

Mindful Educators – Resilient Students
An Experiential Approach to Steadying the Mind,
Calming the Heart and Relaxing the Body



With Heidi Bornstein
& Stephen Chadwick



Arriving



Exhilarate!



*“Make the moment vital and worth living. Don’t let it slip away unnoticed and unused.”
Martha Graham*

Mindfulness Everyday

Delivering Mindfulness in Education since 2009

Our Mission

We promote mindfulness practices to enhance

- positive mental and physical health and well-being,
- compassionate action and resilience

by providing stress reduction training and life skills for

- young people, educators, professional support staff, parents, organizations and members of the community.



www.mindfulnesseveryday.org

The presentation will explore



- Why be mindful – benefits for both teachers and students
- What is mindfulness – a working definition for education
- How to practice mindfulness – simple effective practices that can be incorporated into daily life to reduce stress and increase mindful compassionate awareness

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What IS Mindfulness?

Mindfulness,
is paying attention
to the here
and now,
with kindness and
curiosity.

Amy Saltzman, M.D.



Mindful or Mind Full

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Mindfulness & Positive Psychology

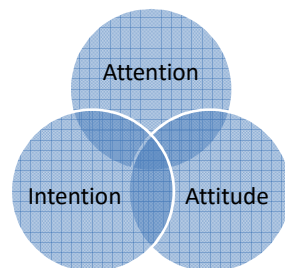
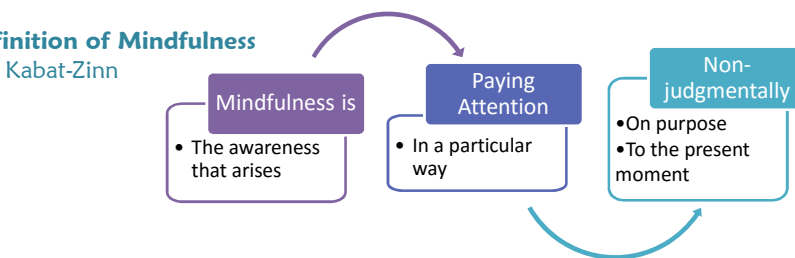
Mindfulness is significantly correlated with positive affect, life satisfaction, and overall well-being.

“Mindfulness opens a door of awareness to who we are and character strengths are what is behind the door since character strengths are who we are at core” (Niemiec, 2014)

Curiosity is one of the strengths that is correlated to living a satisfied, meaningful, and engaging life.

The Mechanisms of Mindfulness

Definition of Mindfulness
Jon Kabat-Zinn



Attention: *Conscious awareness of one's inner and outer experience*

Intention: *A conscious decision to engage in the practice*

Attitude : *Being unconditionally present with whatever arises in an orientation that is characterized by curiosity, openness, acceptance and kindness*

Why Practice Mindfulness?

Studies have shown that practicing mindfulness-based stress reduction (MBSR) for 8 weeks can bring a variety of physical, psychological, and social benefits.

Mindfulness:

- improves both physical and mental health
- supports well-being
- improves focus and attention
- enhances relationships
- cultivates resilience



"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



Why Be Mindful?

Being mindful

- makes it easier to savor the pleasures in life as they occur,
- helps you become fully engaged in activities
- creates a greater capacity to deal with adverse events

Mindful Awareness creates space,
providing the opportunity to choose
& respond with awareness



*Freedom is the capacity to pause
between stimulus and response.
Rollo May*

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What does it mean to Pay Attention?



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Mindful Listening to the Bell



Zenergy Chime - Solo

Listen to the sound of the bell; when you can no longer hear the reverberations, stand up and stretch. Use the bells to begin and end practices



Latin Percussion LP776-BL Vibra-Tone Large Indigo Blue

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Mindful Listening Tools



Tibetan Singing Bowl
Tibetan singing bowl of thick material comprised of 12 different metals. The bowl has a deep and very long tone.



