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# MIND MAPPING FOR WORKWELL

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SLM Consulting, LLC  
*Data Driven Public Health Solutions*

# OVERVIEW OF SESSION

Understand  
what Mind  
Mapping is

Identify  
when to  
use Mind  
Mapping

Examples  
of Mind  
Mapping

Steps to  
develop a  
Mind Map

WorkWell  
moving  
forward

Participate  
in Breakout  
Room to  
develop a  
Mind Map

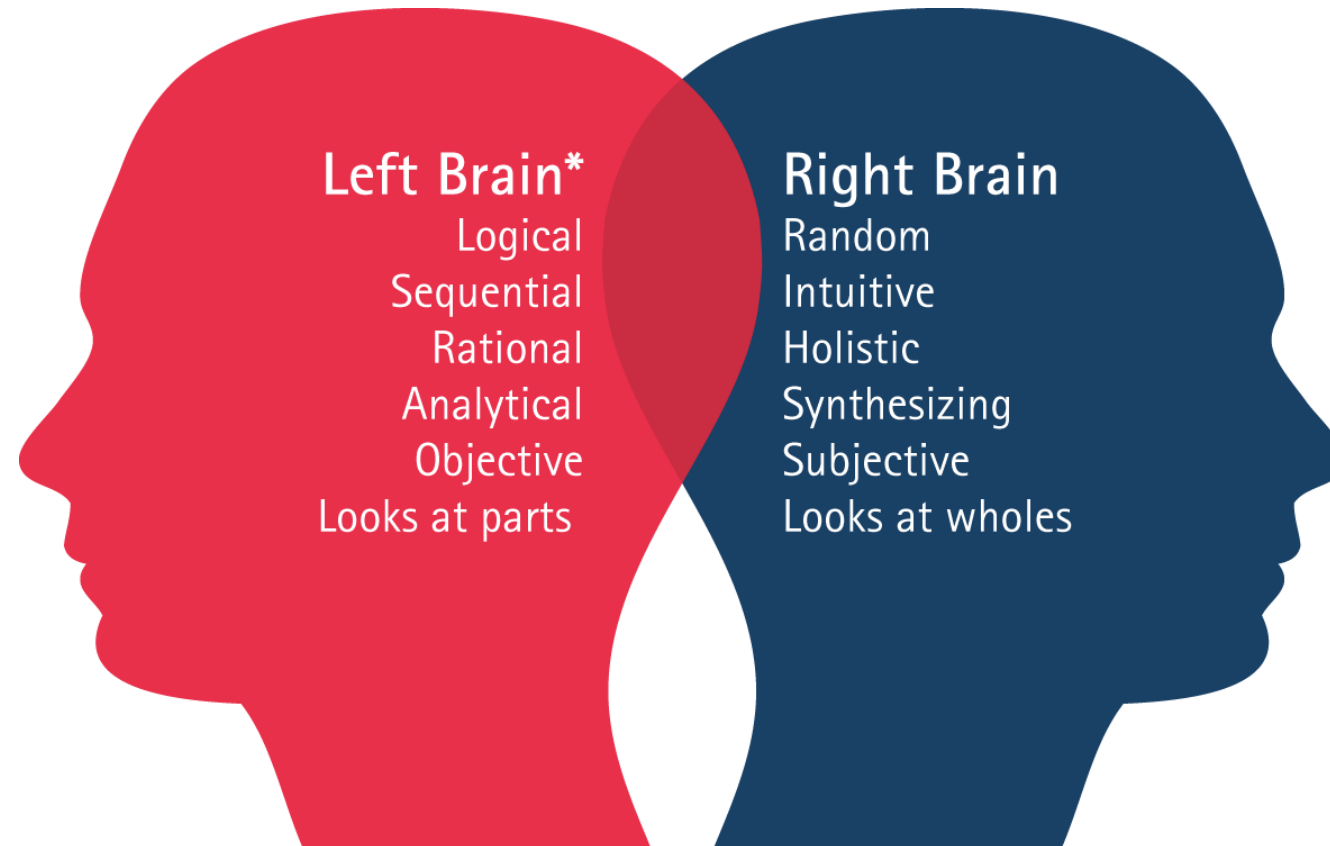
Report out  
Breakout  
Room Mind  
Map

Review  
Mind  
Mapping  
Resources

Q/A




# HOW YOUR BRAIN WORKS

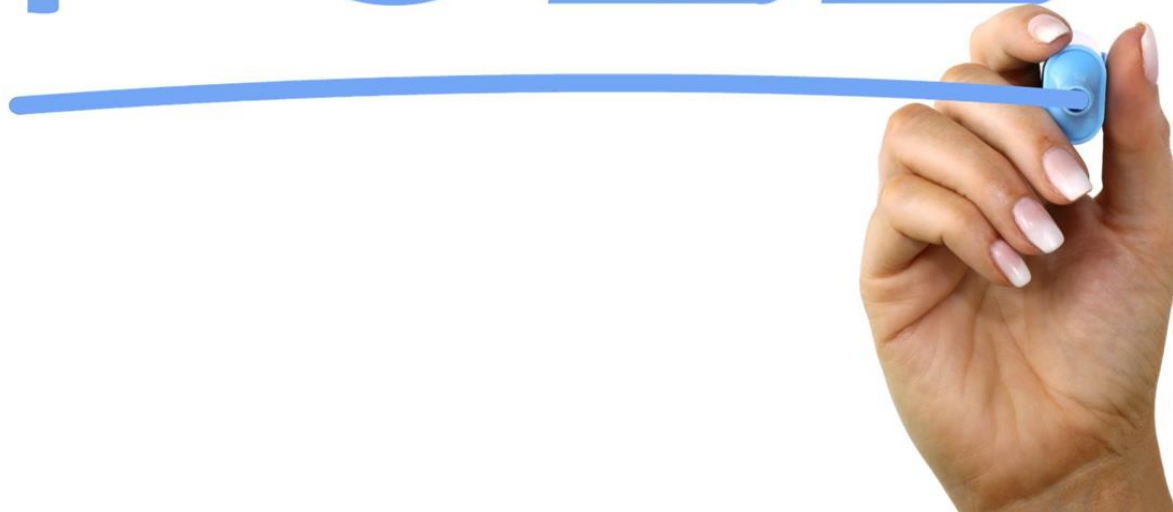


\*Source: Funderstanding.com, Inc., New Jersey





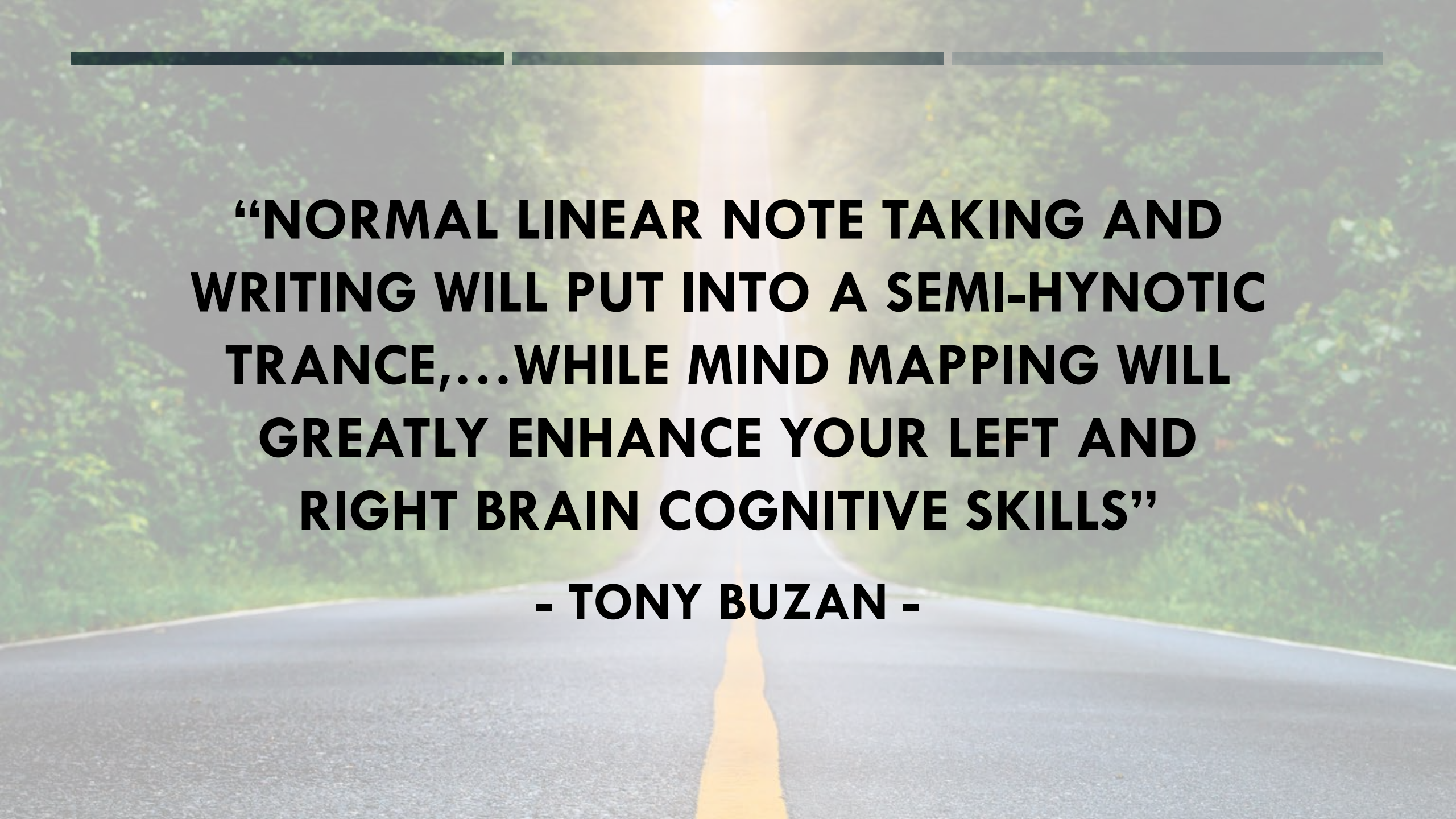
# POLL



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**“NORMAL LINEAR NOTE TAKING AND  
WRITING WILL PUT INTO A SEMI-HYNOTIC  
