

# Building Your Toolbox:

## *Mindfulness for Self-Care, Parenting and Professional Growth*

*Shaping the Future January 2016*

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# Agenda

Introduction/Welcome

The Power of a Punch: The Rewards of Collaboration  
(a true story!)

What is and Why Mindfulness?

MindMasters, MindUP, Zones of Regulation

Tools for the Job of Living

Resources

Questions/Closing

# What is Mindfulness?

Mindfulness is a state of being aware of your own mind at any given moment.

It means to pay attention in a particular way, on purpose, in the present moment and with intention.

- Jon Kabat Zinn

## Not:

- Having a blank mind
- Becoming emotionless
- Withdrawing from life
- Seeking bliss
- Escaping pain

*“Surf the waves, not stop the waves”*

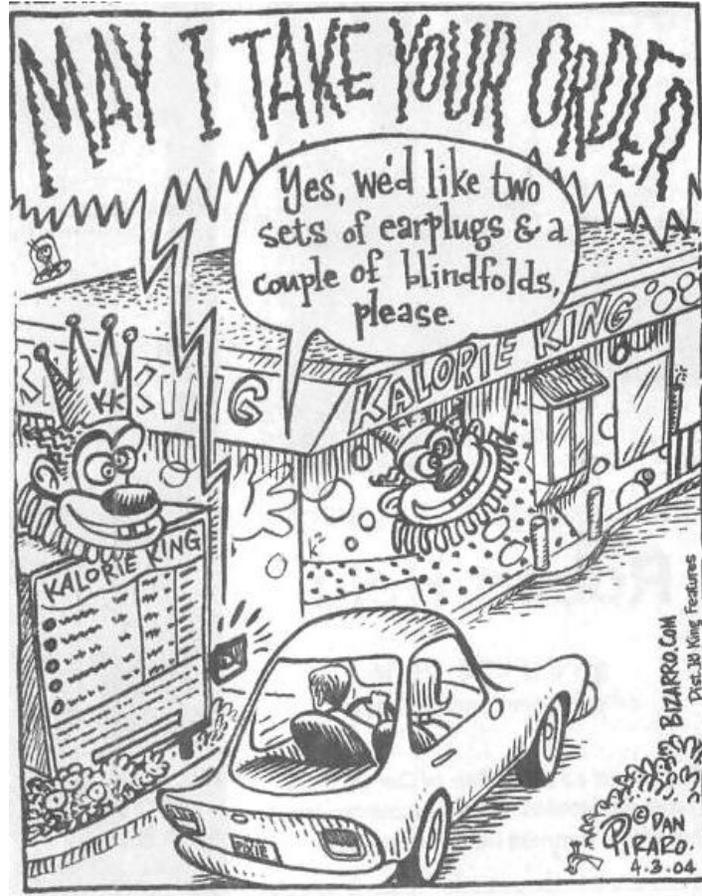
# Attitudes of Mindfulness

- Non-Judgment
- Patience
- Beginner's Mind
- Trust
- Non-Striving
- Acceptance
- Letting Go

# Why Mindfulness?

*You Only Have Moments to Live.*

“Oh, I’ve had my moments, and if I had to do it over again, I’d have more of them. In fact, I’d try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.” – 85 year old woman.



PLAY MORE! 11 Ways  
to Add Spark to Your Life

Is Your Brain Hardwired  
to Be Lazy?

Make Peace with Mornings  
The Ultimate Wake-Up Routine

# mindful

taking time for what matters

## Smart Yoga

A fresh approach that  
stretches your body  
*and* your mind

ADDICTED  
TO BEING BUSY?  
*Lower your speed limit  
and get more done*

HOW TO TALK  
TO YOUR KIDS  
ABOUT DEATH

OCTOBER 2015  
mindful.org

## 5 MYTHS ABOUT MINDFULNESS

*What the media gets  
wrong about meditation*

**Happier Schoolkids**  
*Life inside a  
mindful classroom*

**Marian Matthews**  
Yoga and mindfulness  
teacher in K-12 schools





“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”

—Viktor Frankl

[www.facebook.com/yoga9v](http://www.facebook.com/yoga9v)

Pattakos, A. (2010). *Prisoners of our thoughts*. San Francisco: Berrett-Koehler.

