



MINDFULNESS AND MENTORING

V.O.I.C.E. MENTOR APPRECIATION LUNCHEON

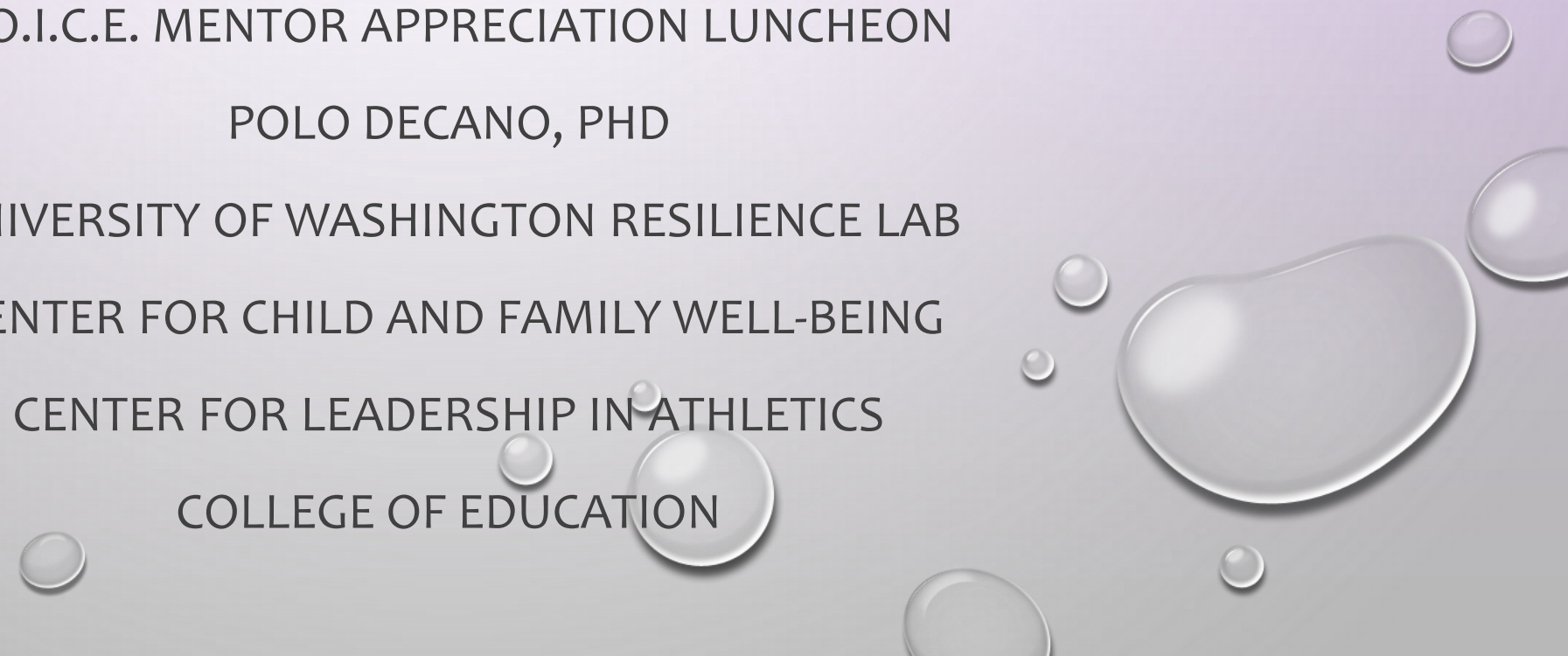
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CENTER FOR LEADERSHIP IN ATHLETICS

COLLEGE OF EDUCATION





WHAT IS THE ROLE OF MINDFULNESS?

MINDFULNESS ALLOWS YOU
ACCESS TO YOUR BEST SELF

MINDFULNESS ALLOWS YOU TO
REGULATE YOUR EMOTIONS
EFFECTIVELY

MINDFULNESS MINIMIZES THE
BUILD UP OF STRESS

MINDFULNESS ALLOWS YOU TO
CONCENTRATE

MINDFULNESS ALLOWS YOU TO
CHOOSE RATHER THAN REACT



WE HAVE A TENDENCY TO...

