



Mind Full, or Mindful?

Mindfulness

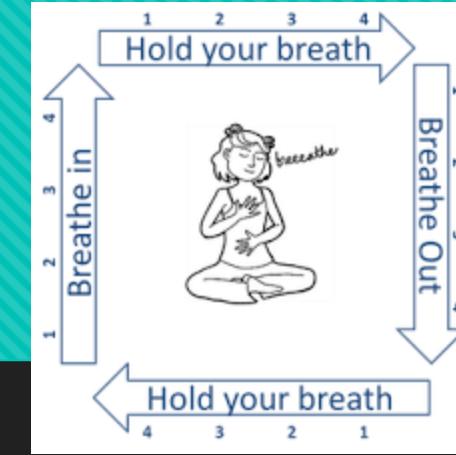
"Mindfulness is about paying attention in a particular way; on purpose, in the present moment and without judgement."

- Jon Kabat-Zin



<http://mindfulnessforTeenagers.com/resources/videos-mindfulness/>

STOP the basics of breathing



S – Stop
T – Take a Breath
O - Observe
P – Proceed thoughtfully



<https://www.youtube.com/watch?v=EiuTpeu5xQc>

History of Mindfulness Based Stress Reduction

- Began as an 8 week structured group program developed in 1979 by Jon Kabat-Zinn to see if it would be possible to create a training program to relieve medical patients of stress, pain, illness, and other forms of suffering.
- Originally designed to help people increase their responsibility for their own well-being and to actively develop inner resources for treating their physical health concerns (Kabat-Zinn, 2003).
- MBSR assists people in learning how to live more fully in the present rather than ruminating about the past, or being overly concerned about the future.



"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

- Calvin & Hobbes



Why mindfulness?



Mental Health

Attention
Learning
Problem solving
Initiating and inhibiting
Flexibility
Following instructions

Somatic Health

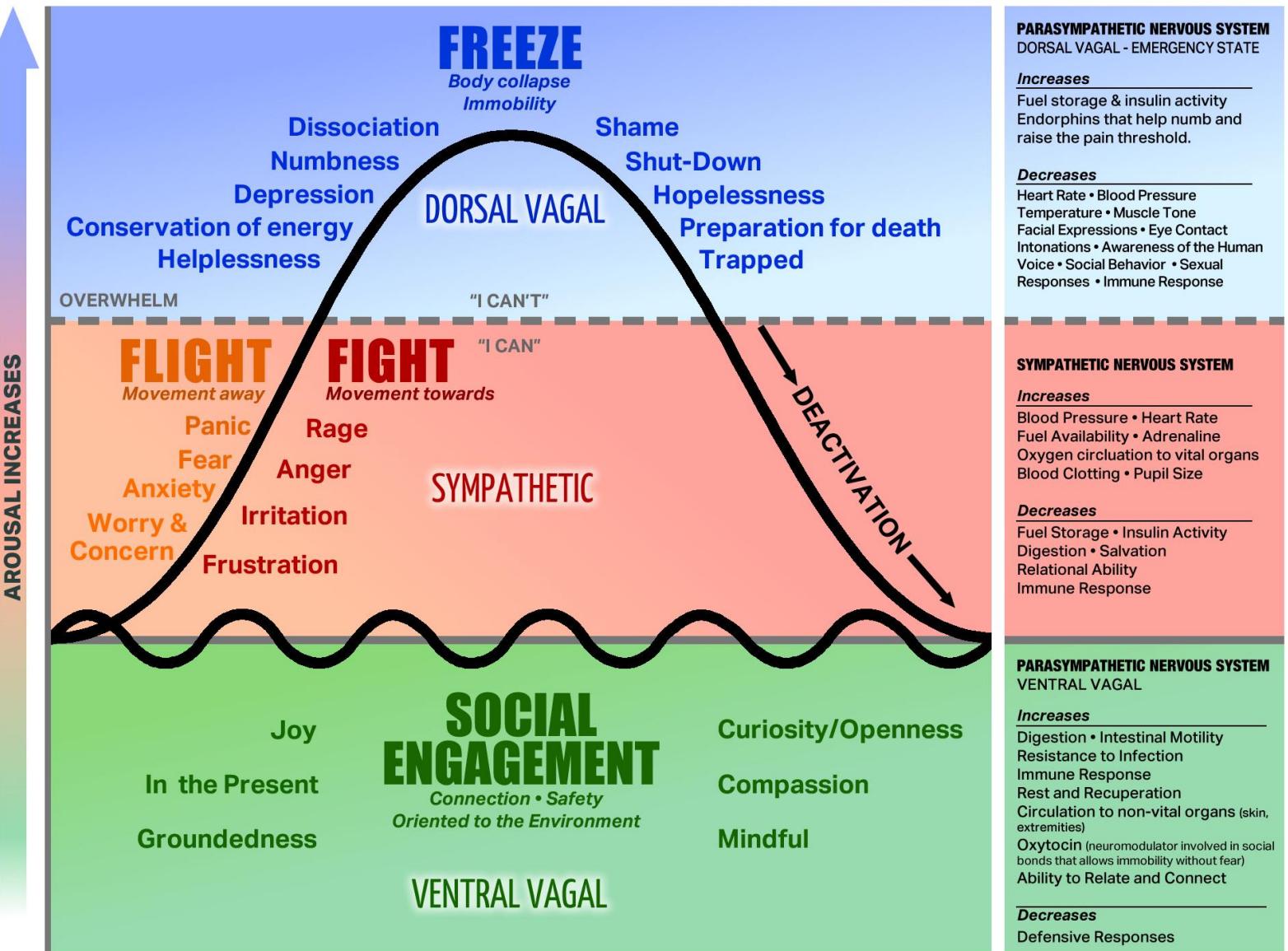
Connecting behavior to consequences
Multi-sensory experiences
Balance
Body control and conscious movement
Stability

