

Mindfulness Practices for Parents

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Mindfulness Experience

Mindfulness Definition

- * Jon Kabat-Zinn
- * Psychological State of Awareness

“Mindfulness is about being fully aware of whatever is happening in the present moment, without the filter of judgment”

- * Aware of body sensations, thoughts, emotions, sounds, sights, smells, sense of motion

So Where are We When we are not Living in the Moment

Often Our Minds Are are caught up in...

Wandering Thoughts

“Thinking about something other then what we are currently doing/experiencing”

Our brains are thought machines (autopilot), producing thoughts all the time; planning thoughts, random thoughts, whole stories, fantasies, ruminations, creative thoughts, etc,

Negative/Positive Thoughts

- * Human brains tend to focus on:
 - * Negative experiences/thoughts
 - * Past Regrets
 - * Future Worries
 - * Focus on worse scenario
- * Rick Hanson a Neuropsychologist
 - * Brain is Velcro for Negative Experiences
 - * Brain is Teflon for Positive Experience

Evolution of the Brain Early Mammalian Brain

- * Reactive negative emotions helped early humans to survive and reproduce in primitive circumstances
- * Brains wired to go into Fight, Flight, or Freeze
- * As a result our minds focus more on negative events in our life than the positive ones

Mindfulness Settles the Mind

- * With mindfulness practice we are able to enhance our awareness; this provides more space to observe, feel, & acknowledge what is happening for us and others.
- * In this space we chose
 - * To respond instead of reacting to stress
 - * To continue habits of thinking that cause us to suffer
 - * We can chose how we want to spend our time
 - * What we want to expose our mind/body to

Mindfulness Increases Capacity to Pay Attention

- * Research has shown
 - * Increased Empathy and Compassion
 - * Self Understanding
 - * Less emotional reactivity
 - * Increased Focus
 - * Reduced Ruminating Thoughts
 - * More flexible
- * The goal is higher quality of attention to our lives, which helps us develop more balanced lives

Mindfulness Practices

- * Informal Practice
Applying mindfulness to everyday activities and parenting, including stressful ones
- * Formal Practice
Different Meditations to train the muscle of the mind to not get lost in thoughts
- * Cultivating Self-Compassion

Mindfulness Exercise

A Model for Understanding Stress and Our Relationship to Stress

PAIN

- * Pain usually happens to us, outside of our control
- * It is part of living, being human
- * Not Optional

SUFFERING

- * Is our response to pain
- * Our thoughts, emotions
- * It can be great or small, brief or sustained
- * Degree of suffering is Optional – within our control

Mindful Practice - STOP

Example of Applying Mindfulness to Stressful Experiences

- S - Stop
- T - Take a Breath (in and out)
- O - Observe (surroundings, physically, mentally, emotionally)
- P - Proceed

More Mindful Practices

Examples of Applying
Mindfulness to Stressful Experiences

Corners:

Pause and look for all the corners, one at a time wherever you are.

Mindful Walking:

Every 10 – 20 seconds alternate between focusing on sight, sound and body sensations of walking.

Self-Compassion

* Kristin Neff’s book - Self-Compassion: The proven power of being kind to yourself (2011)

Self-Compassion Involves:

- * Being Aware that this is a moment of suffering (mindfulness)
- * Responding with self-kindness
- * And connecting with our common humanity (e.g., ALL people make mistakes and suffer)

8-week Mindfulness Class For Parents

Division of Child Psychiatry
and Child Development at Stanford

Mindfulness Skills For Parents

Next class via Zoom - Summer (July/August 2020)

Teacher: Mari Kurahashi

Registration to open soon

If you are interested in registration or learning more about the class

Email: linda.lotspeich@stanford.edu

Fall classes TBA

Community Mindfulness Classes

The Quiet Place

Mindfulness Classes for Parents and Children

Teacher: Amy Saltzman

<http://stillquietplace.com>

Awareness Relaxation Training Program (MBSR Classes)

Different Mindfulness Classes for the Community

Teacher: Bob Stahl, PhD and others

<http://mindfulnessprograms.com>

Apps

Insight Timer

Calm

Headspace

Mindful Parenting Experiences
&
Questions