...CONSTANTLY THINK

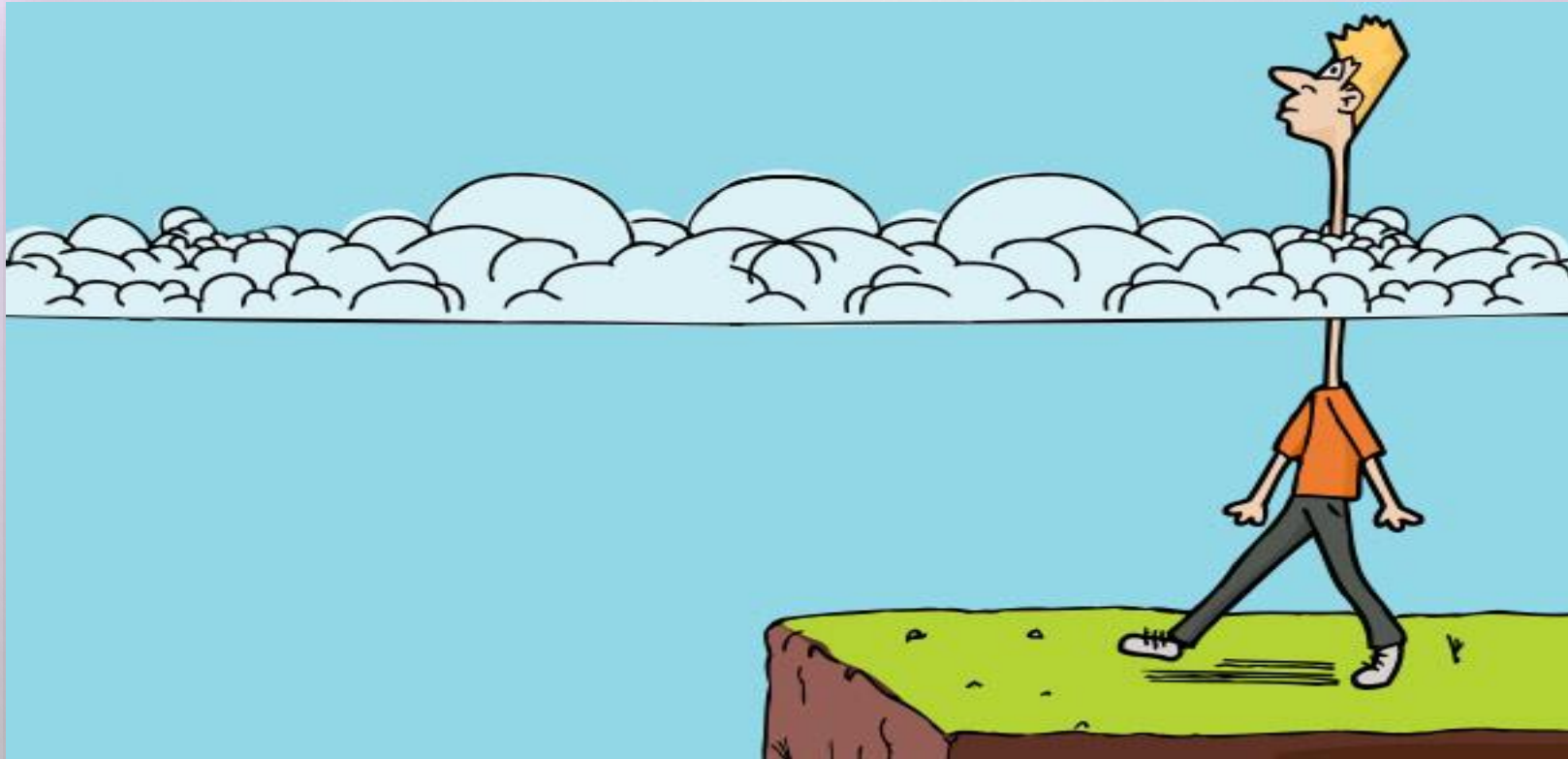
...BELIEVE ALL OUR THOUGHTS AS IF
THEY'RE TELLING THE TRUTH

...REACT EMOTIONALLY RATHER THAN
RATIONALLY

...GET STUCK THINKING ABOUT THE PAST
OR WORRYING ABOUT FUTURE



THIS CAN TRANSLATE TO...