TRANCE,...WHILE MIND MAPPING WILL  
GREATLY ENHANCE YOUR LEFT AND  
RIGHT BRAIN COGNITIVE SKILLS”**

**- TONY BUZAN -**

# INVENTOR OF MIND MAP: TONY BUZAN



- Author and Educational Consultant
- Promoted mental literacy and mnemonic systems
- Launched program to support mind mapping in 2006
- World Mind Mapping Day
- [www.tonybuzan.com](http://www.tonybuzan.com)
- Ted Talk:  
<https://www.youtube.com/watch?v=nMZCghZ1hB4>

# MIND MAPPING



Graphical diagram used to link, group, and organize ideas, thoughts, concepts, actions, and information into a connected pattern around a single issue.



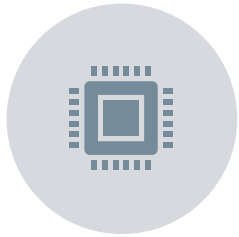
Created around a single issue, drawn or created as an image.



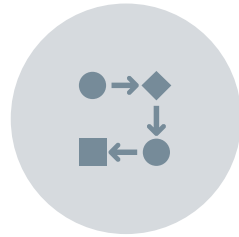
Technique based on memory, creativity, comprehension, and understanding...it simply helps in what the brain does naturally.



