



SHANTHI
PROJECT

MINDFULNESS FOR FAMILIES



OUR MISSION

Our mission is to teach social-emotional resiliency through the practice of mindfulness.

OUR VISION

Resilient communities nurtured by individuals with self-awareness and compassion regardless of their past experiences.

WHO
WE
ARE



SHANTHI
PROJECT

MEET THE PRESENTER



GEORGIA BOMGARDNER, PHD (SHE/HER)
DIRECTOR OF COMMUNITY EDUCATION AND
ENGAGEMENT



WHAT TO EXPECT

- What is mindfulness?
- The science of mindfulness
- Practical strategies for families
- Applying practice to parenting
- Opportunities to practice





MINDFUL **PRACTICE**





Mindfulness is essentially the opposite of autopilot, it means deliberately bringing our attention to the present moment with kindness.

what is
MINDFULNESS?

what mindfulness ISN'T



- A quick fix or a panacea
- Emptying the mind
- Being happy all the time
- Control over thoughts and emotions



SHANTHI
PROJECT

BENEFITS OF MINDFULNESS

Research from the American Psychological Association has shown that mindfulness has benefits such as:

- Reduce Habitual Thinking and Stress Reduction
- Increase Focus and Working Memory
- Less Emotional Reactivity
- A decreased sense of being controlled by emotions
- Recovering more quickly from stressful events
- Cultivate Compassion
- Relationship Satisfaction



