



Upbeat!

Optimizing Well-being Through Mindset Mindfulness, & Music

Presented By

Dr. Matthew Arau
Upbeat Global, LLC | Lawrence University

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Gustavo Dudamel



Alan Gilbert

The ***Upbeat*** is the **Preparation** for any event.
- Alan Gilbert

The logo for UpbeatGLOBAL, featuring a stylized 'u' icon followed by the text 'UpbeatGLOBAL'.

Our Thoughts are the ***Upbeats***
to our Actions

Our Attitude is our ***Upbeat***
to any situation

We **Choose** our Thoughts
and our Attitude

We **Choose** our ***Upbeat***

The logo for UpbeatGLOBAL, featuring a stylized 'u' icon followed by the text 'UpbeatGLOBAL'.



Choose your **Focus**



Choose your Response



**Be a thermostat rather
than a thermometer**



And create your own weather!

Rather than focus on
what is wrong,
**focus on what you
want to create.**

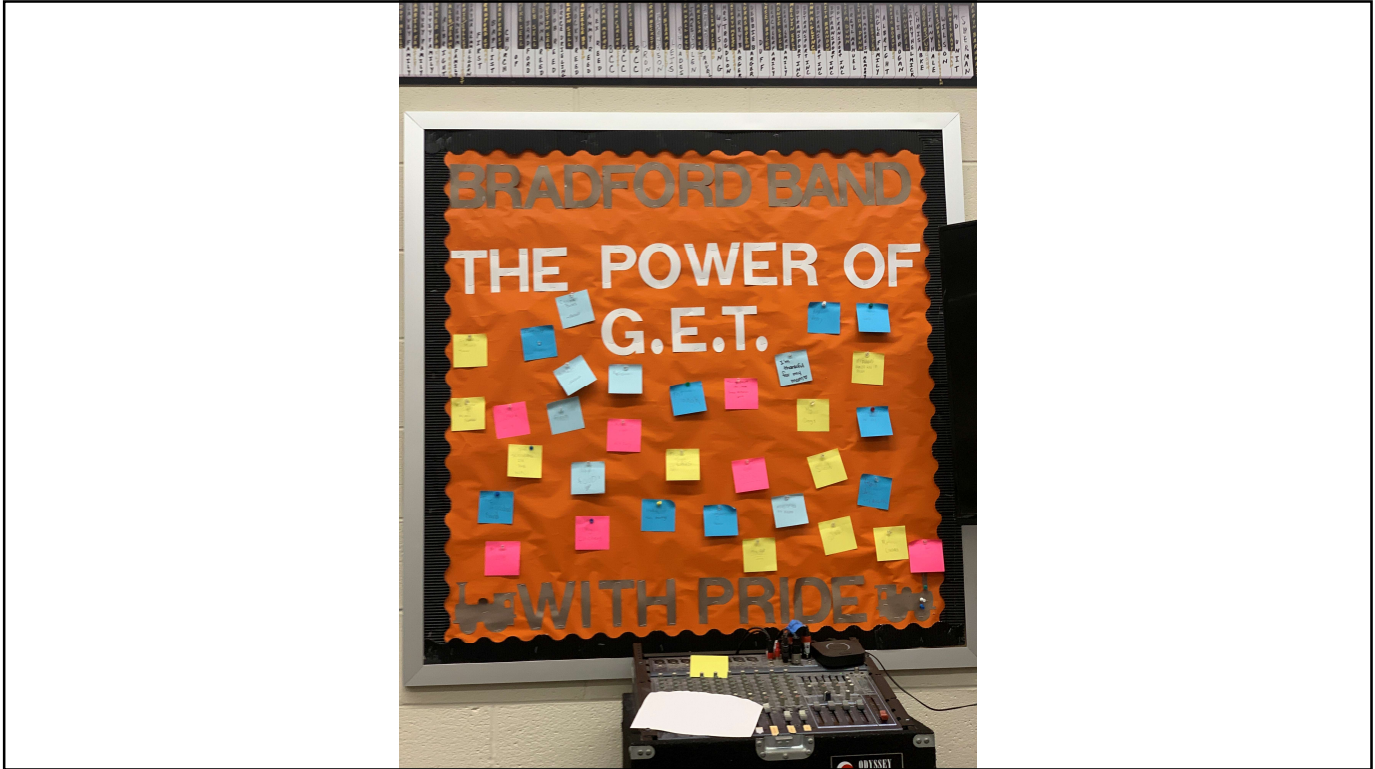
The POWER of **G.E.T.**

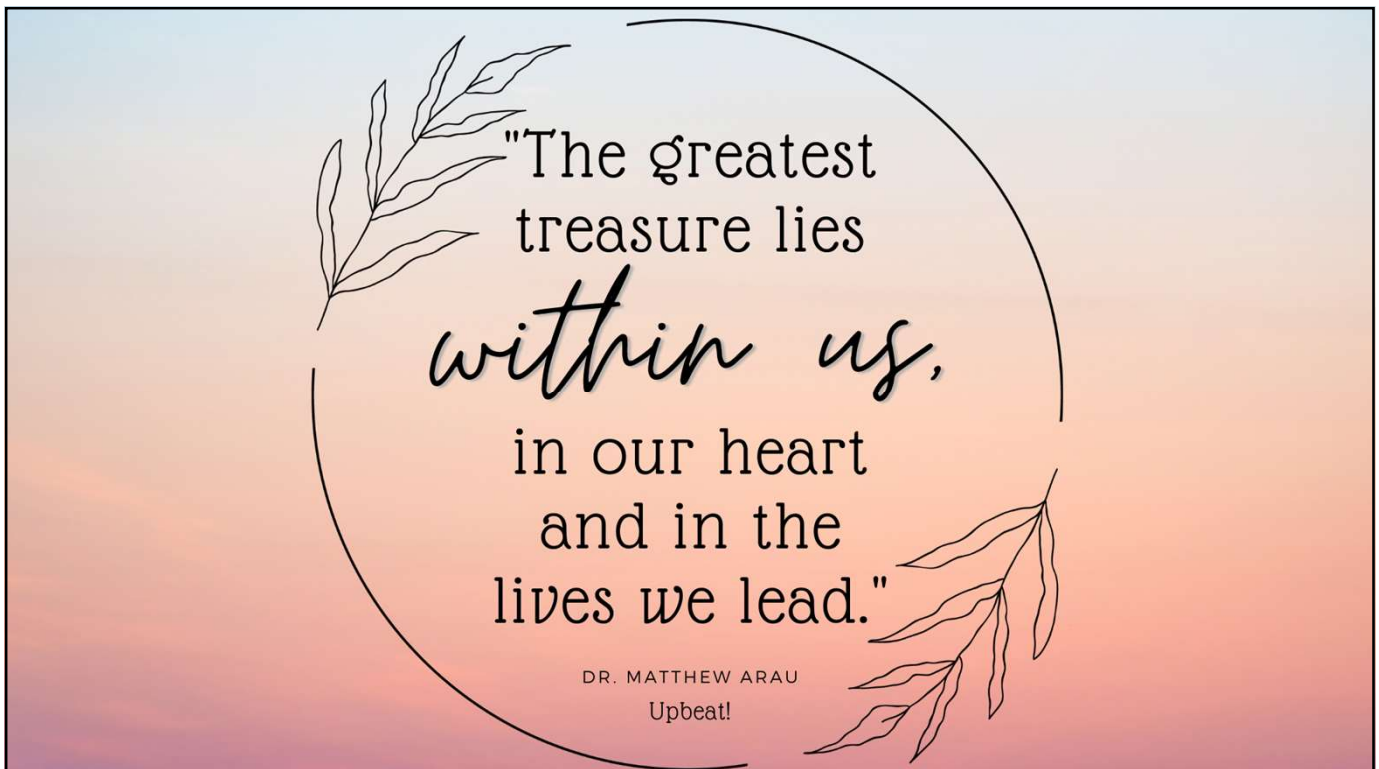
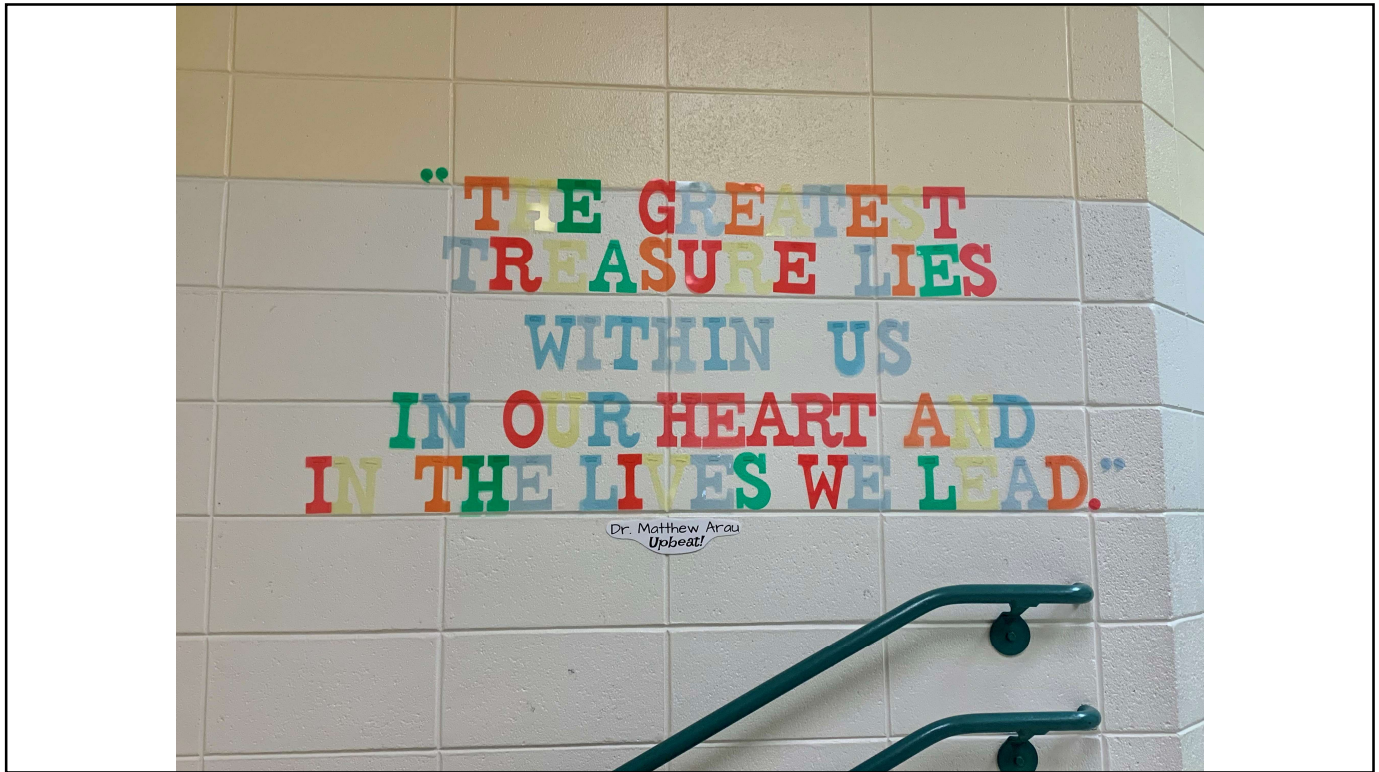
GratITUDE