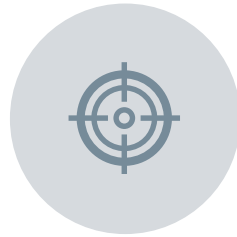
# WHEN TO USE



DESIGN  
SOLUTIONS TO  
EXISTING  
PROBLEMS



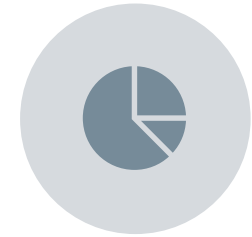
CREATE A NEW  
PROCESS



EXPLORE OR  
DEVELOP  
OBJECTIVES FOR A  
STRATEGIC GOAL



HEALTH  
EDUCATION

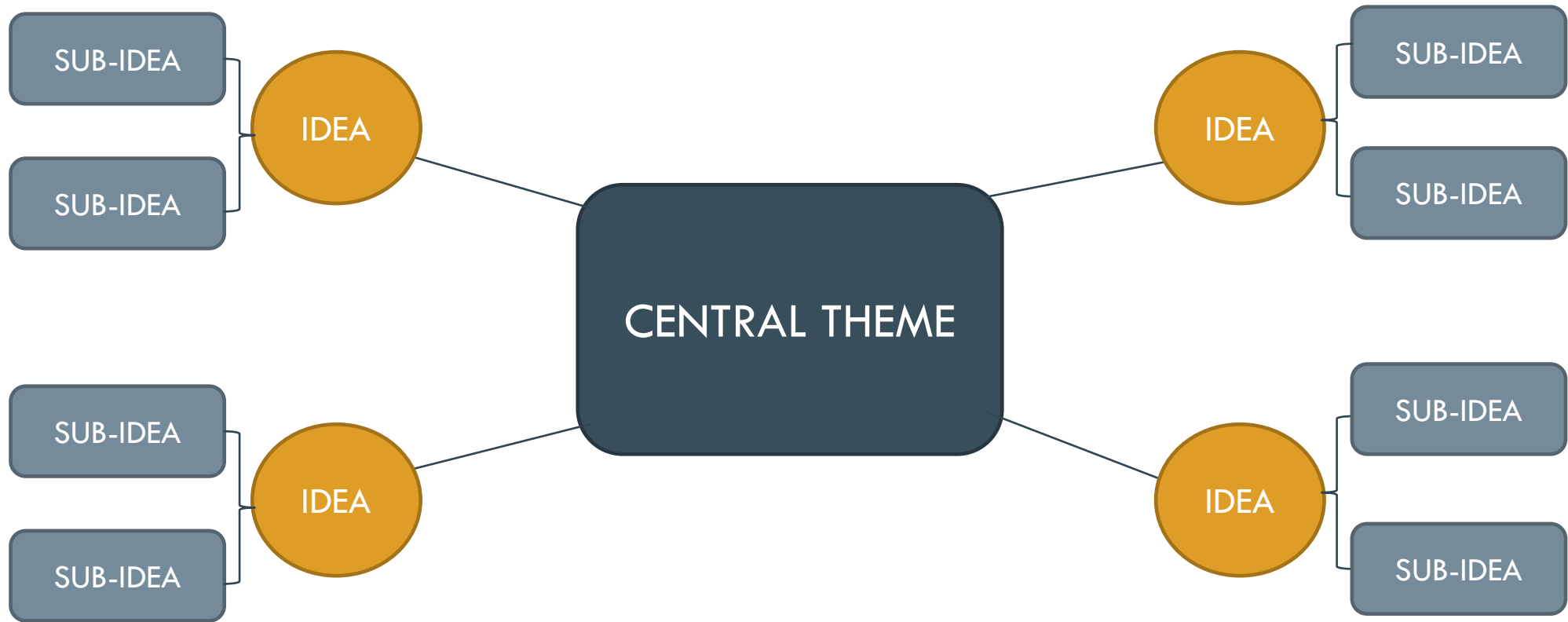


QUALITATIVE DATA  
ANALYSIS

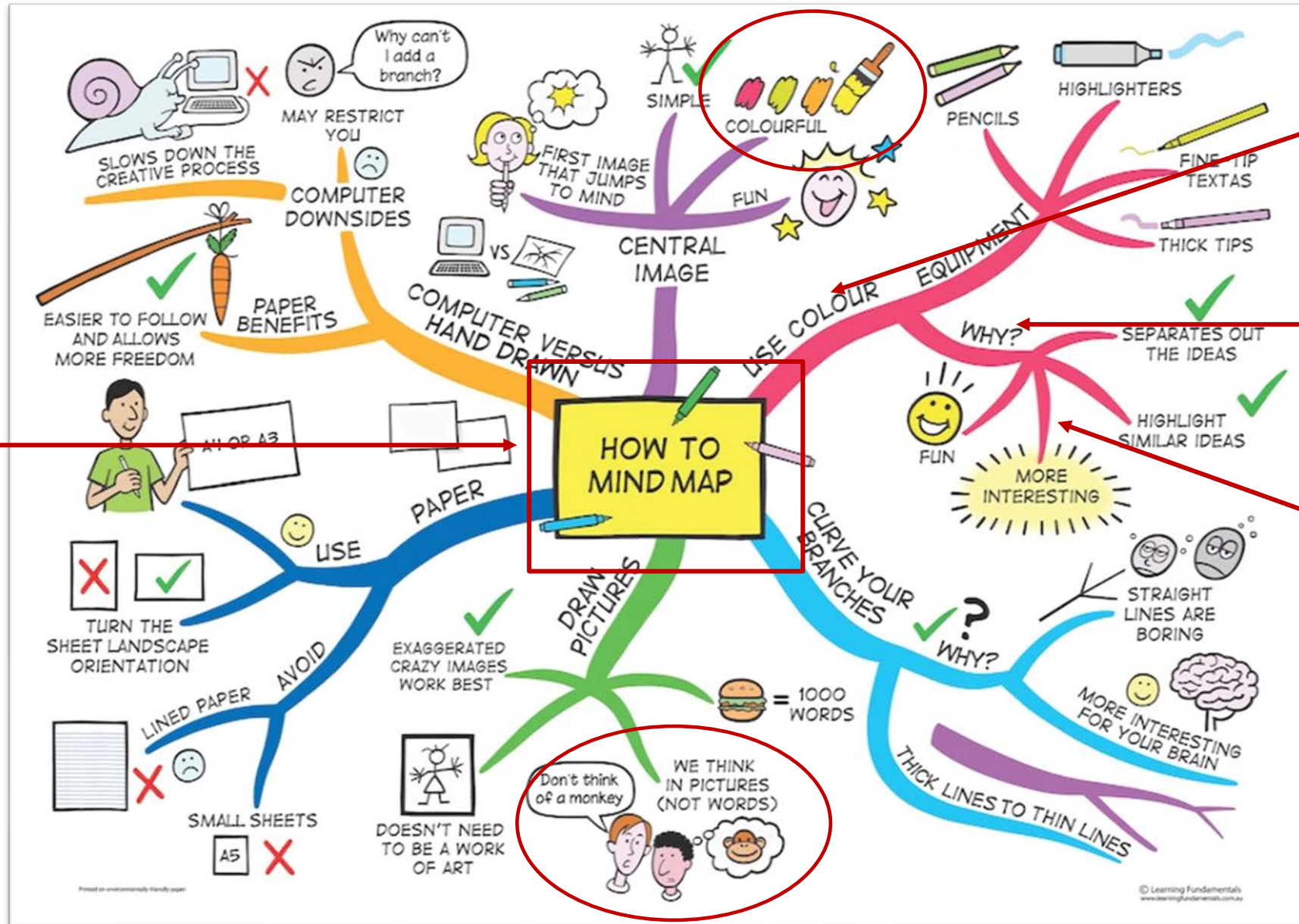




# MIND MAP



1. CENTRAL  
IMAGE/THEME



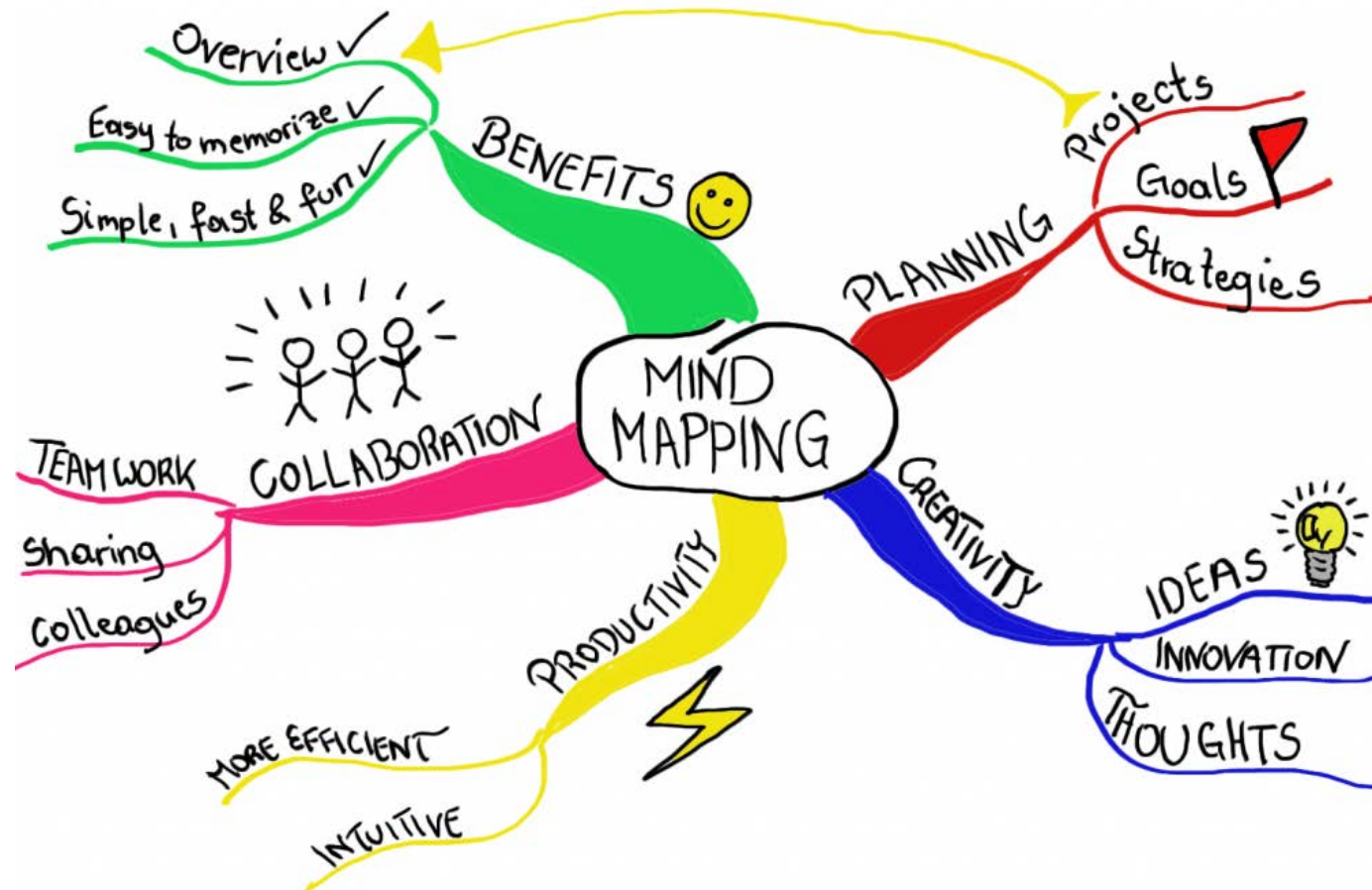
2. SUBHEADING/  
BRANCH

3. SUBTOPICS/  
SECOND  
BRANCH

4. SUBTOPIC/  
THIRD BRANCH



# VALUE OF MIND MAPPING



# BENEFITS ON MIND MAPPING



FOCUS ON A SUBJECT AND ORGANIZING THE THOUGHTS

RECALLING

IMPROVING CREATIVITY