SCIENCE

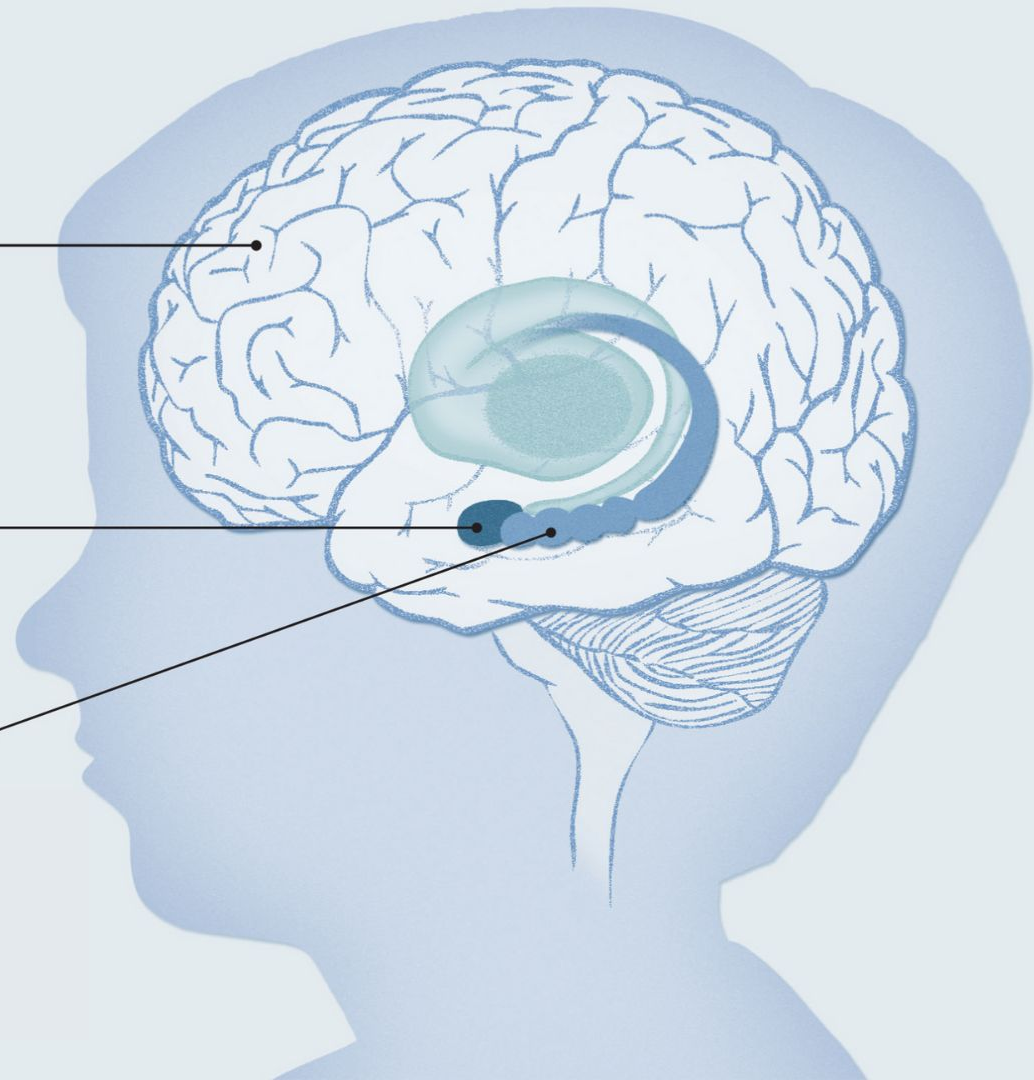
of Stress

understanding **THE BRAIN**

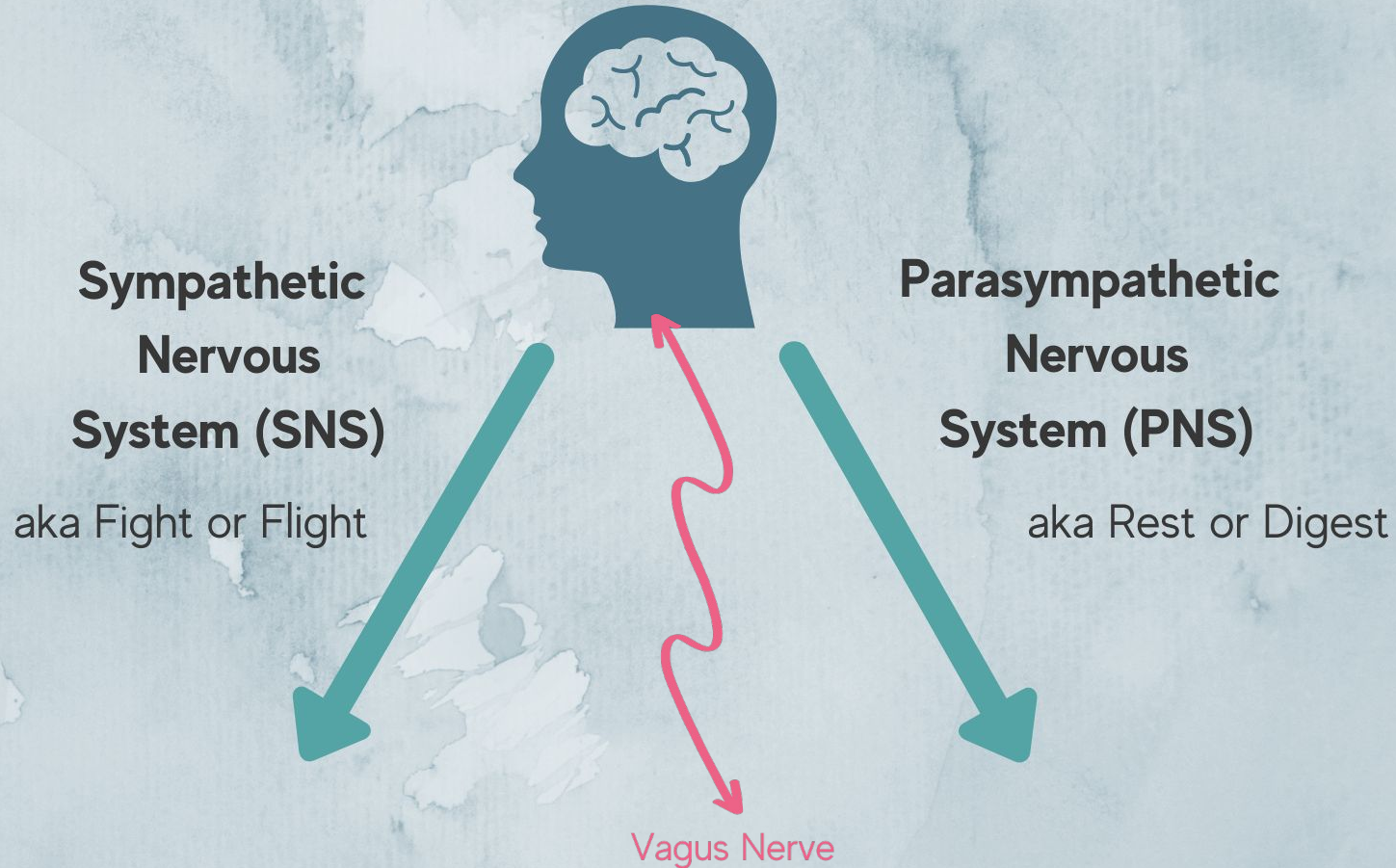
PREFRONTAL
CORTEX

AMYGDALA

HIPPOCAMPUS



AUTONOMIC NERVOUS SYSTEM




PRACTICAL STRATEGIES: TOOLS FOR THE HOUSEHOLD



STARTING YOUR OWN PRACTICE

- Make a commitment
- Start small
- Create your own routines
- Set an intention
- Let go of expectations
- Explore apps and other online resources!
- Start a gratitude practice



A close-up photograph of a person's lower legs and feet. They are wearing a red skirt with a black and white plaid pattern and tan suede loafers with dark laces. The person is standing on a patch of green grass. The background is slightly blurred, showing more grass and a concrete curb.

HOW TO GROUND YOURSELF

Simply taking a breath can help reset your nervous system, and it's easy to do! First, stand or sit with your feet firmly pushing into the ground beneath you. Then, stand or sit up taller while relaxing your shoulders. Close your eyes or soften your gaze. Notice the feeling of support the ground provides. Finally, take three slow, deep breaths. Consider this your new way to "login" each day from home!



SHANTHI
PROJECT



FIVE SENSE CHECK-IN

5 THINGS I CAN SEE

4 THINGS I CAN TOUCH

3 THINGS I CAN HEAR

2 THINGS I CAN SMELL

1 THING I CAN TASTE

The 5-4-3-2-1 technique is an effective method of regaining control of our minds when our anxiety is threatening to take over. Purposefully taking in the details of our surroundings by using each of our senses interrupts unhealthy thought patterns and allows feelings of anxiety and stress to subside by bringing awareness back to the present moment, to the here and now.

HOW TO PRACTICE 5 FINGER BREATHING



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.



aevidum 
I've got your back.



COPING STRATEGIES

HOW TO PRACTICE RAINBOW GROUNDING

Look around the room...



... and find all the colors of the rainbow

