

# Utilizing Mindfulness Strategies to help guide your students through difficult moments.

~Laurie LaComb~

DCSD CIA Coordinator



<https://bit.ly/SMSMINDFUL>

# Grounding



JUSTINE TAYLOR | PHOTOGRAPHY

A decorative graphic on the left side of the slide. It features several green leaves of various sizes and shades, some with detailed vein patterns. Interspersed among the leaves are four light blue circles of different diameters. The overall style is clean and modern.

## What is anxiety?

Apprehensive uneasiness or nervousness usually over an impending or anticipated ill: a state of being anxious.

~Merriam Webster



## Emotional Anxiety Symptoms:

### Feelings of dread

- Difficulty concentrating
- Irritability, feeling tense, jittery
- Anticipating the worst outcome
- Over-alertness for signs of danger
- Feelings of apprehension
- Feeling as if your mind has gone blank
- “I don’t want to go to school.” “Nobody wants to hang out with me.”
- “But, what if...what if...what if...” Or, excessive planning.
- “I can’t sleep.” “I’m tired.” “I want to stay home.”



## *Physical Symptoms of Anxiety:*

- Nausea or dizziness
- Frequent need to urinate
- Diarrhea not caused by illness
- Trembling
- Headaches
- Fatigue
- Insomnia
- Sweating
- Rapid heartbeat and breathing
- Muscle tension
- “I feel sick.”
- “My stomach hurts.” “I’m going to throw up.”

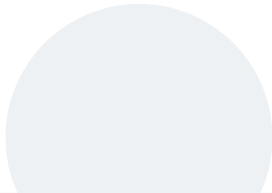
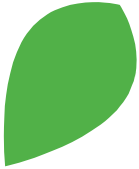
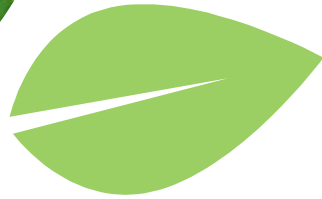
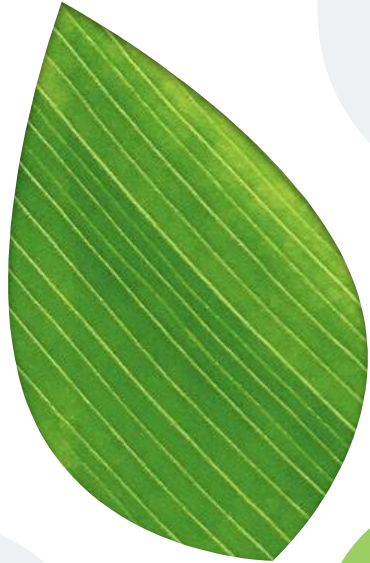
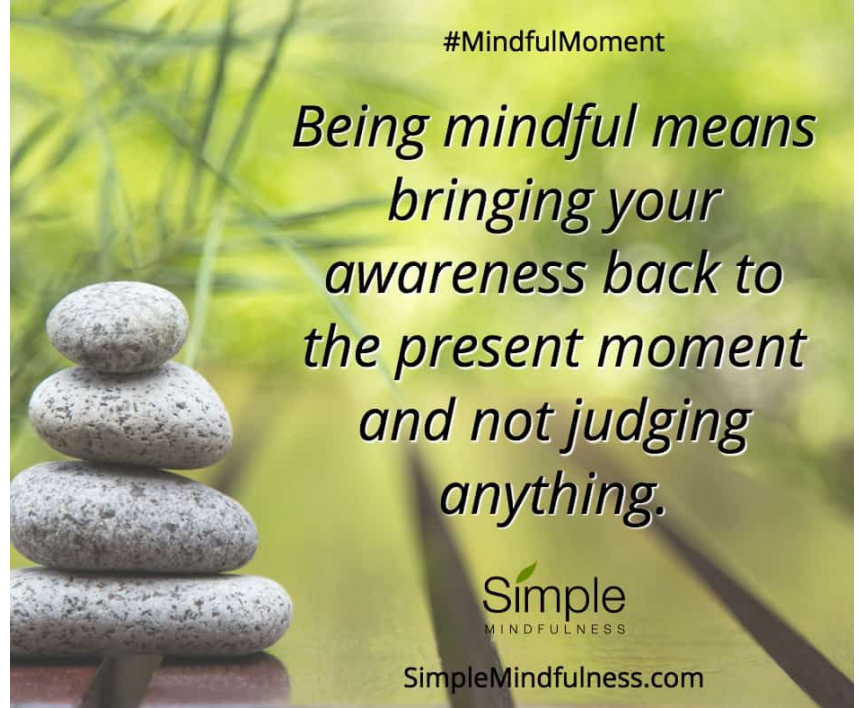
# What is Mindfulness

#MindfulMoment

*Being mindful means  
bringing your  
awareness back to  
the present moment  
and not judging  
anything.*