HAVE A PLACE AS LIFELONG LEARNING TOOLS

PROBLEM SOLVING



# MIND MAPPING EXAMPLES

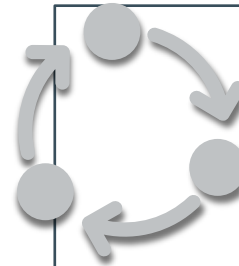




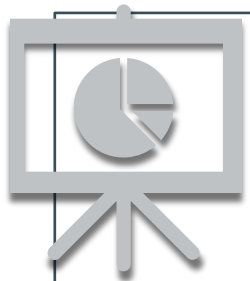
# HEALTH EDUCATION IN EXTENDED CARE FOR CHILDREN WITH CARIES



**Objective:** To investigate the application of mind mapping-based health education in extended care for children with caries.



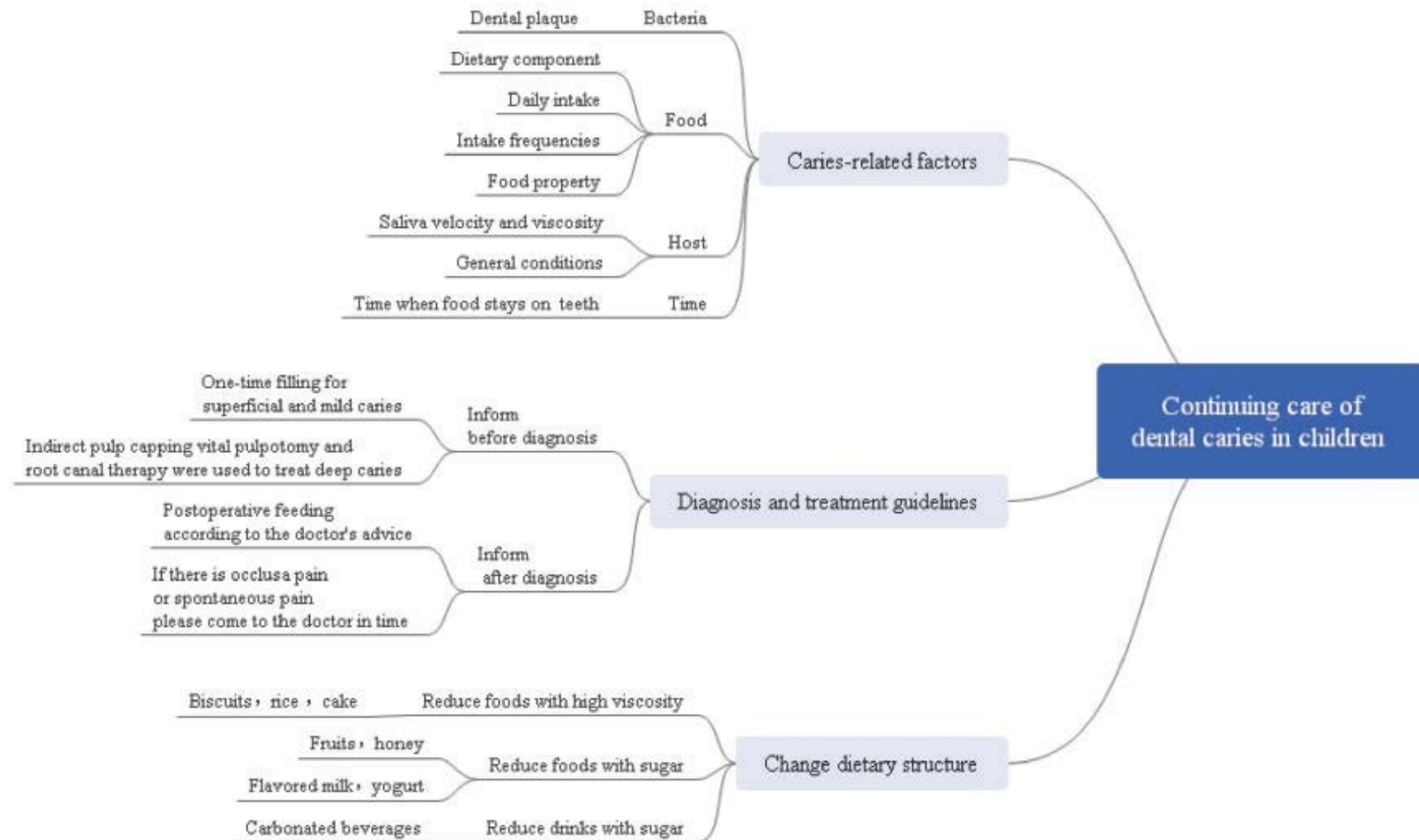
**Methods:** This was a prospective study of 159 eligible children with caries. Participants were randomly assigned to an observation group and a control group and received extended health education and guidance. Patients in the observation group received health education with mind mapping.