How many Red, Orange, Yellow, Green, Blue, Indigo and Violet items can you find? This practice can help you reconnect with and ground yourself in your environment. You can use this strategy whenever you're feeling overwhelmed, distracted, or disconnected.



aevidum 
I've got your back.



APPLYING THE PRACTICE TO PARENTING



PRESENCE

- Self-care and self-compassion
- Know your triggers
- Model the behavior you wish to see
- Pause, notice, breathe (check in)

MINDFULNESS AT HOME

HOW WOULD YOU TREAT A FRIEND?

1. First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.
2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.
3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?
4. Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you're suffering.
5. **Why not try treating yourself like a good friend and see what happens?**



PRACTICE

- Gratitude
- Check-ins
- Name it to tame it
- Movement

MINDFULNESS AT HOME

MINDFUL MOMENTS

- Before you get out of bed in the morning, take 3 slow breaths
- When you're stopped at a red light, notice how your body is feeling. Anywhere you feel tension, relax and loosen that area
- Take a few mindful bites at mealtimes. Really taste your food. Think of everything it took to get your food to you (for example, an apple needed sunshine, water, earth, someone to harvest it, pack it and ship it, etc.)
- Notice new things in your everyday environments
- Find an object that you come in contact with on a fairly regular basis – maybe a certain light switch or doorknob in your home. Whenever you touch that object, pause and take a slow inhale and exhale. Be present in that moment
- Close your eyes, take a breath, and say, "Thank you."



GRATITUDE **PRACTICE**

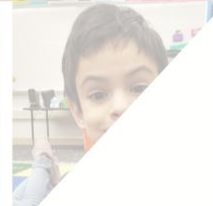




MINDFUL **HOME** PRACTICE



How are you feeling right now?
What thoughts, feelings or
physical sensations in your body
do you notice?



WITH GRATITUDE



www.shanthiproject.org

info@shanthiproject.org | [@ShanthiProject](https://www.instagram.com/ShanthiProject)