Triangle



Vibratone



African Drum



Cymbals

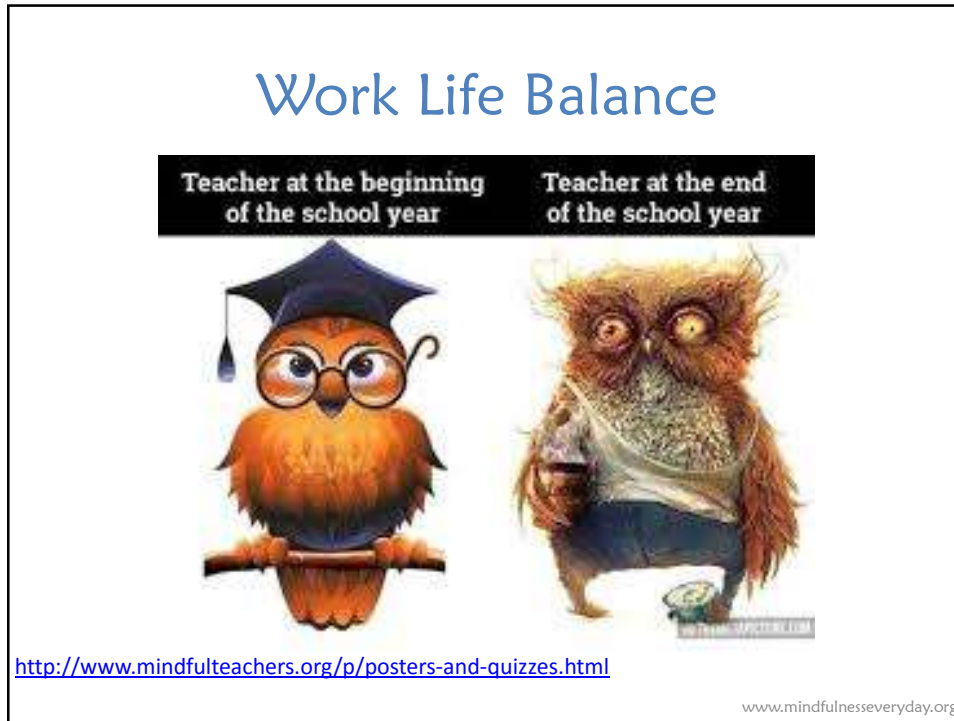


Native Drum



Rainstick

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Teacher Stress (for those who stay)

- 93% are torn between teaching and home responsibilities

Sources of stress include:

- Self-care: no time for self with family and loved ones
- Classroom stress: not being able to devote time to individual student needs, classroom management, and student’s personal health issues
- Workload stress: class composition, assessment

Canadian Teachers’ Federation Survey on the Quest for Teacher Work---Life Balance (Feb, March 2014). www.ctf-fce.ca

3 actions to taking for work-life balance

www.ctf-fce.ca

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First-Year Teachers' Attitude



Why Begin with Educators?

We Must Be The Change
We Wish To See In The World
- GANDHI

Teachers interested in implementing mindful awareness practices in their classrooms are encouraged to first learn and practice mindfulness strategies for themselves.

- In social learning theory, behaviour modeling is the demonstration of a desired behaviour.
- A teacher's presence in a classroom and the capacity to build relationship is viewed more important than any instruction they can offer.
- Teachers often neglect their own needs, resulting in high incidents of stress and burnout in the profession. Mindfulness-based self-care practices can help restore balance in educators' lives, enabling them to be present for their students.

Stress Contagion

- Teachers who experience high levels of stress may transmit these negative impacts directly to students via "stress-contagion"
- Nationally representative sample of first graders ($N = 10,700$)
- Children in classrooms with teachers reporting greater levels of stress had higher internalizing and externalizing disorders.

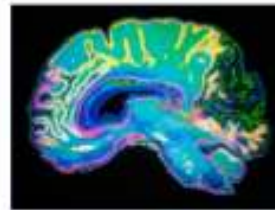
(Milkie & Warner, 2011)



Stress and Learning

Stress and Learning

- Early stress may impair the development of self-regulation
- Interferes with learning
- Over time may cause learning and behavior problems
- Especially for children at-risk
- Teacher support may be protective



Blair & Raver, 2012

Benefits of Mindfulness

Benefits of Mindfulness

- A growing body of research is demonstrating results:
 - Enhanced memory
 - Increased ability to concentrate
 - Increased ability to use attention to regulate emotion
 - Increased ability for empathy and compassion
 - Reduced distress and increased positive affect
 - Brain changes that support emotion regulation

Davidson et al., 2003; Frederickson et al., 2008; Hölzel et al. 2008; Jha, Krompinger, & Baime, 2007; Luders et al., 2009; Lutz et al., 2008; Shapiro, Schwartz, & Bonner, 1998; Slagter, et al., 2007)

The Positive Classroom



When Did You Stop Dancing?