**Results:** Caries knowledge was significantly greater in the observation group than in the control group. The observation group had a significantly greater number of follow-up visits in 12 months than the control group.



**Conclusions:** Mind mapping was effective in the implementation of extended care. Mind mapping information was more accessible to children and their parents, increasing their compliance with health education.



# HEALTH COACHING CASE REPORT

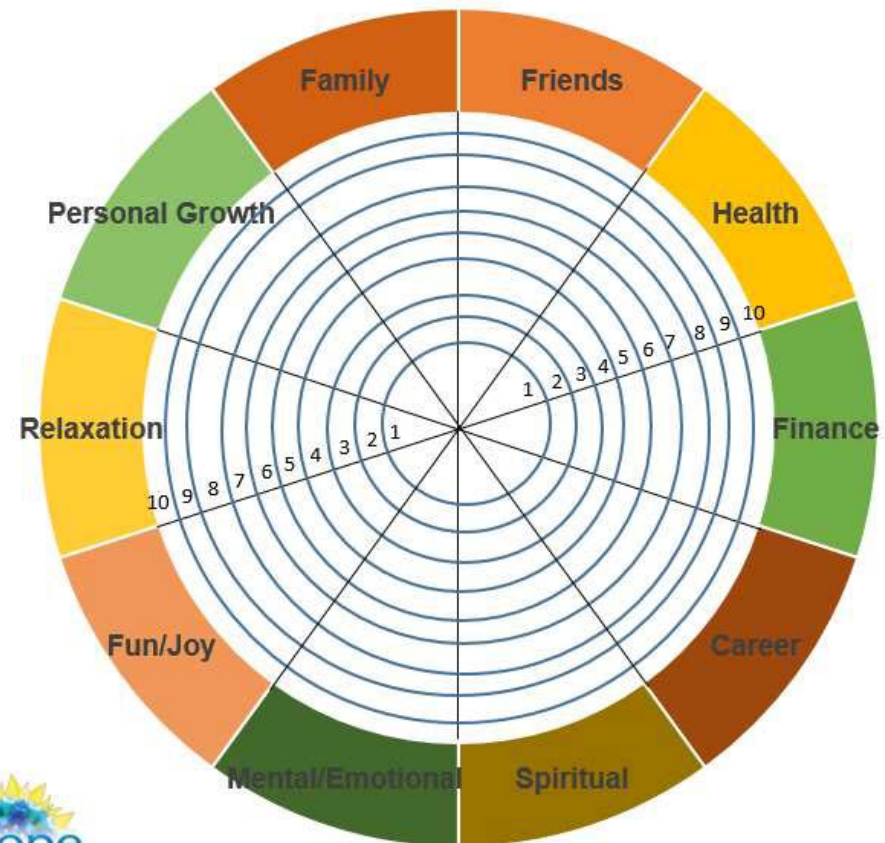
**Objective:** To promote a healthy lifestyle and manage stress, group health and wellness coaching was offered to leaders of a large health care organization in the Midwest.

**Methods:** Virtual health and wellness coaching through five sessions for employees who participated in a leadership development cohort. One on one interviews with participants. Leaders completed The Perceived Stress Survey prior to their first session and the final session. Leaders were invited to use a mind-mapping technique during session three to creatively brainstorm and explore the topic of energy renewal and drains, utilizing a holistic perspective. After completing two mind maps the group was invited to create initial action steps.

**Discussion:** The leaders who participated in group coaching were able to gain self-awareness through a holistic approach of health and wellness, understand the importance of self-care/stress management, explore energy management, create SMART goals, experiment with action steps, and address barriers and obstacles.



## Health and Wellbeing Wheel



# MIND MAPPING AND PHYSICAL THERAPY

- Clinicians use mind mapping to open conversations with clients about how their impairments influence their ability to access their community and achieve their goals.
- During conversations or as a treatment session dual task, the clinicians guide clients in creating their own individualized mind maps.
- In practice, mind mapping can stimulate greater patient engagement, providing an opportunity for the clinician to offer additional education regarding rehabilitation, and spark new directions within the rehabilitative plan of care.



# SOUTH DAKOTA COMPREHENSIVE CANCER CONTROL PROGRAM

“The mind-mapping helped us brainstorm where we wanted to go as a program and what we needed help with to get there. We could then update the scope of work for that position to better fit our long-term goals.”

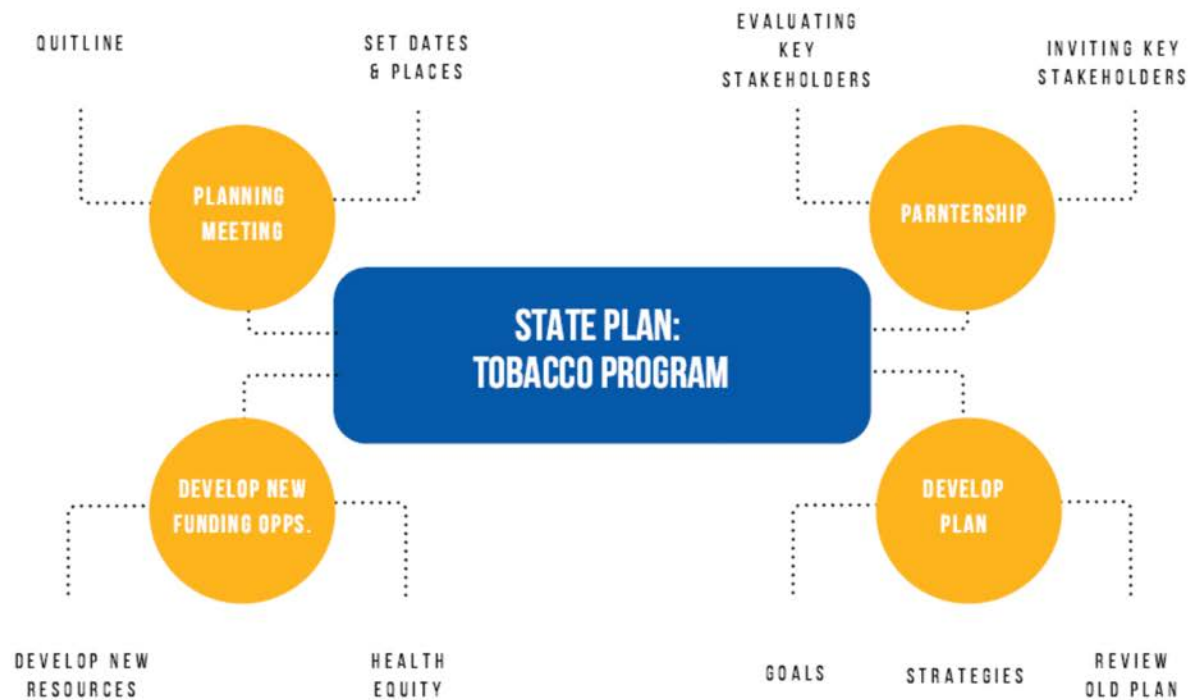
Sarah Quail, Cancer Programs Coordinator





