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

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Why Did you Choose This Session?

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
  www.cultivateconfidence.com
- I am a mom of an 7 & 3/4 year old.
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
What Is Mindfulness?

Mindfulness is a Superpower
Mindfulness 101

Research & Mindfulness

Mindful Schools
http://www.mindfulschools.org/about-mindfulness/research/

Elizabeth Blackburn
Elizabeth Blackburn

- 2009 Nobel Laureate in Physiology and Medicine, Elizabeth Blackburn, discovered in a study of 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.

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

Mindfulness in Schools

- Meditation Transforms Roughest SF Schools
  [Link]
- Mindfulness in Schools Reduces Symptoms of Depression Among Adolescents
  [Link]
- Mindful Schools
  [Link]
- Fourth and fifth graders who did mindfulness exercises had 15% better math scores than their peers (among other benefits)
  [Link]
So How Do You Do It?

How Do You Train A Puppy?

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.
Let’s Practice!

What Did You Notice?

Write Down Your own Definition

What is mindfulness?
How Are Dominoes a Mindfulness Practice?

How Does This Relate To Your Parent Center Work?

Creating Skillful Reactions
Resources for Kids

Mindful Schools Video
http://www.mindfulschools.org/resources/explore-mindful-resources/

Mindfulness gives you time. Time gives you choices. Choices, skillfully made, lead to freedom. You don't have to be swept away by your feeling. You can respond with wisdom and kindness rather than habit and reactivity.