Simple  
MINDFULNESS

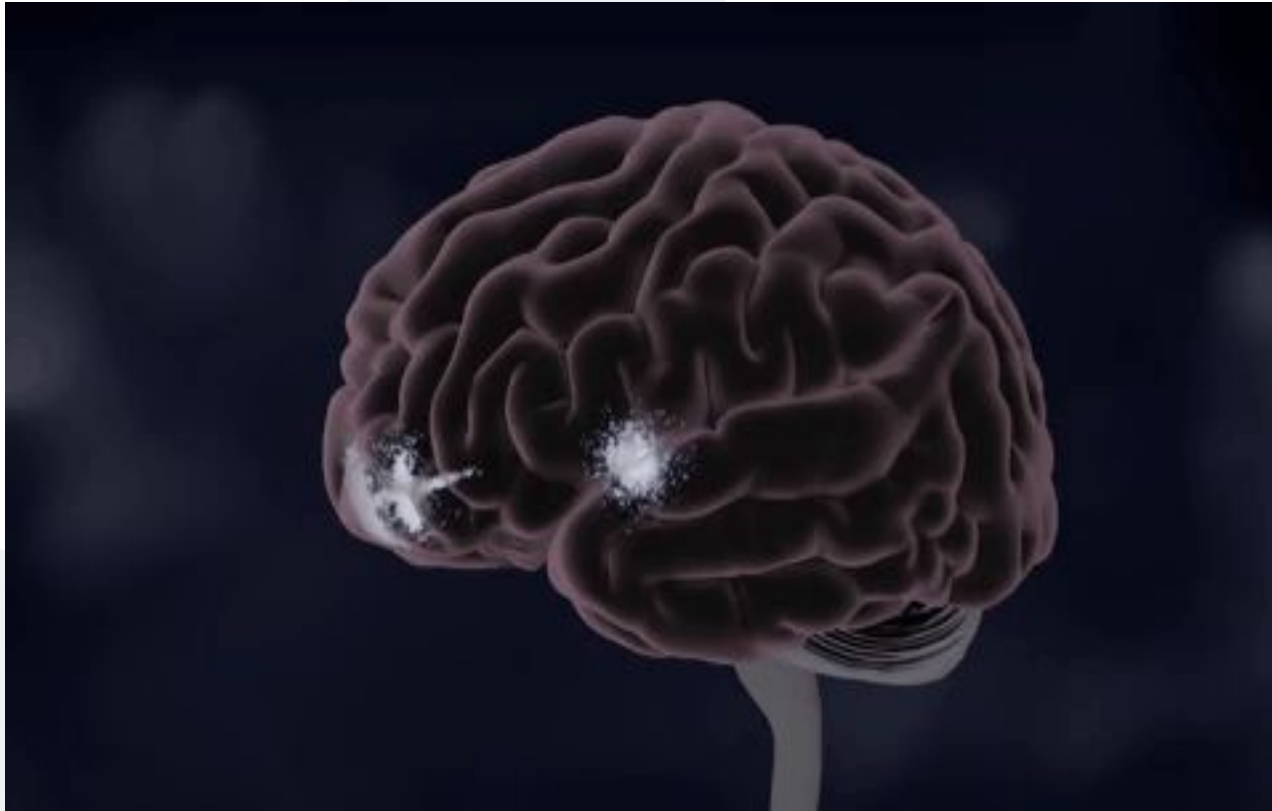
SimpleMindfulness.com



"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

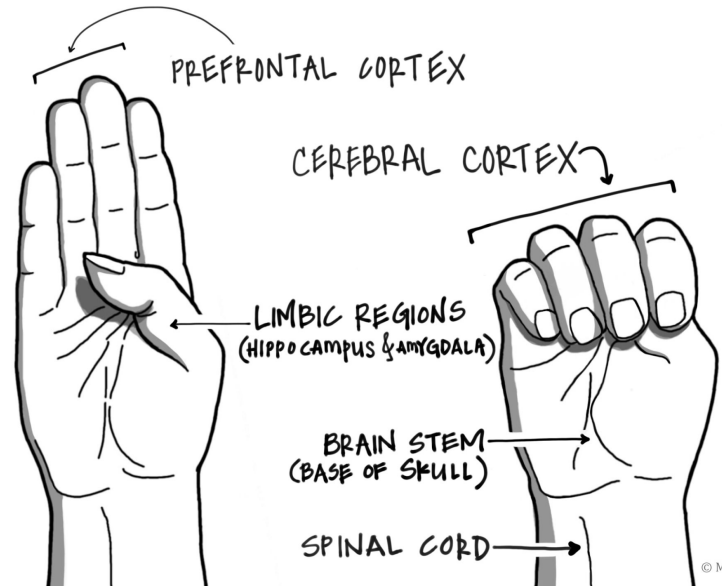
- Calvin & Hobbes





## **The Brain & Stress**

# Hand Model of the Brain



The Handy Model

Be where your feet are,  
both physically & mentally





# Start with You!

- Pause, Breathe, Respond with Intention  
(PBR)
- Take time for you during the day  
(Calgon Moment)
- Relish in the positive moments  
(Comic relief is powerful)



With your Child....