MOVING THROUGH LIFE IN A MINDLESS FASHION

THIS IS WHERE
NEUROPLASTICITY
COMES IN



NEUROSCIENCE

NEUROPLASTICITY

YOU CAN CHANGE YOUR BRAIN

PRACTICE MAKES PROGRESS!

EXECUTIVE FUNCTION

MANAGES EMOTION

WEIGHS CONSEQUENCES

HELPS YOU PLAN AHEAD

INHIBITION (ATTENTION & BEHAVIOR)

REMEMBERING DETAILS

INTEGRATING PAST INFORMATION

WITH PRESENT ACTIONS



WHAT MINDFULNESS IS AND IS NOT...

WHAT IT IS...

A WAY TO RECOGNIZE OUR EMOTIONS AND THOUGHTS
WITHOUT HAVING TO ACT ON THEM.

BEING ACCEPTING OF THE PRESENT MOMENT.

IT'S ABOUT SELF-ACCEPTANCE

EXPERIENCING OUR LIFE IN A RELAXED, ALERT AND OPEN-
HEARTED WAY.

A WAY TO CHECK OUR THOUGHTS AND EMOTIONS

WHAT IT ISN'T...

SPACING OUT

AVOIDING DIFFICULTY

A DESTINATION

INACTION

HOW MINDFULNESS PRACTICES WORK...



SCIENTIFIC BENEFITS OF MINDFULNESS PRACTICES

BETTER SELF-AWARENESS AND
CONCENTRATION

INCREASED CALMNESS

MORE SKILLFUL WAYS TO RESPOND
TO DIFFICULT SITUATIONS

INCREASED EMPATHY AND
UNDERSTANDING OF OTHERS

DECREASED STRESS & ANXIETY

ENHANCED PHYSICAL HEALTH



MINDFULNESS DEFINED

“THE **AWARENESS** THAT
EMERGES THROUGH PAYING
ATTENTION ON PURPOSE, IN THE
PRESENT MOMENT, AND NON-
JUDGMENTALLY TO THE
UNFOLDING OF EXPERIENCES
MOMENT-BY-MOMENT.”
(KABAT-ZINN, 2003)



