

A Taste of Mindfulness for Parents

April 28, 2018



With
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Mindfulness Everyday
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Mindfulness Everyday

Delivering Mindfulness in Education since
2009

Our Mission

We promote mindfulness practices to enhance

- positive mental and physical health and well-being.

By providing stress reduction training and life skills for

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



Conference Resources



Download Workshop Resources [HERE](#)

<http://www.mindfulnesseveryday.org/resourcesforparents.html>

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Agenda



- We will discuss what Mindfulness is
- Experience some of the core practices
- Look at the research
- Look at current applications with Parents

Mindful caregiving is about being

PRESENT

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ARRIVING WHERE YOU ARE



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Parents Need Oxygen First



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Mindful Attention Activity



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Multitasking or Rapid “Task-Switching” Adversely Affects the Brain



Puts the brain on “High Alert” mode
Increases Stress Hormones, Blood Pressure
Continuous Partial Attention
Multitasking Decreases Empathy

(lowered density among multitaskers in anterior cingulate cortex)
(Nass. C 2009)

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Mindfulness: A Special Type of Focused Attention

Jon Kabat-Zinn defines Mindfulness
in Full Catastrophe Living:

“Mindfulness means paying attention in a particular way: on purpose in the present moment, and non-judgmentally”.

(Kabat-Zinn, 1990).

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Mindfulness is.....



Mindful or Mind Full

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

Amy Saltzman, M.D.

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Come to Our Senses Experiential Practice *Simply Listening*



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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

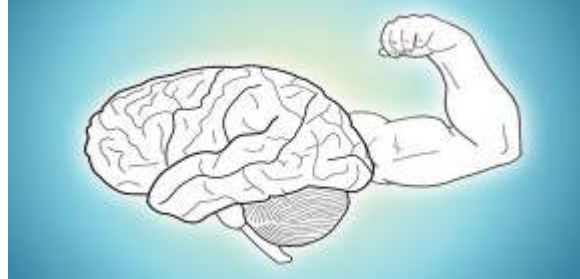


[Latin Percussion LP776-BL Vibra-Tone Large Indigo Blue](#)

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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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Mindfulness Based Stress Reduction Program (MBSR)

Created by Jon Kabat-Zinn, PhD 1979.

8 week meditation program developed for health care

40 minutes of meditation, journal keeping and mindfulness
of daily activities

Meditation Practices include: Body Scan, Breath
Awareness, Lovingkindness, Mindful Movement, Retreat

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Mindful Parents Research

A randomized control study at CAMH
Published 2016

Modified Mindfulness program for parents
with a child with autism over age of 18

Results: 6 Weeks of Mindfulness shows significant
decrease in depression in caregivers who received
mindfulness training



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Mindfulness Modified for Parents Routine Activities

Sensation awareness while with children

- Session 1 Getting off Automatic Pilot
- Session 3 Thoughts are not Always Facts
- Session 5 Turning Towards Difficulties



