overwhelmed? What can

What are some things in your day that are mindless?

- Scrolling on tik tok
- Doing the dishes
- Driving

What are some things in your day that are mindful, or how can you be mindful?

- Closing extra open times
- Keeping my phone off of my desk
- Avoiding fillers while talking
- Plan ahead to be present
- The way we process social media is the same way we process work, so it is not giving your mind a break!
 - 25 minutes of focus, 5 minutes of rest

Mindful practices:

- Mindful breathing: pay attention to the breath, stop your mind from wandering
- Journaling: self reflection, help yourself reach your goals.

- Body Scan: Bringing special attention to your body. Tune into any sensation of pressure, tightness, temperature.
- Mindful eating: Stop what you are doing and focus on the food. Put down your phone, be in the moment and don't rush your meals.
- Three center check in: what are the thoughts in my head, how would I describe emotions in my heart, and what am I aware of in my body?

How are you mindful?

- Have you ever tried a mindfulness practice before?
- Where have you found success? Where have you faltered?
- What do you think the benefits of mindfulness practices would be for you personally?

Benefits of meditation

- Focus
- Perspective and insight
- Lower anxiety
- Self control
- Immune Boost
- Resilience
- Happiness and satisfaction
-

14 day mindfulness challenge:

14 Day Mindfulness Challenge!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Have a cup of tea or coffee; notice the flavor and temperature of each sip.	2. Do something kind for yourself or someone else today.	3. Go for a walk or run, sans music or podcasts.	4. Take 10 minutes to sit quietly before one of your classes.	5. Take a virtual yoga, Pilates, Tai Chi or mindfulness class.	6. Sit quietly for 10 minutes; send out good thoughts to friends and family.	7. Unplug for at least 4 hours.
8. Eat mindfully all day.	9. Watch a full sunrise or sunset	10. Try mindful coloring.	11. Write down at least 5 things you are grateful for today.	12. Listen to a guided meditation.	12. Scan attention through your body focusing on each area.	14. Take a walking meditation.

Upcoming opportunities

Events:

SDSU Meet the Firms

September 17th

Available

Audit & Assurance

- Winter 2022 Internship
- Summer 2022 Internship
- Summer/Fall 2022 Full Time

Tax

- Summer 2022 Internship
- Summer/Fall 2022 Full Time



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- Apply Today via Handshake!
- **Application Deadline – September 22nd**