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Care for the Care-givers

Identifying your own needs and taking steps to meet them.

Taking the time to do some of the activities that nurture you.

Intentional **Self-care** is **care** provided "for you, by you."

Harder to neglect when built into your life

Easy to neglect when you're busy

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Mindful Movement



MINDFULNESS EVERYDAY
www.mindfulnesseveryday.org

Circle of Joy Flow
Energizes you when you feel tired
& creates calm when you feel wired

Link to Video on YouTube:
https://www.youtube.com/watch?v=Q1iKnP1_b7s

Benefits of Mindfulness for Teachers Personally

- Improves focus and awareness
- Increases 'presence'
- Promotes emotional balance
- Supports stress management & stress reduction
- Supports healthy relationships at work & at home
- Supports overall well-being

From *Mindful Teaching and Teaching Mindfulness, A Guide for Anyone Who Teaches Anything*
by Deborah Schoeberlein



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Benefits of Mindfulness for Teachers Professionally

- Increases ability to see student behaviour more compassionately and less as a challenge to self.
- Increases responsiveness to students' needs.
- Enhances classroom climate.
- Reduces burnout.
- Increases job satisfaction.



From *Mindful Teaching and Teaching Mindfulness, A Guide for Anyone Who Teaches Anything* by Deborah Schoeberlein

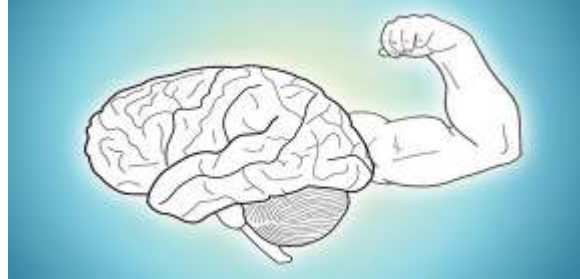
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Mindfulness is a Training

This is because mindfulness is a skill which any child or adult can sharpen with practice. It's a skill which the [research](#) shows can improve impulse control, calmness, kindness, patience, compassion, empathy, executive function, and attention spans in children and adults. It's a skill we can give to ourselves and to the next generation of kids to not only connect more deeply with others around them, but to really nurture a sense of self-respect and self-compassion.

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Training the Muscle of Attention



Attention is like a muscle that can be trained.
Just like going to the gym to work your muscles,
you can train your mind.
Strong body, strong mind.



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Core Breathing Practice

Brief Explanation:


- Sit in a comfortable position with a straight back, eyes closed or with a soft gaze.
- Allowing your body to become still, as best you can.
- Allowing your mind to settle, as best you can.
- Following the feeling of the breath as you inhale and exhale.
- Breathing in...Breathing out...
- If your attention wanders, as it will, gently return your attention to the feeling of breathing in and breathing out.



Taking three mindful breaths can help calm your body, which can relax your mind, and help you respond with awareness in challenging situations.

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Inquiry



Q & A

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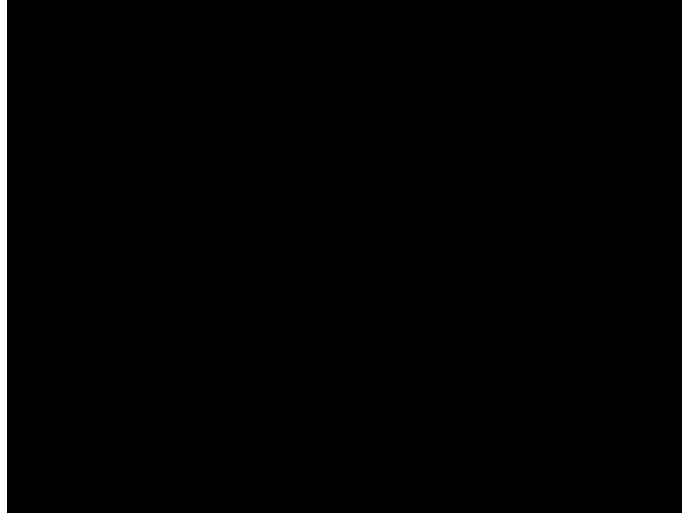
Happiness Can Be Cultivated