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ACCESSIBLE PRACTICES

3 Step Breathing Space

- Becoming Aware
- Gathering and focusing attention
- Expanding attention



Curb Knee-jerk Reactions in Crisis Situations



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

Deep Breathing & the Vagus Nerve

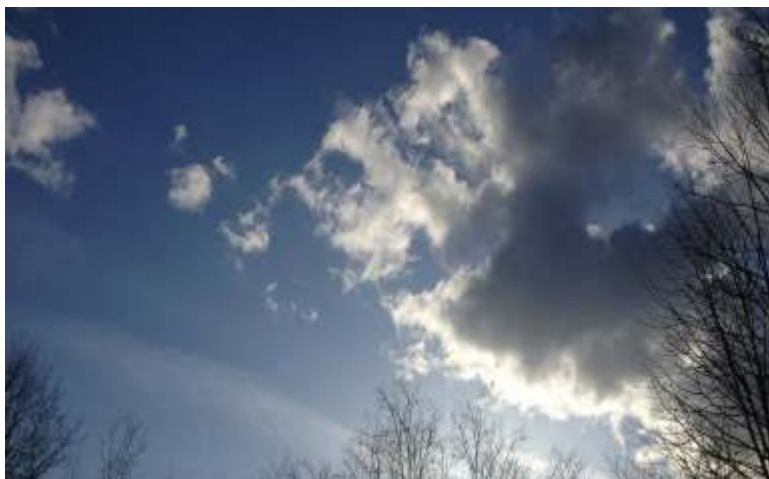


- Stimulates Parasympathetic Nervous System
- Releases positive endorphins
- Creates Calm

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Mindfulness is Portable Walking Standing Lying Sitting



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Coming to our senses – in all the moments....

I want to learn to
live in the moment...
just not *this* moment.
Some other moment.
Like a moment on
the beach.



I want to learn to
live in the moment...

...just not *this*
moment

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Research with Mindful Staff

- 23 Staff in 4 Group Homes (20 individuals with autism and aggressive behaviours)
- Staff took part in a 12 Week Mindfulness Meditation Program
- Collected Data on # of incidents, staff verbal redirections, restraints used, stat medications, staff injuries due to aggressive behaviour

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Disability Sector Research Mindful Staff

- Mindful Staff Reduce Use of Restraints
- Results: Restraints decreased as mindfulness practice continued – until they were not being conducted by the mindfulness-trained staff at all.

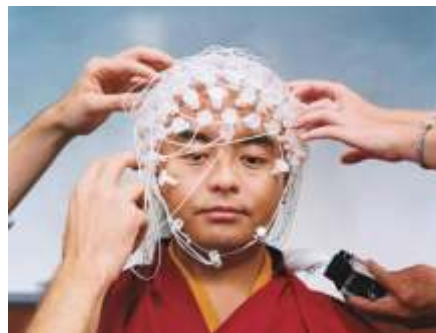
(Singh, N, et al.2007)

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Researching Mindfulness

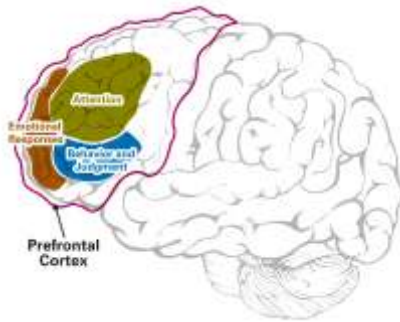
- Richard Davidson, neuroscientist studying the “brain on meditation”
 - Meditators' brains found incredibly active in the left prefrontal cortex,
 - the part of the brain responsible for positive emotions
- (Davidson, U of Wisconsin 2004)



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Executive Function & Prefrontal Cortex

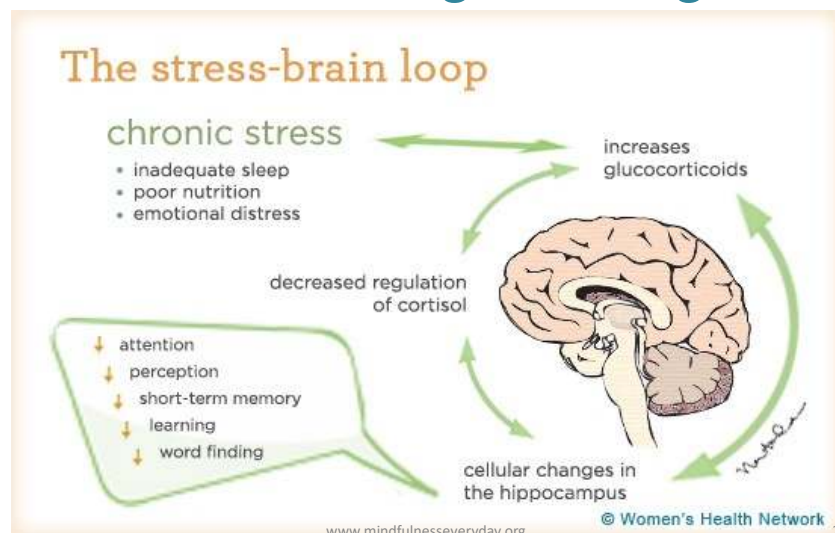


Same part of the brain researched by Davidson is where executive function takes place

