



MINDFULNESS AT HOME

My Story



**Mindfulness has
changed my life!**

Mindfulness is a Superpower

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



Let's Give It A Try!

We are going to do a meditation

- Sit up straight, put both feet on the floor, and let your hands fall comfortably in your lap
- Close your eyes. Breathe in through your nose, out through your mouth.
- Focus on your breath – notice where you feel your breath in your body; Feel your lungs expanding and deflating.
- When you notice your mind wandering, gently return your focus to your breath.

Some Definitions

“Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

--Jon Kabat Zinn, Mindfulness Based Stress Reduction (MBSR)

Three skills working together:

1. Concentration power
2. Sensory clarity
3. Equanimity

Shinzen Young, Scholar & Meditation Teacher

Your Personal Practice

You can't "teach" your child mindfulness unless you
"practice" mindfulness yourself.



Tips for Getting Started

- ◉ Find a regular time to meditate and develop a habit
- ◉ Start small (5 minutes) and gradually increase time
- ◉ Find a regular space in your home to meditate, and add pillows, candles, essential oils, or music to create a relaxing place
- ◉ Use ordinary moments (showering, washing hands, washing dishes, folding laundry, driving, waiting in line) to practice being mindful

Mindfulness in Education

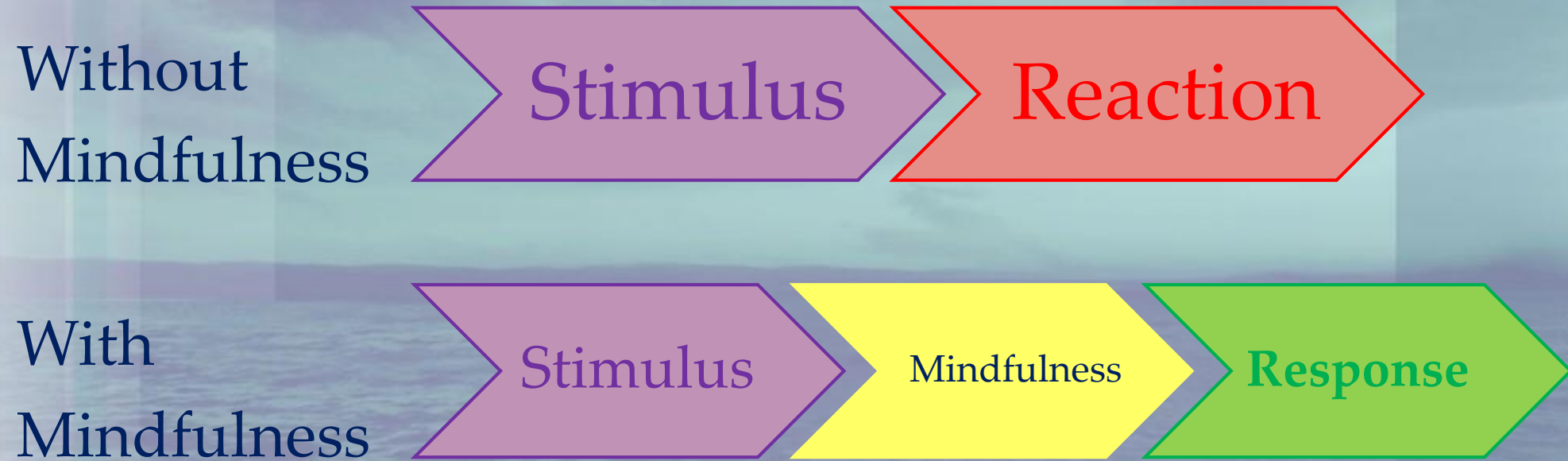
- ✓ Better focus and concentration
- ✓ Improved impulse control
- ✓ Increased self-awareness
- ✓ Skillful responses to difficult emotions
- ✓ Increased empathy
- ✓ Development of conflict resolution skills
- ✓ Increased sense of calm
- ✓ Decreased stress and anxiety



Social Emotional Learning & Mindfulness



How Mindfulness Helps



3 Ways to Practice Mindfulness at Home

- ◉ **Breath Work** – before or during a stressful time, when your child becomes dysregulated
- ◉ **Meditation** – can be practiced before bed, or at any point during the day
- ◉ **Gratitude and Reflection** – can be incorporated daily to build skills and improve mood

Breath Work

- ⦿ Takes very little time
- ⦿ Can be done independently or with you
- ⦿ Very powerful strategy for calming and reducing stress and anxiety
- ⦿ New neural pathways, or ways of responding, are formed and strengthened as this is practiced

VIDEO:http://www.mindfulschools.org/news/release-film-middle-school-stress/?utm_source=2016.10-Newsletter&utm_campaign=Newsletter+FY17+-+2016.10&utm_medium=email



Pause And Take A Few Deep Breaths



mindful
MINDFUL.CO.BE

Meditation Changes the Brain

- ◉ The more a person becomes worried, frustrated or angry, the larger the amygdala becomes and the stronger these emotions become.
- ◉ When mindfulness is regularly practiced, the connections to the pre-frontal cortex (thinking part of brain) are strengthened and the amygdala actually shrinks.

