

Mindfulness for Parents



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Agenda

Part I : The Basics: What, Why, When, and How's of Mindfulness

- Including benefits, techniques, a look at data, mindfulness practices, and more

Part II: Experiencing Mindful Practices

- Let's do this! Trying out some Mindfulness practices and techniques

Part III: Mindfulness in the Home

**Think about a time in the past
week that you felt happy,
relaxed and content.**

MINDFULNESS

What is it?

Mindfulness is paying close attention to what is happening right now. It's focusing on what you are doing, where you are at, and what is going on around you. We can be mindful by focusing on what is happening with our 5 senses: sight, sound, touch, taste, and smell.

Jon Kabat-Zin

"It's not really about sitting in the full lotus, pretending you're a statue in a British museum," he says in [this Greater Good video](#). "It's about living your life as if it really mattered, moment by moment by moment by moment." (2010)

Mindfulness Techniques and Practices

1. Mindful Breathing Exercises - focussed on breath

- a. Focus on breath
- b. Guided breathing activity

2. Mindful Sensory Exercise - focussed on senses

- a. Focusing on sensory input (sight, smell, sound, sensation, taste)

3. Mindful Movement Exercise - focussed on movement and sensation

- a. Yoga, walking labyrinth, tai chi, etc.

4. Mindful Emotion Exercise - focussed on emotional state

- a. Emotion scanning and labeling without judgement

Mindfulness and Other Tool for Wellness

Other formats or tools that are incorporated into Mindful Curriculums:

- Perspective Taking
- Savoring Happy Memories
- Choosing Optimism
- Performing Acts of Kindness
- Expressing Gratitude
- Forgiving Others

The Science Behind Being Mindful



Physical, Emotional and Mental Benefits of Practicing Mindfulness

- Relieves stress and anxiety (Firestone, 2013)
- Lowers blood pressure (Firestone, 2013)
- Improves sleep (Firestone, 2013)
- Reduces chronic pain and heart disease (Firestone, 2013)
- Increases immune system functions and decreases heart disease (Seigle & Allison, 2016)
- Improves concentration and memory (Fox et. al, 2014)
- Helps control impulses - emotional reactions (Fox et. al, 2014)
- Increases Resilient and flexible thinking skills (Fox et. al, 2014)
- Highly developed compassion and empathy toward self and others (GGSC, 2010)
- Changes anatomical brain structure in the PFC, Hippocampus, corpus callosum, sensory cortices, and insula (Fox et al, 2014)
- Used in treatments for depression, anxiety, eating disorders, and couples counseling (in some studies it is found as effective as medication) (Firestone, 2013)

Mindfulness Through Breath

MindUP Core Breathing Exercise

Visualization Exercise

Sit in a comfortable position

Close eyes or look down

Imagine a place you enjoy being (beach, redwood forest, spa, garden, baseball game, cuddling on couch with loved ones)

Look around - what do you see? Listen closely - what sounds do you hear in this place? What do you smell - perhaps the salty ocean, the earthy forest ground, maybe the lovely scent of flowers? How does your body feel in this place - what sensations are on your skin or inside of you?

Open eyes - share out if you want.

Emotion Scanning Exercise









Sensory Mindfulness: the nose knows....

Mindful smelling exercise

Ways to Incorporate Mindfulness in Your Everyday Life

Breathing Exercise

- In traffic
- In between work tasks/projects
- First thing in the morning or before bed

Visualizing or Savor memories

- Before bed
- When feeling stress

Emotional Scanning

- When frustrated
- Noticing joy or contentment

Sensory Focus

- When cooking
- When playing in garden

How Mindfulness Helps Kids

- Helps children self regulate
- Builds flexible thinking skills
- Increases empathy and compassion
- Relieves anxiety
- Increases attention span
- Helps children make good decisions
- Develops resiliency

Mindfulness and the 41 Developmental Assets

#3 Other Adult Relationships

#7 Community Values Youth

#9 Service to Others

#14 Adult Role Models

#16 High Expectations

#22 School Engagement

#26 Caring

#30 Responsibility

#33 Interpersonal Competence

#36 Peaceful Conflict Resolution

#38 Self-Esteem

#40 Positive View of Personal Future

#5 Caring School climate

#8 Youth as Resources

#10 Safety

#15 Positive Peer Influence

#21 Achievement Motivation

#24 Bonding to School

#27 Equality and Social Justice

#31 Healthy Lifestyle

#34 Cultural Competence

#37 Personal Power

#39 Sense of Purpose

Mindfulness Ideas for the Home

Daily Mindful Breathing

Yoga for Kids

Guided Meditation (Spaghetti Toes on [youtube.com](https://www.youtube.com))

Music in the home

Sensory Scan during daily activities

Family Meetings (appreciations and problem solving)

Gratitude Journal/Board

The Two Wolves: A Native American Perspective of Mindfulness



THANK YOU SO MUCH FOR JOINING ME!



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