Emotional Health

Self awareness
Self efficacy
Self calming
Self regulation
Emotional intelligence
Resilience

Social Health

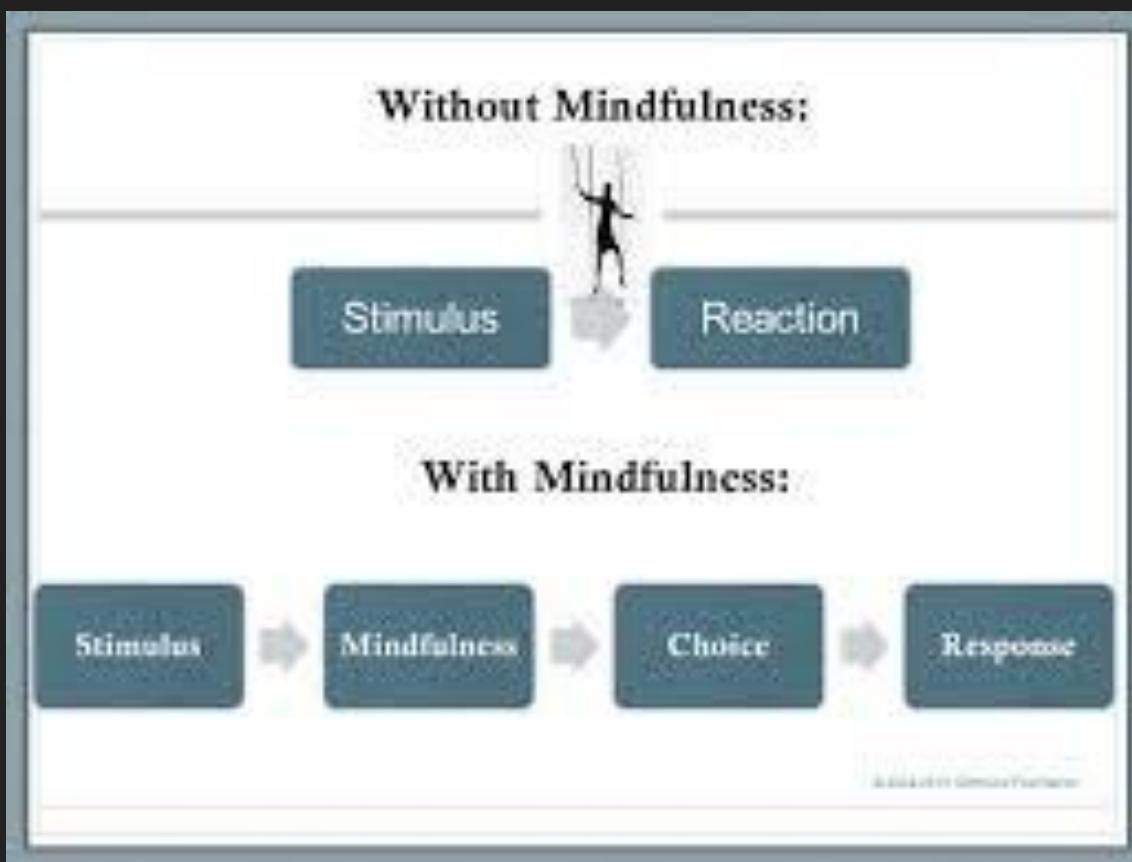
Social cognition
Relating and connecting
Detecting cues (verbal and non-verbal)
Understanding eye-contact
Situational awareness



<https://www.youtube.com/watch?v=RVA2N6tX2ca>

The Amygdala Response

Mindfulness creates space



Why mindfulness is a super power?

<https://www.youtube.com/watch?v=w6T02g5hnT4>

The scientific power of meditation

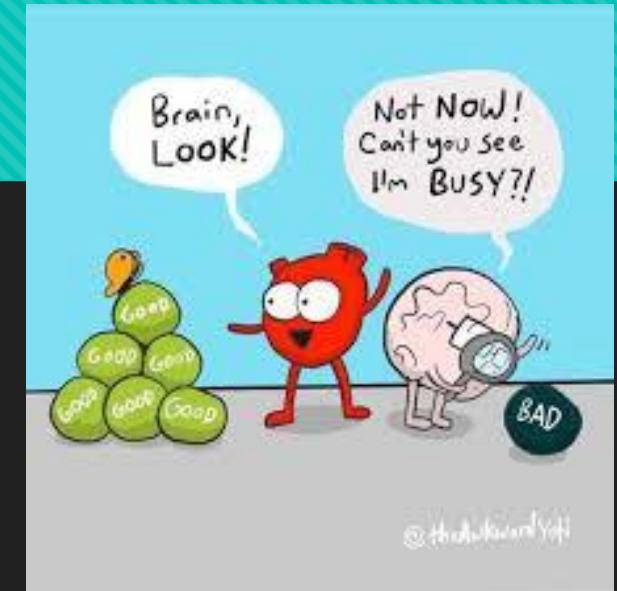
<https://www.youtube.com/watch?v=Aw71zanwMnY>