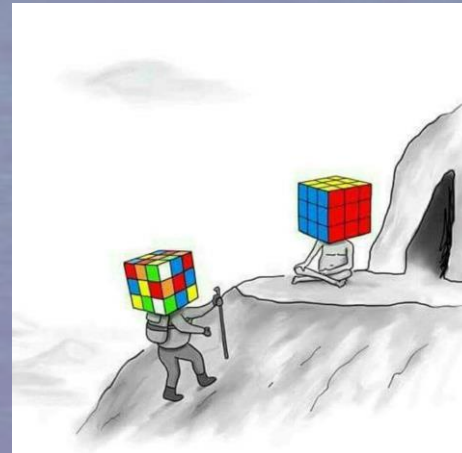


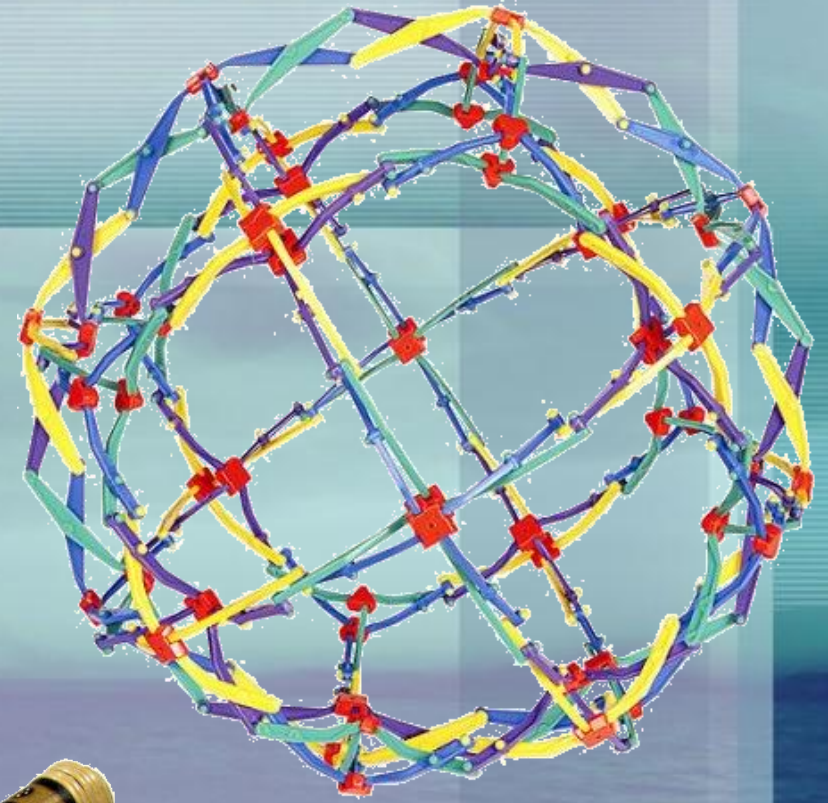
<https://www.youtube.com/watch?v=7TN23YiGkAQ>

Developing Focus

- ◉ Attentional stability is a cornerstone of learning, and we can train this skill in a purposeful way.
- ◉ Kids are bombarded by a multitude of electronic information.
- ◉ Mindfulness training is one way to bring focus to the learning process. Focused, relaxed and calm attention is the goal.