MINDFULNESS MOLECULE



PRELIMINARY PRACTICE



5 ANCHORS OF MINDFULNESS: THE SENSES

FEEL / TOUCH

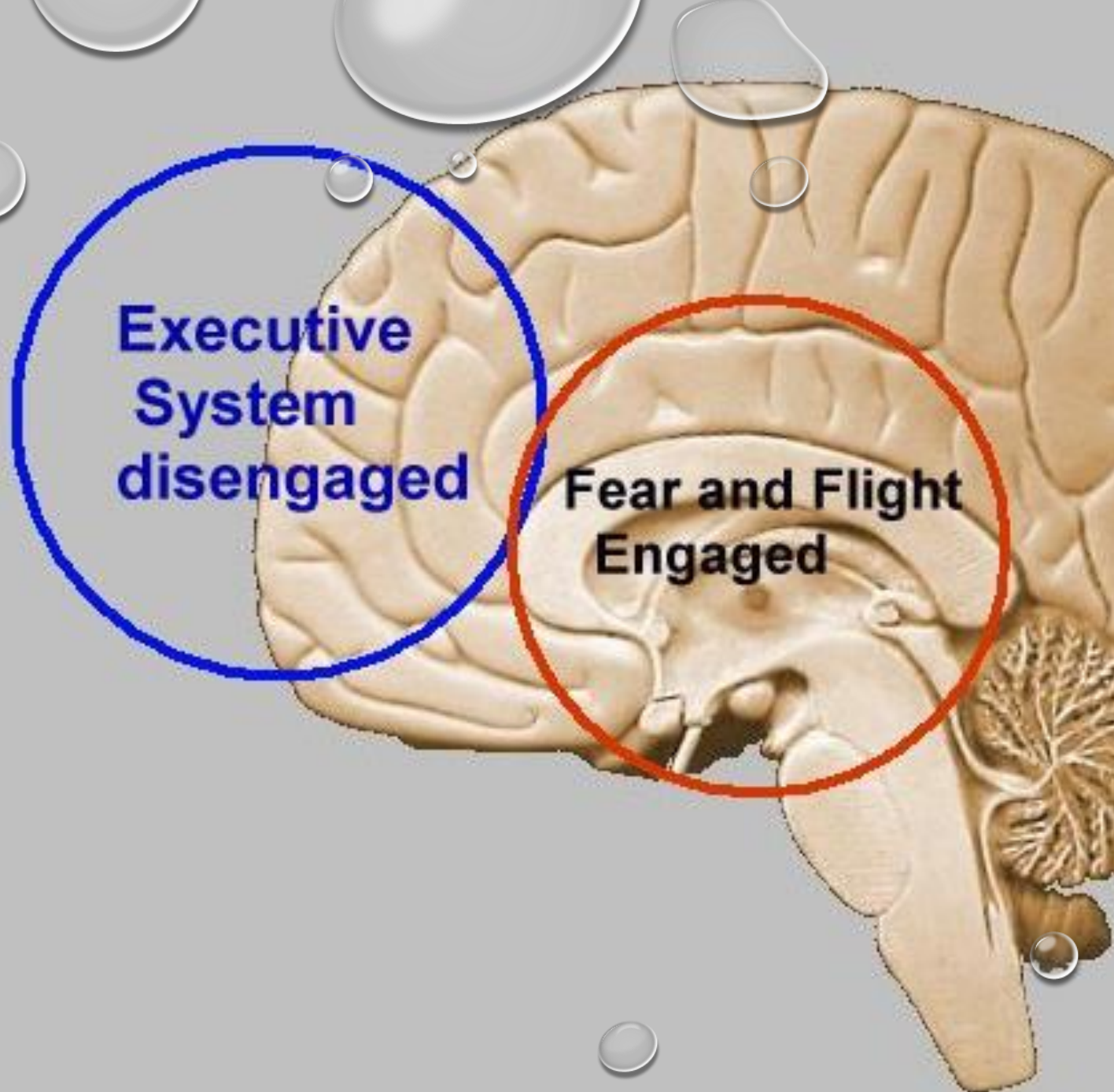
SMELL

TASTE

SEE / SIGHT

LISTEN / HEAR

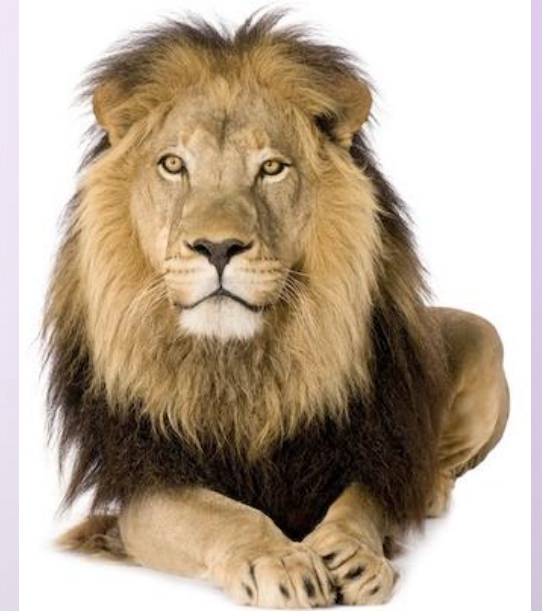
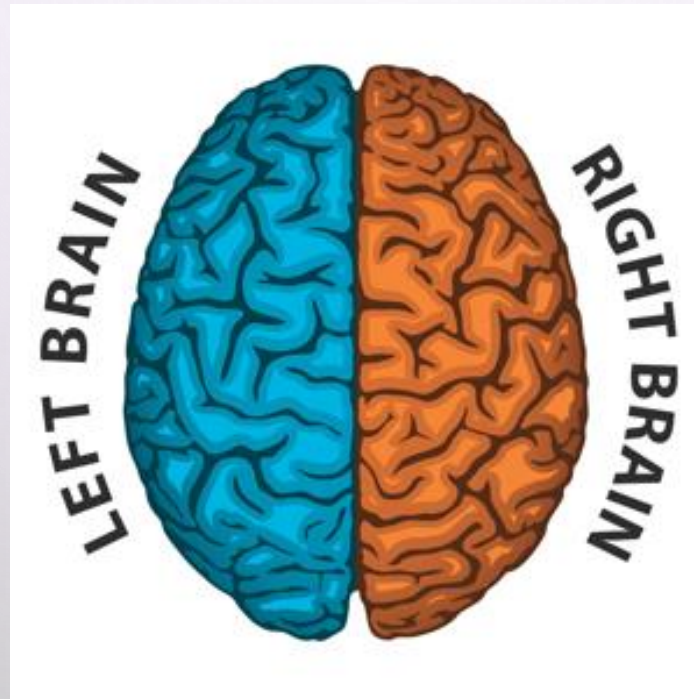