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How Stress Affects the Brain During Learning



Biting into a Lemon Experiential Practice



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Researching The Physiology of Stress

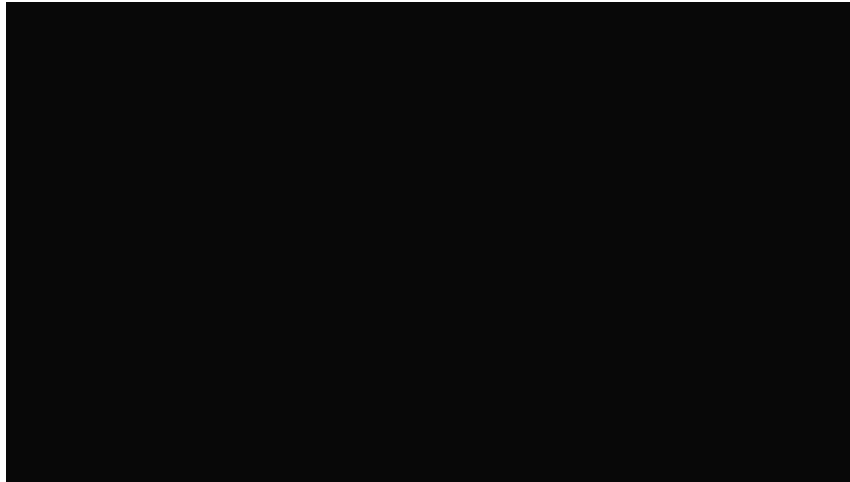
- Rumination, self-criticism, imagined scenarios involving threat or failure have long term physiological responses in the body.
- Real or imagined threats both result in the same physiological response in the body.

(Britton, Willoughby, MA., Dept. of Psych.,
University of Arizona, 2004)

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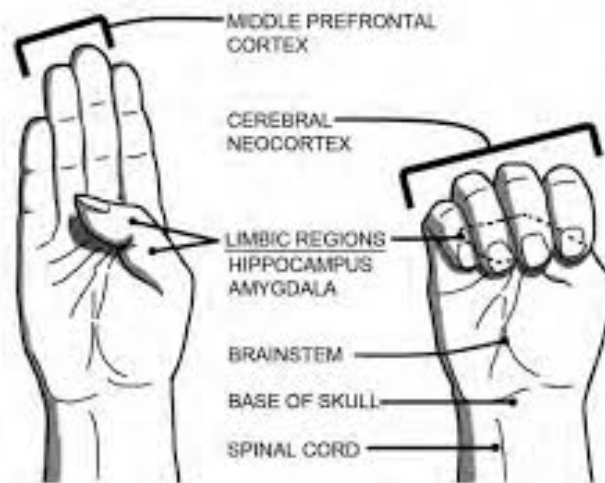
Dan Siegel – The Hand Model of The Brain



www.youtube.com/watch?v=DD-lfP1FBFk&list=PL8EKmNvCC1cGHwNxo0dYHyZJzMQOgKgSPZ&index=1

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Dan Siegel's Hand Model of the Brain



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Results of chronic stress on the body



Long term effects of chronic stress include risk of:

- Thyroid, endocrine burnout, immune suppression,
- high blood pressure, monoamine depletion.
- Parents of children with challenges
- Have a higher risk for depression and anxiety

(Britton, 2004)

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Drawing the Breath “Fire Breath”



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5 Finger Breathing



Trace your fingers:

As you breath in....(up the thumb)....