- Focus on the breath
- Listening activity





Self-Awareness: Let's Do a Mindful Check-In



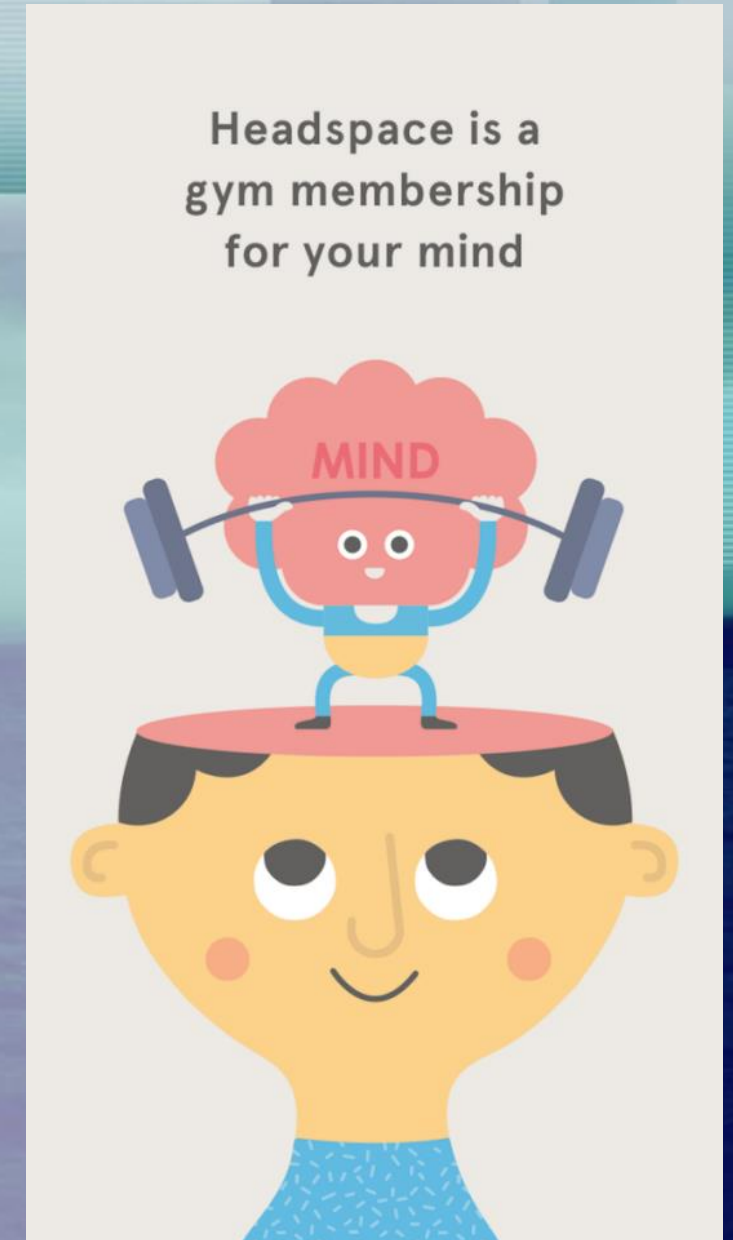
Gratitude and Reflection

- ◉ Gratitude Journal
- ◉ Acts of Kindness Jar
- ◉ Heartfulness Meditation

<https://sites.google.com/a/oswego.edu/mindfulness-in-educatio/mindfulness-practices/heartfulness-meditation>

In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy. --Brother David Steindl-Rast
www.gratefulness.org