# MIND MAP EXAMPLES





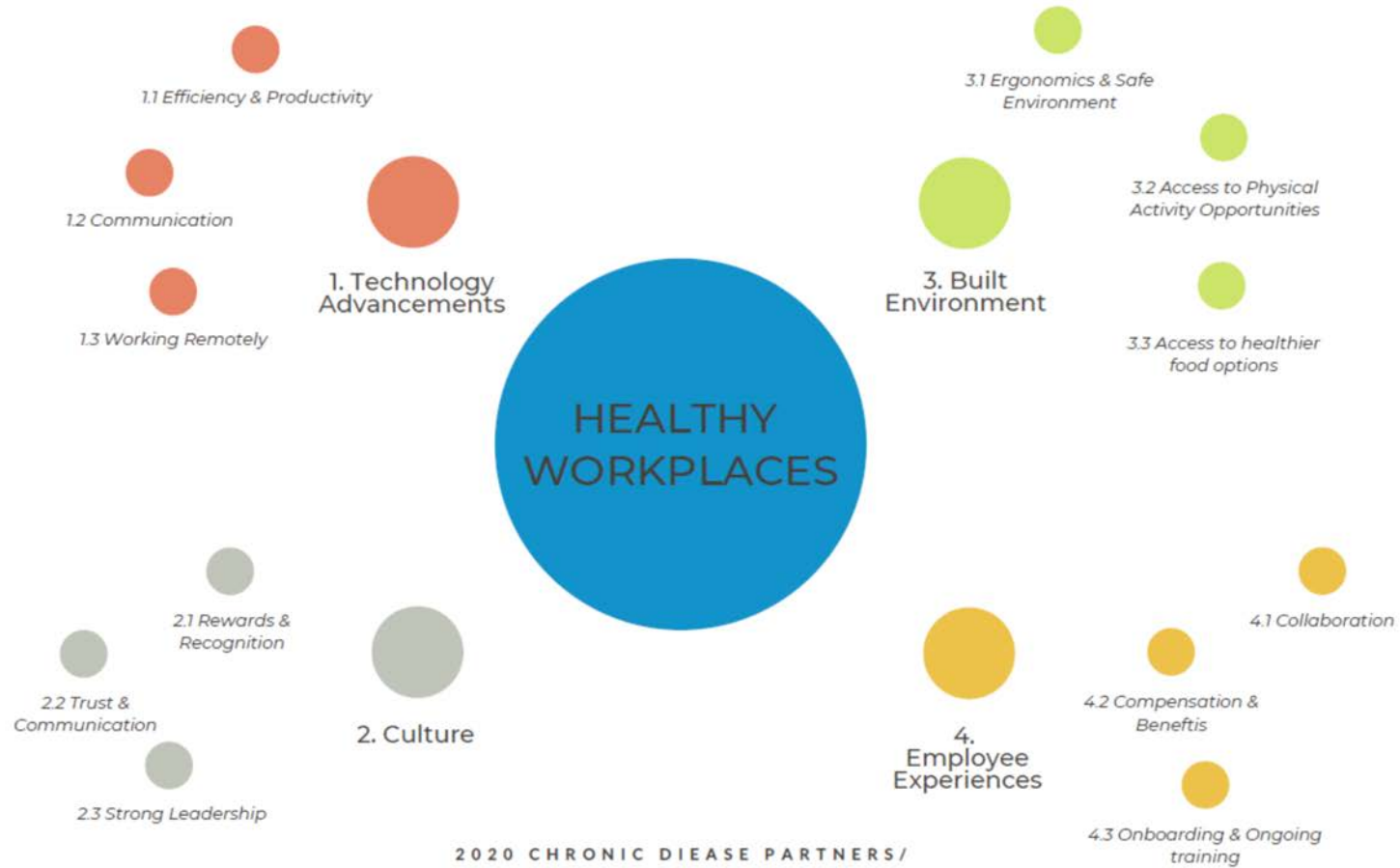
MIND MAP

TOBACCO PROGRAM

2019-2020

MIND MAP

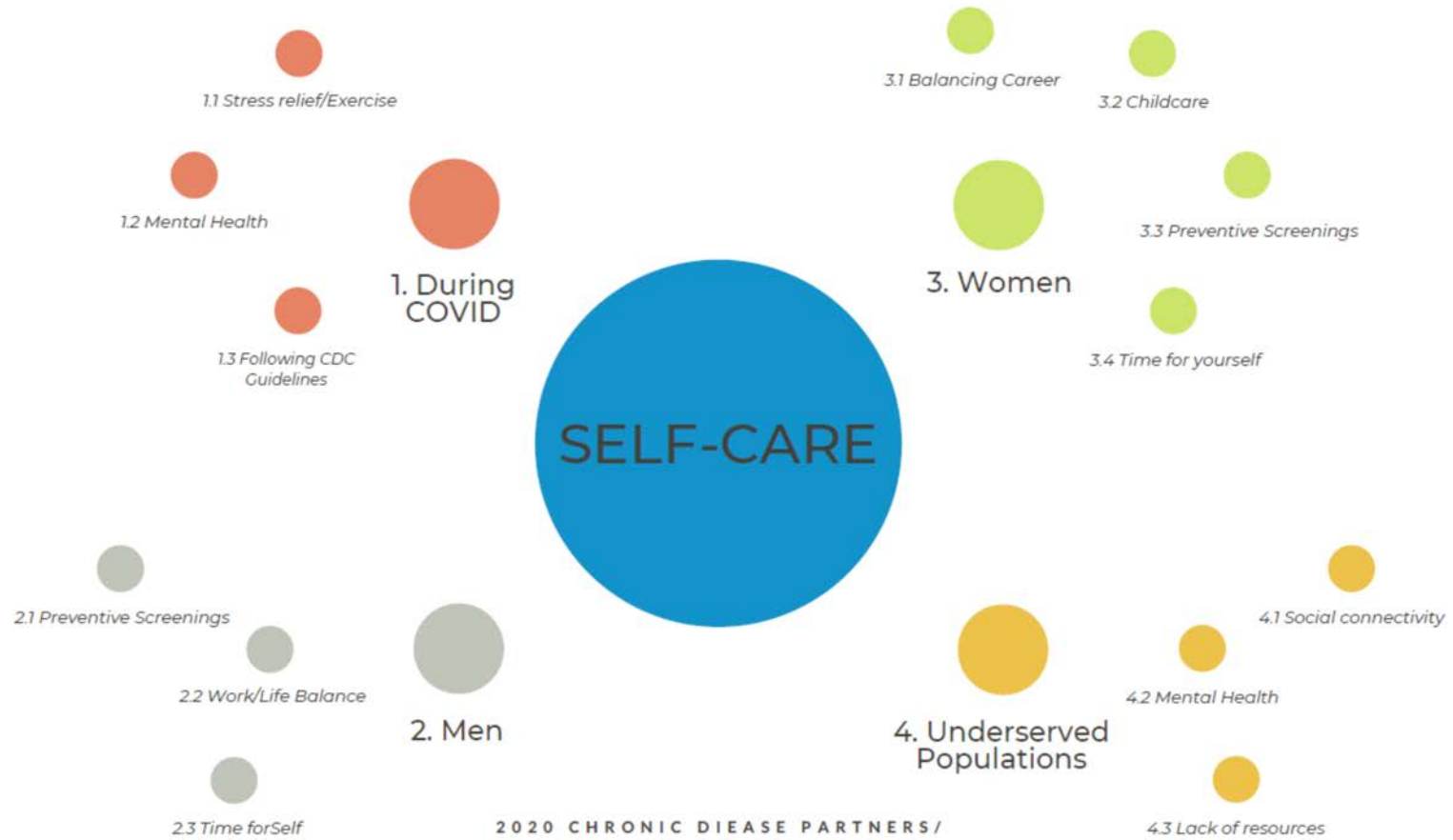
"WHAT IS NEEDED TO LINK COMMUNITY AND CLINICAL SERVICES FOR BETTER HEALTH IN SOUTH DAKOTA?"



2020 CHRONIC DISEASE PARTNERS /  
BCBH MEETING

MIND MAP

"WHAT IS NEEDED TO LINK COMMUNITY AND CLINICAL SERVICES FOR BETTER HEALTH IN SOUTH DAKOTA?"



2020 CHRONIC DISEASE PARTNERS /  
BCBH MEETING



# HOW TO MIND MAP





# STEP 1: IDENTIFY MAIN CONCEPT

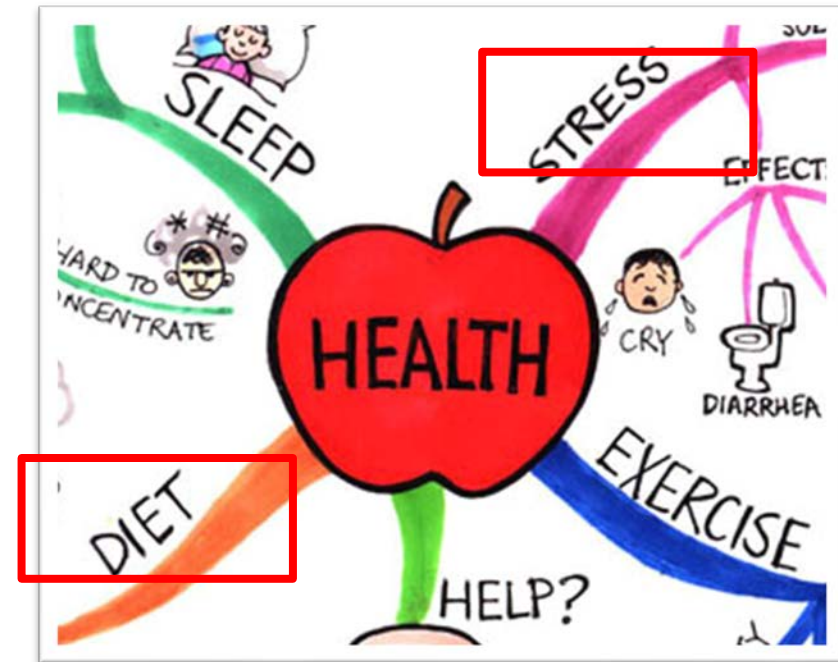


- Start in the center with a main concept/theme that the map will revolve around.
