

Mindfulness and Self Care

By: Dante Brown, LCPC

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, light blue, white) extending from the right side of the slide towards the center.

Overview

- What is mindfulness?
- Why and how we teach mindfulness
- The science and evidence that supports mindfulness
- Mindfulness and self care.
- A few mindfulness practices.

What is Mindfulness?

Paying attention in a particular way to the here and now nonjudgmentally with acceptance, kindness, and curiosity.

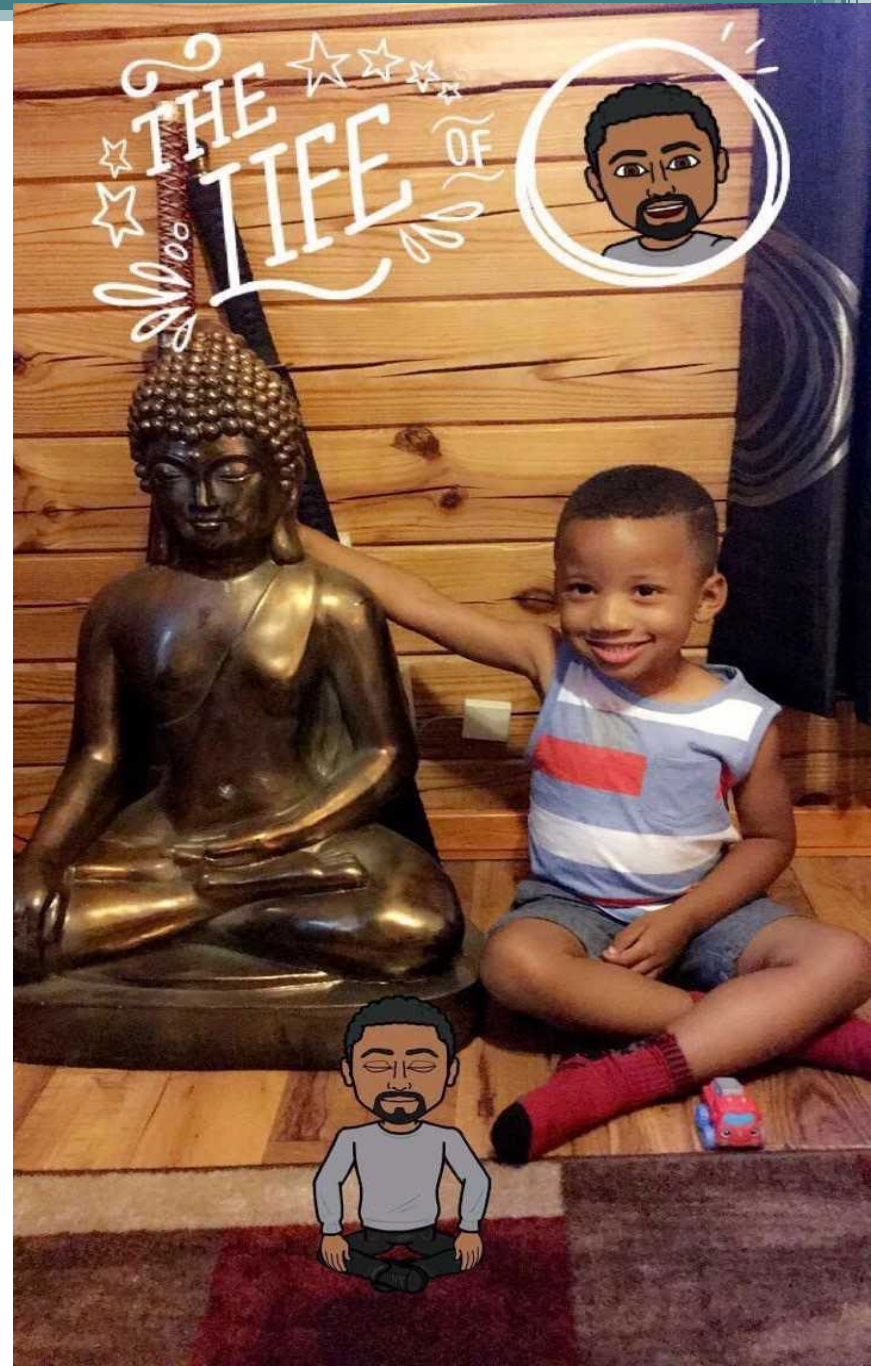
What do you notice?



Mind Full, or Mindful?

What do you notice

- Thoughts
- feelings
- behaviors
- memories



What is mindfulness?

“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment.

We feel more alive.