- Being Mindful - do less and notice more
- Being Kind - do things for others
- Being Grateful - remember the good things

<http://www.actionforhappiness.org/take-action/create-a-local-action-for-happiness-group>

www.mindfulnesseveryday.org

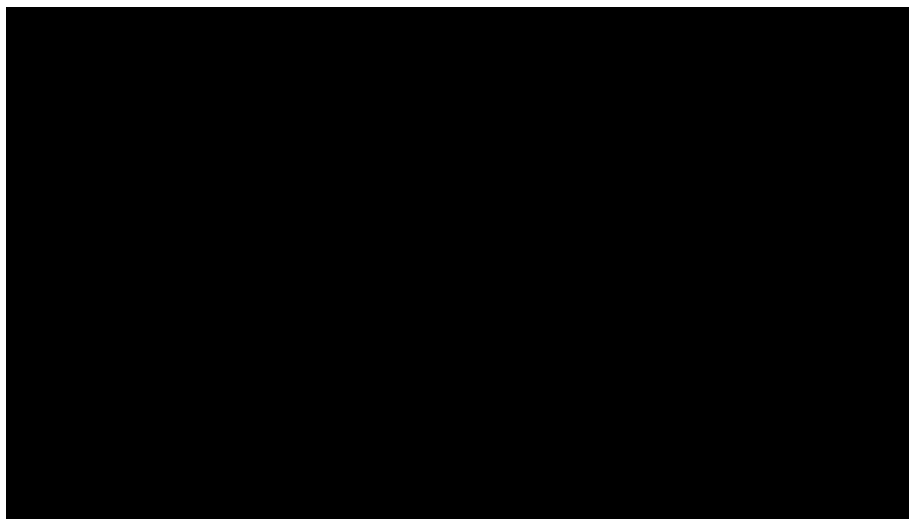
Grateful



<https://www.youtube.com/watch?v=sO2o98Zpzg8&index=3&list=PL8EKmNvCC1cGEFVqCgH01KI8QicuaXSgN>

www.mindfulnesseveryday.org

The Happiness Advantage with Shawn Achor



www.youtube.com/watch?v=GXY_kBVq1M&index=1&list=PL8EKmNvCC1cF0_43z6rAd4nKB5QumEUPD

Mindfulness for Educators: smartEducation™ A 9-Session Renewal Program **smartEducation**

smartEducation™ (SMART) is an evidence-based program designed to address the needs of educators (K-12) and professional support staff.

The 20 hour program is comprised of 8 x 2-hour sessions and a 4-hour retreat.

Teachers who take the smartEducation™ program will be eligible for a certificate of completion from UBC.

www.mindfulness everyday.org

ME Summer Mindful Ed Courses

- What Really Matters in Teaching K-12:
A 4 Day Intensive
- smartEducation™ A 4-Week Program
- Ontario SMART Certification Program

More info here: <http://www.mindfulness everyday.org/schedule.html>

Discover Mindfulness

Discover Mindfulness

www.discovermindfulness.ca

- Day-long retreats for educators at The Centre for Mindfulness Studies
- Community meetings at OISE

Discover Mindfulness is a non-profit organization helping to create communities, tools and awareness to bring mindfulness, well-being and mental health to Canadian schools.

We educate people about the benefits and applications of mindfulness, including evidence-based mindfulness programs for students, educators, parents, and others who work with children and teens.

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Toronto Teen Retreat 2016



"It seems like all teens should go to an iBme retreat. It would really change the world. I know it has changed mine." Rachel, age 17

"It seriously changed my life. I am a much happier, more open person. I feel more connected to myself and others..."
Camille, age 16

[Download 2016 flyer here](#)

Toronto Teen Retreat
August 6-11, 2016
Ecology Retreat Center
Meno, OH (near Toronto)

iBme/ME retreats introduce young people to mindfulness through guided meditation, mindful movement, small group discussions and creative activities. Participants will develop valuable skills such as focus, introspection, compassion, and insight, in a fun and supportive environment.