- The main concept should be described by a key word and an image.
- Having a large area to draw the map gives collaborators room to be creative, free flowing, and spread-out collective ideas.
- *Tip: **Images or pictures** are used to enhance the central idea and sub-ideas: A picture is worth a 1,000 words.*



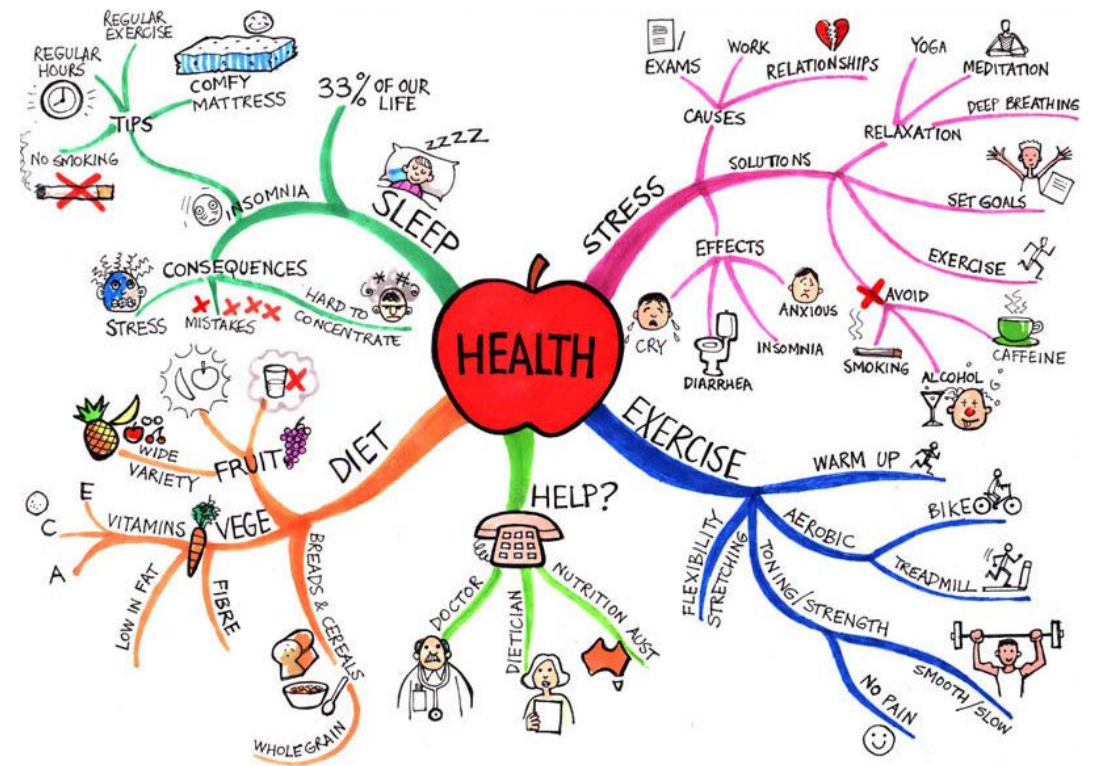
## STEP 2: IDENTIFY RELEVANT TOPICS

- Draw lines or branches out from the central image/word as you think of subheadings of the topic or important facts or tasks that relate to your subject.
- Limit to short phrase or one keyword.
- Label these lines with your subheadings.