WHAT HAPPENS
TO OUR BRAINS
WHEN
STRESSED OR
HYPER-
AROUSSED?

Name it to Tame it

Logic &
Language



Emotions &
Nonverbal

Name it to
Tame it



Thinking

MINDFUL MINUTE



MINDFUL MINUTE

- SIMILAR TO THE MINDFUL STOP, THE MINDFUL MINUTE IS A BRIEF APPROACH THAT SERVES 2 PURPOSES:
 - 1: IT IS A BRIEF WAY TO PRACTICE MINDFULNESS AND BOOST ATTENTION TRAINING
 - 2: IT IS A WAY TO CALM ONESELF BEFORE ENGAGING IN SITUATIONS ANTICIPATED TO BE STRESSFUL

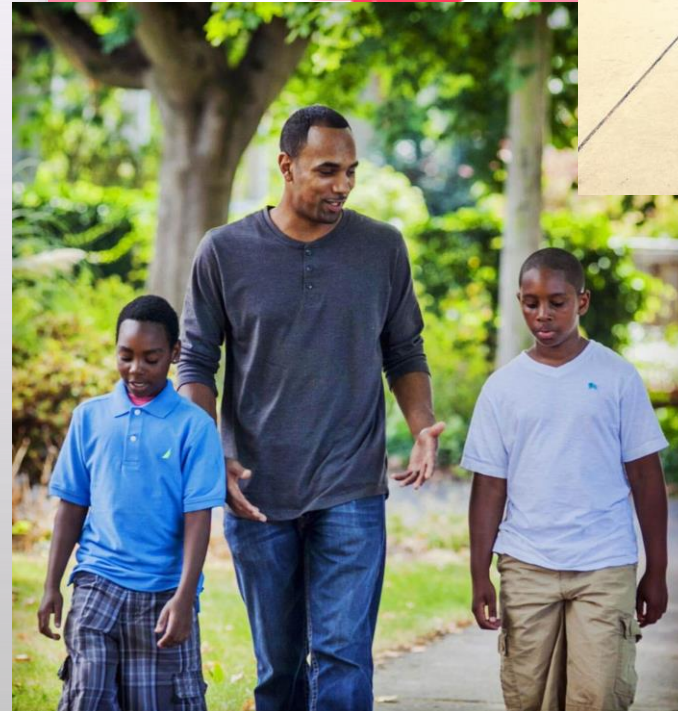


MINDFULNESS & MENTORING

MINDFULNESS IS ABOUT BEING IN THE PRESENT MOMENT, INTENTIONALLY AND NON-JUDGMENTALLY.

PRACTICING MINDFULNESS INCREASES YOUR ABILITY TO ACCESS THE BENEFITS OF MINDFULNESS IN THE MOMENT MORE READILY

YOU HAVE A SPECIAL ROLE IN THE LIVES OF YOUR MENTEE; BE MINDFUL OF ALL THE WAYS YOU CAN LIFT THEIR LIVES, AND YOU WILL DO SO.



LIGHT WATKINS AND HIS RUBIX CUBE



How Meditation Works



poor physical and mental health

University of Washington win 2016 NCAA Women's Golf Championship



EDUCATION AND TRAINING

- M.A. Developmental Sport Psychology
- Paraeducator at a Self-contained EBD school
- Ed.S. School Psychology
- Trainer for the Resilience in Sport (RIS) Program
- Developed a Resilience Curriculum for Early Learning Teachers
- T.H.R.I.V.E. Curriculum at University of Washington
- GA & Lecturer at CLA
- Lead for curriculum development for the UWRL
- Facilitator for the CCFW



RIS Program
Resilience In Sport