EVEN AS KIDS REACH  
ADOLESCENCE,  
THEY NEED MORE THAN  
EVER FOR US TO WATCH  
OVER THEM.  
ADOLESCENCE IS NOT  
ABOUT LETTING GO.  
IT'S ABOUT HANGING  
ON DURING A VERY  
*bumpy ride*

Ron Taffel

S·A·L·T  
*effect*





Find the positive



# Nature

These studies have shown that time in nature — as long as people feel safe — is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. Attention Deficit Disorder and aggression lessen in natural environments, which also help speed the rate of healing.

~ Yale School of the Environment

# Name it to tame it

You have a  
strong feeling

1

Pause

2

3

Take a  
deep breath

6

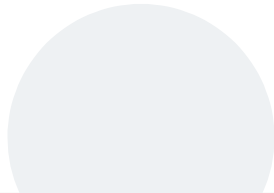
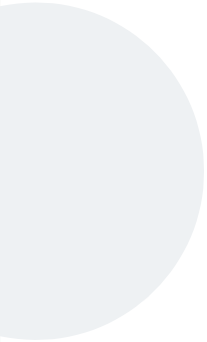
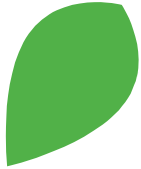
Figure out what  
you need

5

Name  
the feeling

4

Describe what you  
feel in your body



# 7

# TIPS FOR MINDFUL EATING



Controlling how you eat can be as important to your health as what you eat. Here are seven tips for eating mindfully, which has been shown to cause weight loss, reduce binge eating and improve a general sense of well-being.

## 3 Notice what is on your plate:

Not being aware of what you eat can lead to overeating and weight gain. Notice the colors, textures and amount of food on your plate. Pay attention to the food's smell, taste and feel as you eat.



## 4 Chew thoroughly:

Chew slowly, chewing each bite of food approximately 20 times. Enjoy the bursts of flavor in your mouth. Think about how the food makes you feel.



## 5 Eat slowly:

Enjoy what you eat and improve digestion by not rushing through your meal. Digestion begins with chewing and chewing and swallowing are the only parts of the digestion process you can control.



## 2 Breathe and relax:

Sit comfortably, take a few deep breaths and take a moment to be thankful for the food in front of you. This



## 6 Stop when you are full:

It takes the brain about 20 minutes to recognize that you've had enough—another good reason



an instant help book for teens

the  
stress reduction  
workbook for teens

SECOND EDITION

mindfulness skills to  
help you deal with stress

- \* discover how  
**stress affects** you
- \* learn to **respond**  
instead of **react**
- \* manage **emotions**  
& find **balance**

GINA M. BIEGEL, MA, LMFT

## Look at stress triggers

Page 5- Define stress

Page 9-12 What is  
causing stress



## Try open-ended questions

- ~ What was fun for you today?
- ~ What is one thing you found challenging today?
- ~ What surprised you?
- ~ What are you most proud about with this assignment?
- ~ Can you think of any ways you can make the situation better?



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## Strategies to Develop EMPATHIC LISTENING

1. It's not about you
2. Put away your phone
3. Be an active listener
4. Refrain from criticism
5. Adjust your body language
6. Paraphrase your conversation partner
7. Ask open-ended questions
8. Stop giving unsolicited advice
9. Don't 'fill up' the silence



**Start Meditating!**





# Re-Evaluate Healthy Living Habits

- Sleep
- Exercise
- Fruits/Vegetables
- Lean protein



## Other Thoughts to Consider

- Give it time, be patient
- **Let your children solve their own problems and be ok with it**
- If your child has fears **help** your child face them
- Use the book you just received, go to the library, start tomorrow
- If you want to know more about anxiety, check out our DCSD [YouTube website](#) with Dr. Scott Cypers
- If you feel that your child has been exhibiting serious anxious feelings for a few months, reach out for help! Your school counselor is a great place to start.

# Optimistic Closure





# Resources

- ❑ Dr. [Dan Siegel](#)
- ❑ Dr. Sax, [The Collapse of Parenting](#)
- ❑ Dr. Kristen Race, [Mindful Parenting](#)
- ❑ Dr. John Medina, [Attack of the Teenage Brain](#)
- ❑ [www.stressedteens.com](http://www.stressedteens.com)
- ❑ [www.mindfulnessforteens.com](http://www.mindfulnessforteens.com)
- ❑ [13 Things Mentally Strong People Do by Amy Morin](#) (article)
- ❑ [Healthy Ideas for Coping](#) JeffCo Twelve Talks

Handout & Book