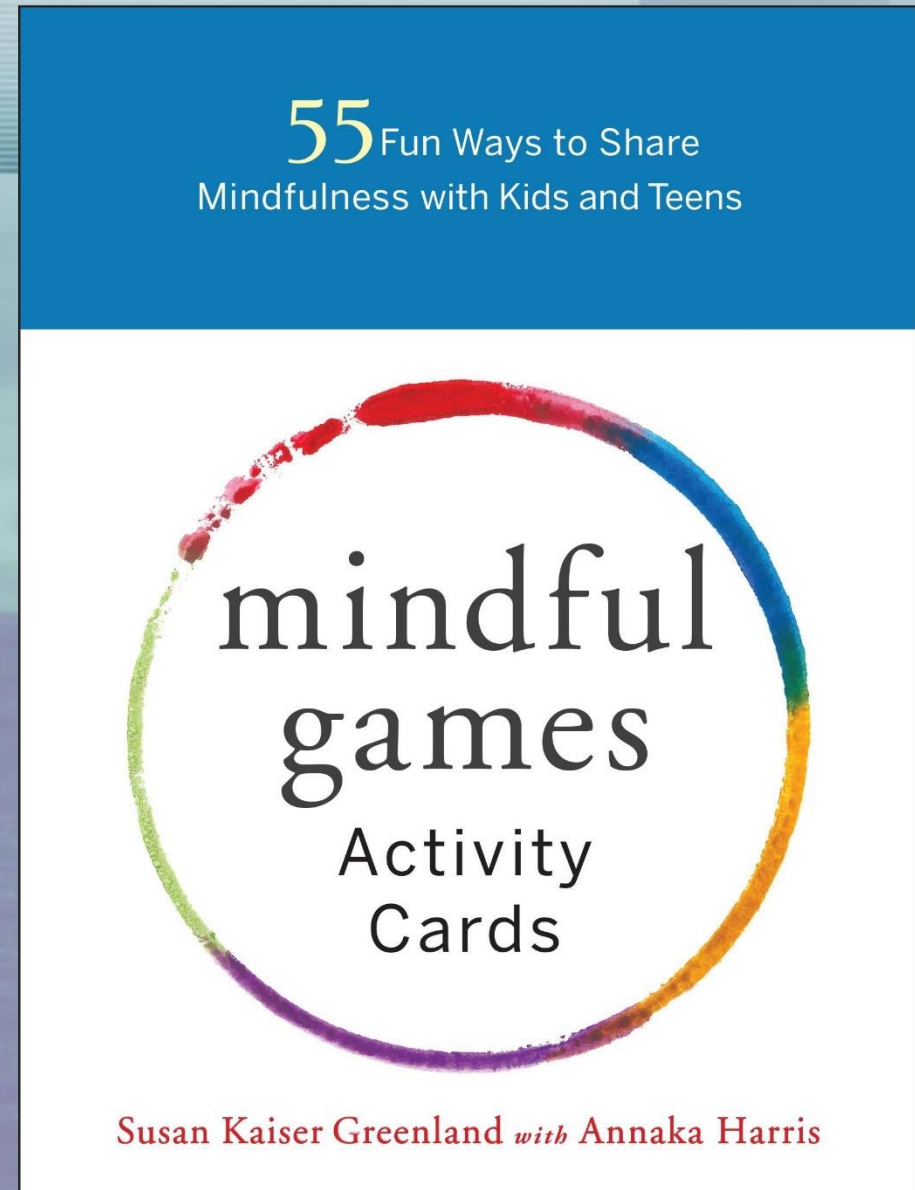
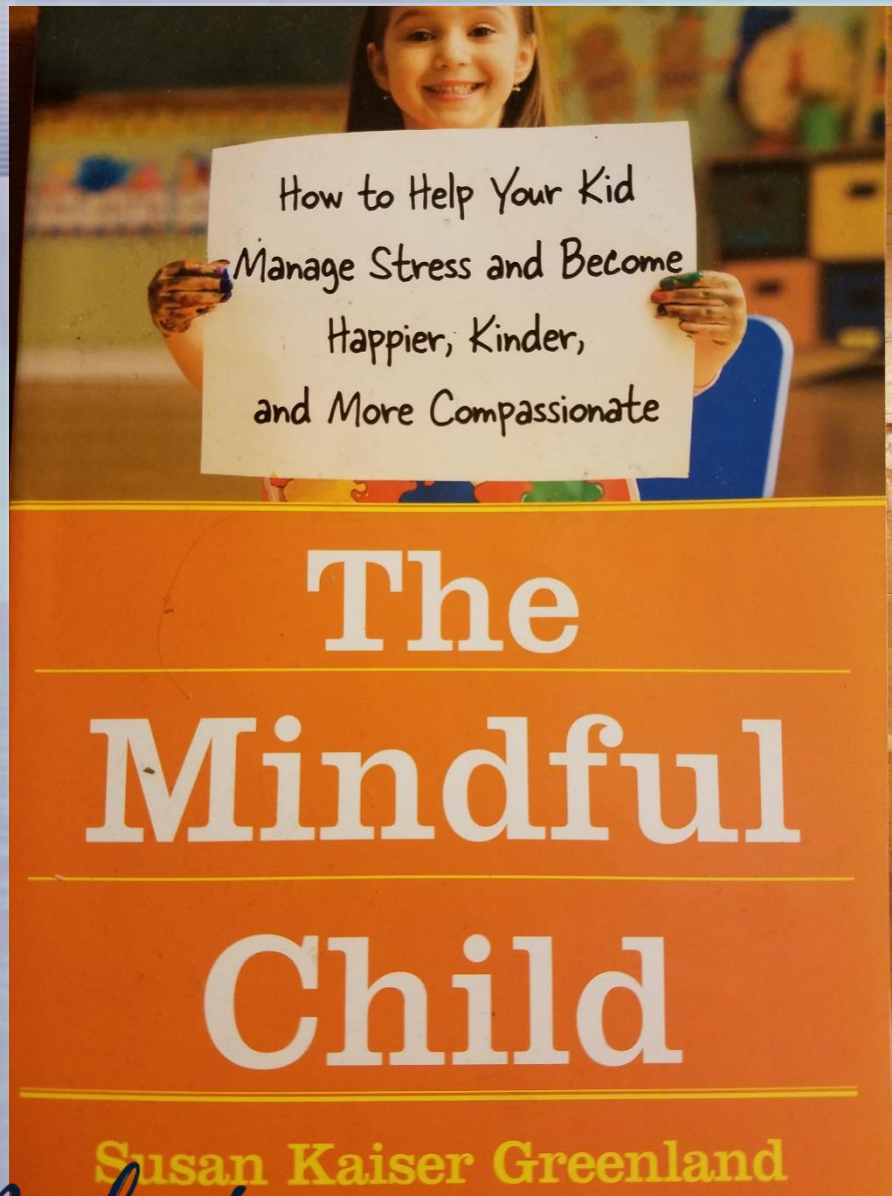
CALM



INSIGHT TIMER



**STOP,
BREATHE &
THINK**



I Hope You Enjoyed the Workshop!

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