The Power of Mindfulness

The Negativity Bias

“Your brain is like Velcro for negative experiences,
but like Teflon for positive experiences”



Gratitude Mindfulness

- Notice 3 things that you feel grateful for, feel good about, going well.
Can be a person, location, activity, quality, object, pet or food.
- Stay with it. Notice it. Savour it.
- Daily practise. Set an intention to notice the good “stuff” in life.

A moment of self-compassion
can change your entire day.
A string of such moments can
change the course of your life.

~Christopher K. Germer

Tips



1. You can do it wrong – no judging! Just accept.
2. You don't have to close your eyes
3. Any posture or place works. Start off in your seat.
4. Start small and simple.
5. Just notice the here and now. Let go.
6. Use imagination and have fun.
7. Build in when living is easy, so you can recall in times of stress.
8. Try before bed for a better sleep.
9. Kids will laugh (at first), fall asleep, be triggered.



Check out these websites for more information:

<https://www.mindfulschools.org/>

<http://www.stillquietplace.com/>

<http://www.wellnessworksinschools.com/>

<https://heartmindonline.org/>

<https://www.heysigmund.com/category/being-human/mindfulness/>



Mindfulness Websites

You can you tube many mindful practices or try a few below:

<http://mindfulnessforteens.com/guided-meditations/>

<https://youth.anxietycanada.com/mindfulness-exercises>

<https://www.susankaisergreenland.com/listen-mindful-audio>

<https://www.susankaisergreenland.com/watch-demonstrations>

<http://www.stillquietplace.com/practice-videos/>

<https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

<https://www.heysigmund.com/category/with-kids/mindfulness-videos-for-kids/>

<https://www.changetochill.org/chill-breaks/>

<https://app.www.calm.com/meditate>



Guided Mindfulness On-line

Breathr: Dr. Vo helped to develop this mindfulness app for youth with the Kelty Mental Health Resource Centre (British Columbia, Canada). Free for Apple and Android mobile devices!

Stop, Breathe, and Think: Web and mobile app for youth, with meditations for mindfulness and compassion.

Calm.com: Free website and mobile app with guided meditation and relaxation exercises.

Insight Timer: Free mobile app with virtual “bells” to time and support your meditations, and access to lots of guided meditations by many different meditation teachers (including Dr. Vo).

Plum Village: Zen Meditation. Free app for iOS, loaded with beautiful meditations and teachings in the Plum Village / Thich Nhat Hanh tradition.

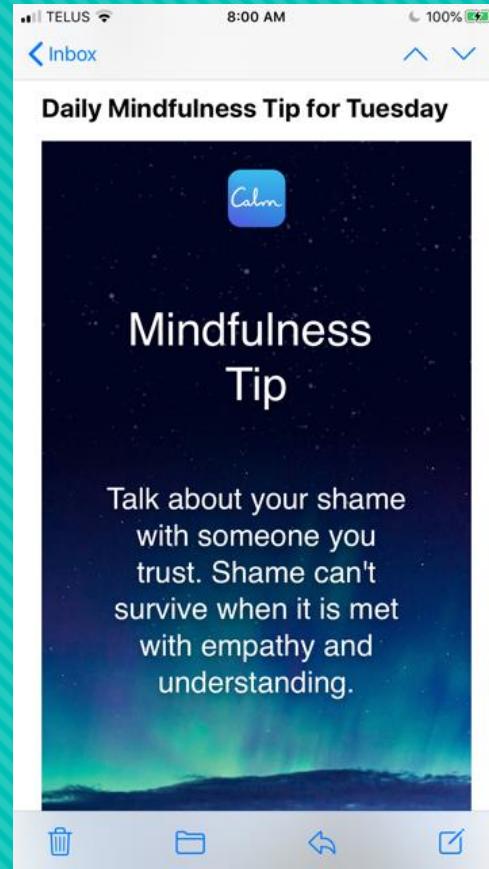
MindShift: Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety.

Smiling Mind: Free mobile mindfulness app for young people, from Australia.

Headspace: “Meditation made simple.” This app has a free introductory period, after which it requires a paid subscription to continue to use.



Mindfulness Apps



The calm app has daily mindfulness tips that you can sign up for



**"Being present is
a present you can
always give."**



Given increased stress, anxiety and depression due to Covid-19, you may want to practice mindfulness with your students.

Contact Pam Groves, District Mental Health Specialist at Prince Rupert Middle School or pam.groves@sd52.bc.ca if you would like support in implementing mindfulness.