



What Is Mindfulness and What Does It Have To Do With Parent Centers?



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Why Did you Choose This Session?



Mind Full, or Mindful?



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A Little About Me

- I taught 4th and 5th grade bilingual education for 2 years.
- I got my masters degree in Transpersonal Counseling Psychology from Naropa University in 2003
- Have worked for PEAK (CO PTI/Region 5 TAC) since 2004
- I have a private practice in Golden, CO, specializing in anxiety disorders

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- I am a mom of an 7 & 3/4 year old.



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Xavier and Sophie





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A New Tool
Mindfulness Meditation




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What is Mindfulness?

- *"Mindfulness is moment-to-moment, non-judgmental awareness, cultivated by paying attention. Mindfulness arises naturally from living. It can be strengthened through practice." ~ Jon Kabat-Zinn*

<http://greatergood.berkeley.edu/topic/mindfulness/definition>


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What Is Mindfulness?

[Mindfulness is a Superpower](#)
[Mindfulness 101](#)



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Research & Mindfulness

[Mindful Schools](#)



<http://www.mindfulschools.org/about-mindfulness/research/>




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Elizabeth Blackburn




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Elizabeth Blackburn

- 2009 Nobel Laureate in Physiology and Medicine, [Elizabeth Blackburn](#), discovered in a study of that mothers of children with disabilities have shortened telomeres (piece of DNA).
- [NY Times Article](#)
- [Meditation slows aging](#) and self-care including mindfulness, yoga, and counseling reversed the negative impact on the telomeres.




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Emotional Intelligence

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.

Daniel Goleman




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Mindfulness in Schools

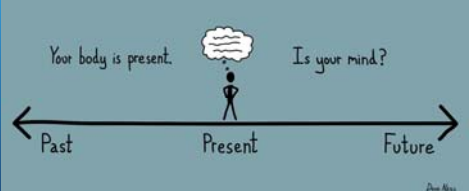
- Meditation Transforms Roughest SF Schools
<http://www.sfgate.com/opinion/openforum/article/Meditation-transforms-roughest-San-Francisco-5136947.php>
- Mindfulness In Schools Reduces Symptoms of Depression Among Adolescents
http://www.huffingtonpost.com/2013/03/15/mindfulness-in-schools-re_n_2884436.html
- Mindful Schools
<http://www.mindfulschools.org/>
- Fourth and fifth graders who did mindfulness exercises had 15% better math scores than their peers (among other benefits)
<http://time.com/389211/mindfulness-math/>



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So How Do You Do It?




Your body is present. Is your mind?


Past Present Future




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How Do You Train A Puppy?



"The key to meditation is learning to stay."




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Basic Mindfulness Meditation Instruction

- 1) Sit in an upright posture. You want a balance between dignity and relaxation.
- 2) Choose an object of meditation (breath, sounds in the environment, body sensation, music, etc.)
- 3) Put your attention on your breath (or other object of meditation). When your mind strays (and it will) label that "thinking" and gently bring your attention back to the breath.




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Let's Practice!




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What Did You Notice?





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Write Down Your own Definition


What is mindfulness?



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How Are Dominoes a Mindfulness Practice?



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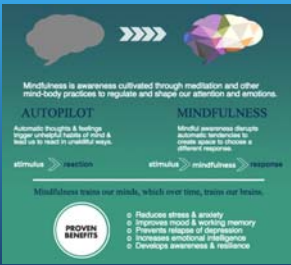
How Does This Relate To Your Parent Center Work?



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Creating Skillful Reactions



Autopilot: Automatic triggers & feelings trigger automatic floods of info & lead us to react in variable ways.

Mindfulness: Mindful awareness directly influences tendencies to respond based on choice & different responses.

stimulus >>> reaction stimulus >>> mindfulness >>> response

Mindfulness trains our mind, which over time, trains our brain.

PROVEN BENEFITS

- Reduces stress & anxiety
- Improves mood & working memory
- Prevents relapse of depression
- Increases emotional intelligence
- Develops awareness & resilience

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