Pausing in between (rounding over the top of the thumb)...

As you breath out... (down the inside of the thumb)....

Pausing in between (rounding at the bottom of thumb)...

Continuing to trace each finger....slowly.... breathing

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Circle Breathing



In your imagination, visualize a circle.

- Pick an imaginary point on the circumference of the circle.
- Imagine following the outline of the circle with your breath.

From your starting point:

- Breathing in...following the circumference of half of the circle.
- Breathing out... following the circumference returning to your starting point.

Continuing to breathe and visualize drawing a circle with your breath three more times, or as many times as you need to feel calm and centered.

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4 7 8 Relaxing Breath



INHALE

HOLD

EXHALE

Link to YouTube with Dr. Andrew Weil:

<https://www.youtube.com/watch?v=gz4G31LGyog&index=31&list=PL8EKmNvCC1cGmzCaC35iMY4h8gV1vBqt5>

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Rose and Dandelion



Breathing in.....
Smell the rose



Breathing out....
Blow out the
dandelion

The Hoberman Sphere



Hoberman Sphere:
Have students slowly inhale while you slowly expand the Hoberman sphere and then exhale as you slowly shrink the sphere back to its original size. This is also a great way to demonstrate the expansion of the lungs.

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Mind in a Jar

Instructions for making your own Mind in a Jar here:

<http://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>





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I Can Calm Myself

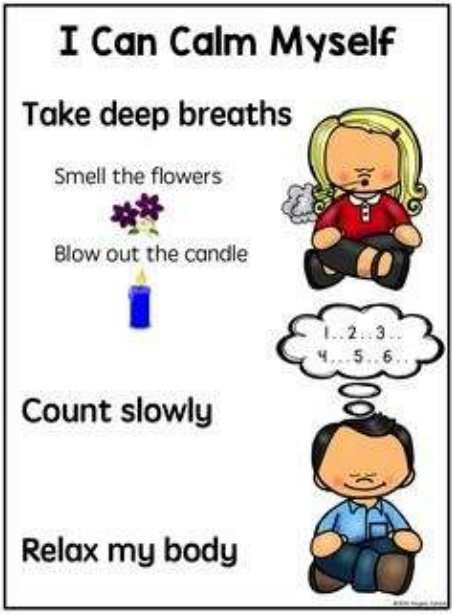
Take deep breaths

Smell the flowers 

Blow out the candle 

Count slowly

Relax my body



Calmer Choice

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos."

- L.R. KNOST

The Gottman Institute

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Take a Breath (the Self-Reg Song)



<http://www.childhonouring.org/takeabreaththeselfregsong.html>
 www.mindfulnesseveryday.org

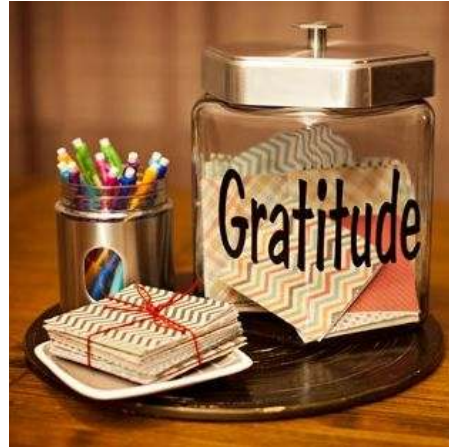
Parents & Teachers - feel free to download, print, post and share!

- Download [8.5 x 11 POSTER](#)
- Download [12 x 18 POSTER](#)



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Cultivating Happiness at Home - Gratitude



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Taking Three Mindful Breaths

There may be times throughout the day when you are unaware of what's happening inside you.