For more information visit: www.ibme.info/toronto

Contact info:
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(416) 570-4787

www.mindfulnesseveryday.org

Mindfulness Everyday Resources

Mindfulness Everyday

<http://www.mindfulnesseseverday.org>

Mindfulness Everyday YouTube Playlists

<https://www.youtube.com/user/MindfulnessEveryday/playlists?sort=dd&view=1>

The Mindful Minute – recording by students at RH King

<http://www.mindfulnesseseverday.org/mindfulMinute.html>

Mindfulness Everyday For Educators

<http://www.mindfulnesseseverday.org/educators.html>

smartEducation™ at UBC

<http://education.ok.ubc.ca/research/smartineducation.html>

iBme – Inward Bound Mindfulness Education

<http://ibme.info/retreats/teens/>

www.mindfulnesseseverday.org

Books For Educators

Brainstorm: The Power and Purpose of the Teenage Brain, Daniel J.

Siegel, M.D.

Buddha's Brain: The Practical Neuroscience of happiness, wisdom & love,

Rick Hanson

Everybody Present: Mindfulness in Education, Nikolaj Flor Rotne & Didde

Flor Rotne

Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything, Deborah Schoeberlein

Teach Breathe Learn: Mindfulness In and Out of the Classroom, Meena

Srinivasan

Teaching Mindfulness Skills to Kids and Teens, edited by Christopher

Willard and Amy Saltzman

The Dimensions of Engaged Teaching: A Practical Guide for Educators,

Laura Weaver & Mark Wilding

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students, Daniel Rechtschaffen

www.mindfulnesseseverday.org

Mindfulness in Education Resources

Association for Mindfulness in Education: www.mindfuleducation.org

Center for Mindful Learning: <http://www.cml.me/>

Center for Mindfulness: <http://www.umassmed.edu/cfm/>

The mindfulness information website: www.mindfulnet.org

Discover Mindfulness: www.discovermindfulness.ca

Inner Kids: <http://www.innerkids.org>

Mindful Magazine: <http://www.mindful.org>

Learning To Breathe: <http://www.learning2breathe.org>

Mindful Teachers: <http://www.mindfulteachers.org/>

Mindfulness Toronto: <http://www.mindfulnessstoronto.net/>

Mindfulness Everyday: www.mindfulnessseveryday.org

Mindful Schools: www.mindfulschools.org

Mindfulness Without Borders: www.mindfulnesswithoutborders.org

Still Quiet Place: <http://www.stillquietplace.com/>

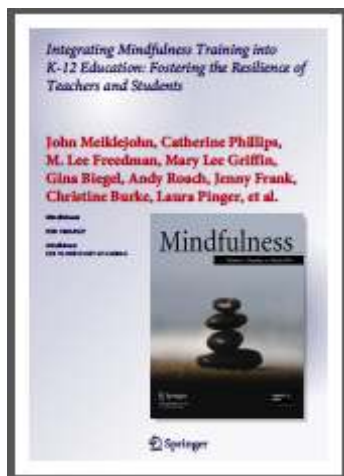
Stressed Teens: www.stressedteens.com

The Greater Good: The Science of a Meaningful Life:

<http://greatergood.berkeley.edu/education>

www.mindfulnessseveryday.org

RESEARCH WHITE PAPER



Integrating Mindfulness Training Into K-12 Education: Fostering the Resilience of Teachers and Students (March 2012) points to the benefits of providing mindfulness training to educators and students and provides recommendations for further research and implementation.

Mindfulness training can help teachers as well as students.

Download the [complete white paper](#) (19 pages);

Read the [executive summary](#); or

Read [an interview transcript with lead author John Meiklejohn](#), LICSW.

Contact j.johnmeiklejohn@comcast.net

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Somewhere Deep Within



Somewhere deep within
there is a firmer, simpler, warmer
human being.

This human being trusts
this human being accepts both
the limits that give a human dignity,
and the talents that the world awaits.

Somewhere deep within
there is a purpose that cannot be shaken,
a love that no longer fears,
and a wisdom that ennobles life.

This human being is both
the instrument,
and the profound expression of life.

Unknown
www.mindfulnesseveryday.org

Inquiry



Q & A

www.mindfulnesseveryday.org

How Mindfulness Can Help Teachers Deal with Stress



<https://www.youtube.com/watch?v=xDpEaQEmHQ0&list=PL8EKmNvCC1cGmzCaC35iMY4h8gV1vBqt5&index=27>