ENTHUSIASM

TREASURE

What do you **G.E.T.** to do today?







Wake up to an
“**opportunity clock**”
and *intentionally* compose your day



Sustain Your *Upbeat* All Day

- Lots of water
- 8 hours of sleep
- Deep breathing
- Read for growth and joy
- Mindful walks
- Spend time in nature
- Be in the now
- Meditation
- Affirmations
- Gratitude journal
- Exercise
- Nutrition
- Mental nutrition
- News & social media fasts
- Set your intention
- Love
- Smile
- Laughter
- Mindful hugs
- Share appreciation
- Silence
- Visualize
- Create
- Music

*Upbeat*GLOBAL

You create a ripple effect

Mindfulness



Awareness



Be in the Present



Fine Tune Your Mind, Body, and Spirit

“Compassion for others
begins with kindness
to ourselves.”

- Pema Chödrön



How we treat others is a **REFLECTION** of
how we TREAT ourselves



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How we lead others is a **REFLECTION** of
how we LEAD ourselves



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Treat yourself like you are
your best friend



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“It is much easier to
regulate the breath than
to will negative moods to
end.”

- Andrew Weil, M.D.

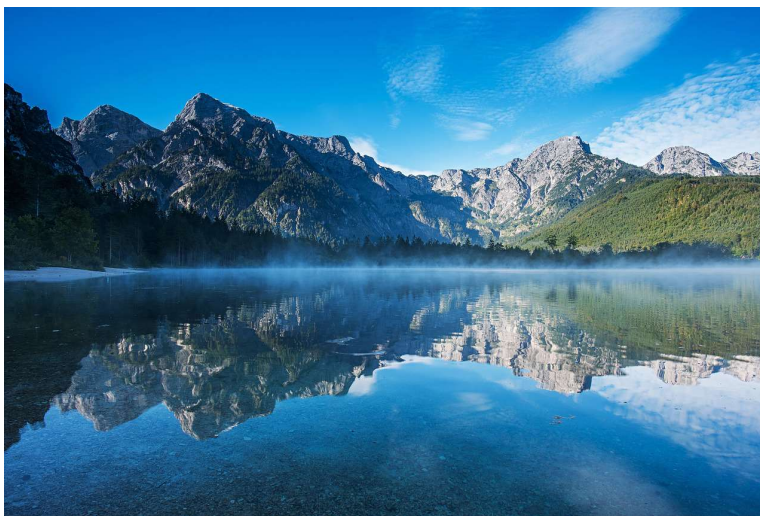
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MINDFUL BREATHING

- **FOCUS BREATH** - In nose for 4, out nose for 4
- **SERENITY BREATH** - In nose for 4, hold for 7, out mouth for 8
- **TRIANGLE BREATH** - In nose for 3, hold for 3, out mouth for 3
- **BOX BREATH** - In nose for 4, hold for 4, out nose for 4, hold for 4
- **RENEW-RELEASE BREATH** - “Renew” in nose for 4 counts, “Release” out mouth for 6
- **GRATITUDE BREATH** - Gratitude in nose for 4, Stress out mouth for 8

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Attitude of GRATITUDE



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The Superpower of Music



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Music builds Bridges



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A close-up photograph of brass instruments, likely saxophones, with a warm, golden-brown color palette. The focus is on the keys and body of the instruments, creating a textured and reflective surface.

**Music expresses
feelings and
emotions**

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A photograph of several small, purple crocus flowers with yellow centers, growing from a bed of green moss. The lighting is soft, highlighting the delicate petals and the vibrant green of the moss.

Music gives Hope

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Vision for the Future

You inspire the mind, heart, body and soul



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Thank you!

Dr. Matthew Arau

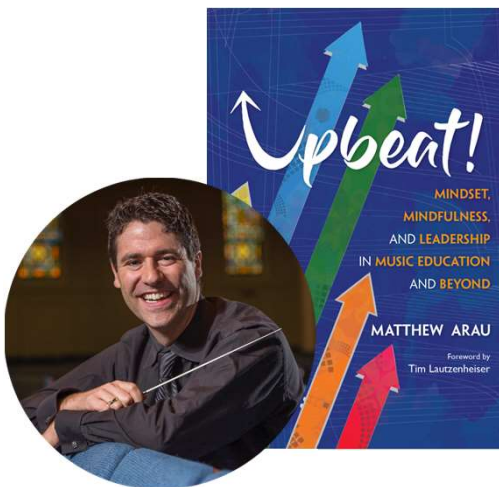
President, Founder & CEO | Upbeat Global

Associate Professor of Music | Lawrence University, Appleton, WI

P: 970.214.4018 | E: matthew@upbeatglobal.com

W: upbeatglobal.com

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National Wellness Institute (NWI) • NationalWellness.org • NWI@nationalwellness.org • 715-342-2969