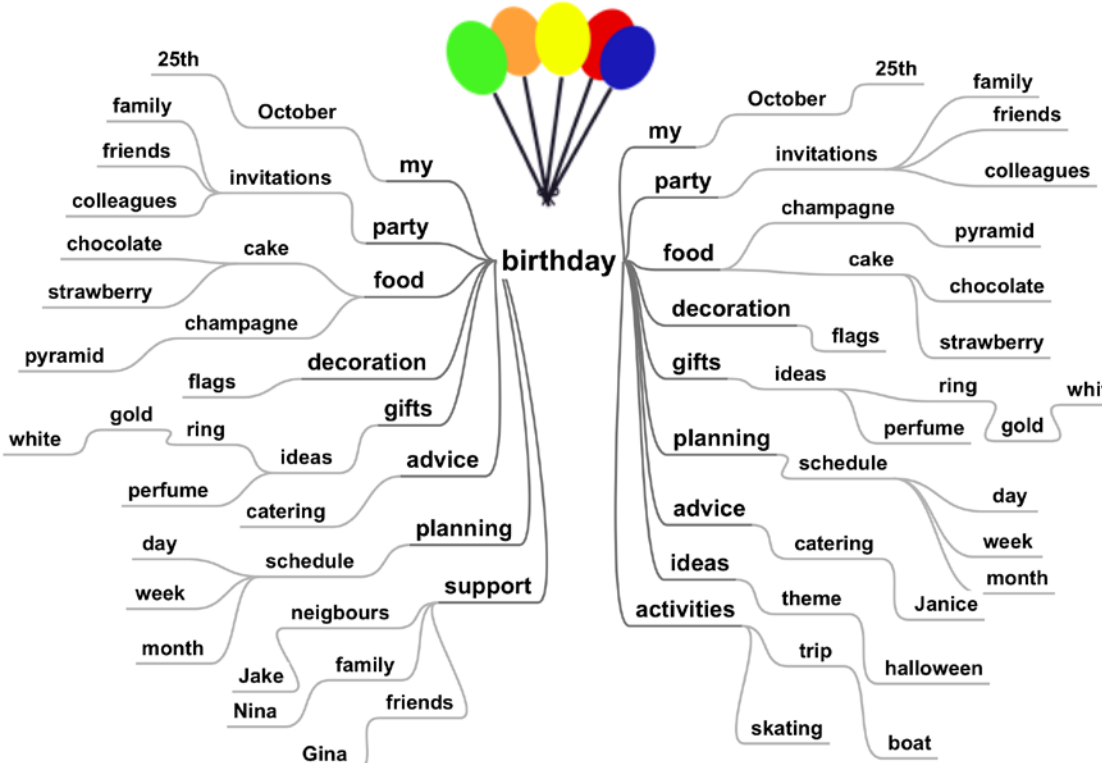


# STEP 3: DIVE DEEPER

- Main branches are linked to the central image and then connect the lower-level branches.
- Dive deeper into the subject to uncover the next level of information (related sub-topics, tasks or facts, for example).
- These sub-branches will also contain words/image that elaborate on the topic of the branch it stems from. This helps develop and elaborate on the overall theme of the mind map.
- Try to think of at least two main points for each sub-theme you created and create branches out to those.
- The mind can only grasp about 7 associations.



## MIND MAP EXAMPLE: TOO MANY ASSOCIATIONS



# TIPS

- **Keywords** are used on the branches to explain the concept it represents and to help the reader understand the logic of the flow and connections.
- **Curved lines** are used in a Mind Map rather than straight lines as in a tree diagram. The curved lines show that the Map is free flowing, not rigid like a Tree Diagram, and allows for connections to be drawn that may impact multiple areas.
- **Colors** are used throughout the Mind map to stimulate the brain and it makes the Map look vibrant, which helps stimulate creativity of others
- The length of a word ideally matches the length of a curved line, which causes associated words to be in **proximity**.





# MIND MAPPING ACTIVITY

BREAKOUT ROOMS



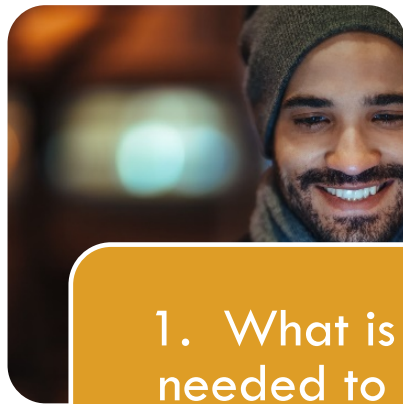
# INSTRUCTIONS

Develop mind maps that address the conference theme:

Engaging the Workforce in Times of Change



# WORKWELL MOVING FORWARD



1. What is needed to engage the millennial employee?



2. How does a worksite increase flexibility as an employee benefit?



3. What is needed to engage the remote worker?



LIVING HEALTHY WORKS.  
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

[eweiss@bhssc.org](mailto:eweiss@bhssc.org)



# BREAKOUT ROOMS

1. *What is needed to engage the millennial employee?*
2. *How does a worksite increase flexibility as an employee benefit?*
3. *What is needed to engage the remote worker?*
4. *How can a worksite address mental health?*
5. *How can an employer focus on diversity and inclusion?*

# INSTRUCTIONS

4. Please click on the top three circles in upper right corner of your Zoom screen and change your name to the breakout room number you would like to participate in.
5. Once identified, you will be moved to breakout rooms and given 25 minutes to develop a mind map based on the central theme/topic to answer the question.
6. One person in your group will need to self identify to be the facilitator and map developer. A computer-based map will be developed using the template provided in the chat/e-mailed. The template can be modified to fit your discussion, including adding text and additional shapes. Introduce yourselves to each other.
7. Once complete, you will be moved back into the larger group and asked to report back about your group's mind map.

# BREAKOUT ROOM REPORT OUT



# RESOURCES



# CONTACT INFORMATION

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[www.slmconsultingllc.com](http://www.slmconsultingllc.com)

thank you!



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