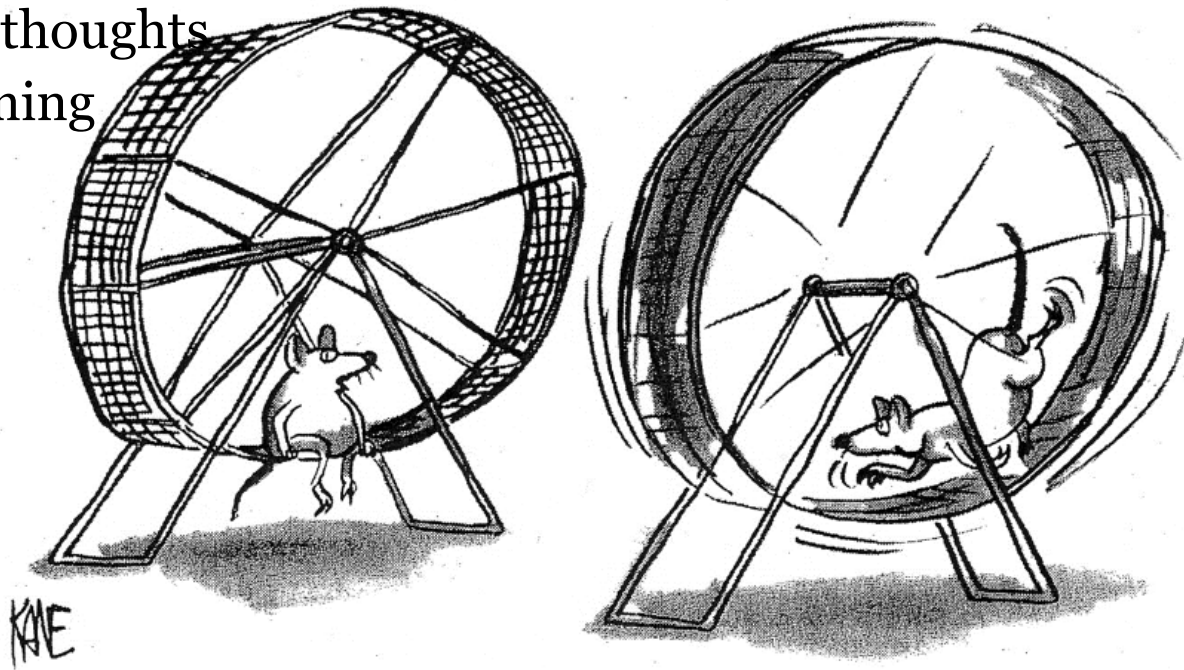
We also gain immediate access to our own powerful inner resources for insight, transformation and healing.”

Jon Kabat – Zinn

<https://www.youtube.com/watch?v=kk7IBwuhXWM>

What its not

- Not Judgmental
- Not getting rid of stress
- Not passive
- Not shutting off thoughts
- Not time consuming



"I had an epiphany"

Some people can...

- Experience Emotional Vulnerability
 - High emotional sensitivity
 - High emotional reactivity
 - Slower than average return to emotional base line
- Come from Invalidating Environments

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Why Mindfulness

- “Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence”

- Bessel Van Der Kolk, M.D.



Why Mindfulness?

“negative news can be shocking enough to create symptoms of acute stress, anxiety, and even PTSD”



Liked by [toolegit2quilt](#) and 58 others

[shaunte2323](#) Don't worry, he just needs a snickers... 😂

Why Mindfulness

- Empowering
- Simple, cheap, portable
- Checking in to our experience rather than out with distractions.
- About connection, not disconnection
- Effective, evidence based
- Builds lifelong resilience
- Single – tasking
 - - Christopher Willard

Ice Mindfulness



Mindfulness Exercise



Never....

“ In the history of calming down. Has anyone ever calmed down. By being told to calm down”

- Christopher Willard

**MINDFULNESS
MUST BE
EXPERIENCED
TO
BE KNOWN**

What are you experiencing?

- Hearing?
- Feeling?
- Seeing?
- Thinking?
- **RIGHT NOW?**

Daily Mindfulness can target

- Attention
- Impulsivity
- Emotion regulation
- Body awareness
- Attunement
- Insight on one's self

Box Breathing/Tactical

<https://www.youtube.com/watch?v=RVA2N6tX2cg>



Where is our focus?

- For one minute silently count all of the red things in the room..



Mindfulness and Self Care

*To be mindful is to be present to what is—
sometimes pleasant, sometimes unpleasant—
and
to walk through life with open eyes, ears, and
heart. If you walk through life this way, you can
experience it in the present moment mindfully.*

- Gina Biegel

What is neuroplasticity?

“The ability of the brain to change by creating and reorganizing neural connections, especially in response to learning or experience”

What is Positive Neuroplasticity

The brain changes in response to experiences, particularly with positive or pleasurable experiences. By tilting towards the positive you help positive neural connections grow. THIS IS WHY WE DO LOVING KINDNESS MINDFULNESS

Keeping our cup full

It's not selfish to take care of yourself. We need to keep our cups full so we are able to be at our best daily!

Self FULL vs Selfish



Planting Seeds vs Pulling Weeds

Engage in self-care! Engage in a positive activity that will fill you up and nourish you.



Self Care - Stand in your “NO” and For your “YES”

<https://www.youtube.com/watch?v=KmxkWkDw>

N-4

Levels of Self Care

Level 1 - 1-15minutes per day

Level 2 - 1 hour/week

Level 3 - 1x/ month day off

Level 4 - 1x/ month hang out with someone who builds you up and nourishes you

Think about....

- What did you do when you were a child and/or teen to calm yourself down?
- What rituals or self care activities do you have now to calm down and/or relax?
- What rituals do you have in your classroom now that could be considered mindful moments? Are there any you could introduce?

Resources

- www.mindfulliving.com
- <https://mindfulnessinschools.org/mindfulness/>
- www.mindful.org