- S** - Stop what you are doing
- T** - Take a couple of breaths
- O** - Observe, asking yourself: "What am I aware of right now?" What I am feeling? Notice what you are feeling in your body, any body sensations. Notice what thoughts, emotions and feelings are present.
- P** - Proceed

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Mindfulness Practice



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5 Mindful Tips for Caregivers Come To Your Senses

1. Take Your Oxygen Daily. Take 3 Deep Breaths and just sit with the sensations of your body whenever you can.
2. Remember your accepting presence is your greatest gift to people you support.
3. Pause in the difficult moments. Don't react – and feel your body for a moment. Then respond with kindness and curiosity.
4. Stay connected to physical sensations moment by moment.
5. Insert reminders to take 3 full belly deep breaths in your environment (cell phone, notes on the wall, etc)

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BOOKS FOR PARENTS

				
Brainstorm Daniel Siegel	Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lantieri and Daniel Goleman	10 Mindful Minutes: Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives by Goldie Hawn	Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World by Kristen Race	Breathe through This: Mindfulness for Parents of Teenagers: Eline Snel

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Stress Relief Apps



Breathe2Relax
By The National Center for Telehealth and Technology

For iPhones & iPads & Androids. Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker. For more info or to download for free, [click here](#).

Take a Break!



For iPhones & iPads & Androids. When the workday overwhelms you or you just need to escape for a few minutes, Take a Break! will take you away from it all. This voice-guided meditation program features a 7-minute work break relaxation and a 13-minute stress relief meditation. To go along with each meditation, choose from soft, gentle music or the natural sounds of the ocean, rain, or a stream. For more info or to download for free, [click here](#).

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Stress Relief Apps 1



Stop Think & Breathe

The Stop, Breathe & Think App is a free mindfulness, meditation, and compassion building tool for middle-school students, high-school students, and adults. The app lets you check in on how you are thinking and feeling, and select emotions that guide you to recommended choices from 15 age-appropriate mindfulness and compassion-building audio meditations. For more info or to download for free, [click here](#).



Mindshift

As a quick and mobile resource, MindShift provides facts to help you understand anxiety - along with great tools to deal with it. The app presents situations, such as coping with test anxiety or social fears and a ton more, to help you situate yourself on the anxiety spectrum. MindShift provides powerful tools and exercises to help deal with the problem, rather than avoiding anxiety. Relaxation and visualization exercises, as well as mindfulness strategies can significantly help dial down stress. MindShift also presents a positive mindset, and inspirational quotes, to support you along the way. For more info or to download for free, [click here](#).

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Stress Relief Apps 2



Breathe2Relax

By The National Center for Telehealth and Technology
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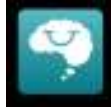
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Stress Relief Apps 3



Smiling Mind

Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and everyday. Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs.



Simple. Enjoyable. Effective. OMG I Can Meditate! for teens and kids includes an assortment of guided meditations and visualizations created specifically for three age categories, kids 6-9, tweens 10-13, and teens 14-17 and is free for kids and teens.



Stress Relief That Lasts: DeStressify is a complete program for developing the practices that permanently rewire the brain for less stress and greater mental and emotional balance. In as little as 10 minutes per day, learn life-changing skills for dealing with thoughts, emotions and beliefs that induce stress or anxiety. More than just quick-fix tools, these techniques are scientifically proven to create lasting change so you can stop being a victim of stress and overwhelm and take control of your life back.

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Mindfulness Everyday Resources

Mindfulness Everyday

<http://www.mindfulnesseveryday.org>

Mindfulness Everyday YouTube Playlists

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

Mindfulness Everyday For Parents

<http://www.mindfulnesseveryday.org/mindfulparents.html>

Mindful Families with Sara Marlowe

<http://www.mindfulfamilies.ca/>

Compass for Life with Gayle Saifert

<http://www.compassforlife.ca/>

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- Singh, N., Singh, J., Winton, A, Adkins, A, Singh, A., Lancioni, G. (2010) Mindfulness Training for Parents and Their Children With ADHD Increases the Children's Compliance *Journal of Child and Family Studies*. Vol. 19 (2), 157-166.