# The Raisin Experiment

# History/Context

- Jon Kabbat-Zinn (1990) – Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.
- Mindfulness-Based Stress Reduction Program at Canmore Hospital
- Inner Cool Kids within CRPS (RFTS partnership)
- Referrals for self-regulation, executive functioning, anxiety
- CALM classroom at CRPS high school
- Mindful Parenting Sessions at Parent Link
- Zones of Regulation
- Calm, Alert and Learning by Stuart Shanker

# Rationale

There is a growing concern about children's social-emotional adjustment and mental health:

- **15% to 30%** of school-age children are “at risk” for successful development and require support and assistance (OECD, 1995).
- Approximately **1 in 5 children (20%)** identified with mental health problems (Offord et al., 1991; Romano et al., 2001).
- **1 in 5** children with mental health problems do not receive the mental health services they need (Canadian Alliance for Mental Illness and Mental Health, 2000).
- **28% of children** begin middle childhood with significant problems (Advisory Committee on Population Health and Health Security, 2004).

*“A growing awareness of the importance of our emotional fitness is mirroring the same journey of acceptance that physical exercise took in the last century. Scientific evidence of the benefits of the Buddhist practice of mindfulness will be instrumental in catapulting it into the very heart of the business world.”*

- Chade-Meng Tan, head of Google Corporation’s Department of Mindfulness Training

(Mr. Tan’s job description: To enlighten minds, open hearts, and create world peace)

“A growing body of literature suggests that a deliberate and comprehensive approach to teaching children social and emotional skills can raise their grades and test scores, bolster their enthusiasm for learning, reduce behavior problems, and enhance the brain’s cognitive functions.”

(Education Week, 2003).

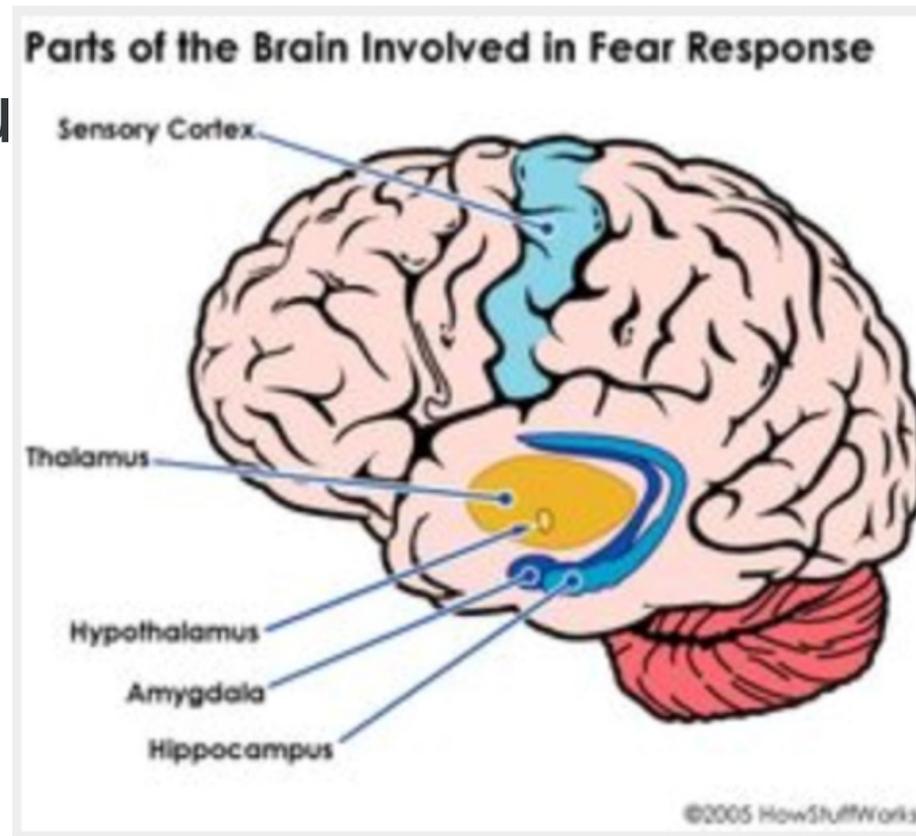
“Because the emotional centers of the brain are very connected to the thinking and learning centers of the brain, we know that people who are better able to control their emotions and moods are effective learners.”

(Greenberg, 2004)

# Mind Masters

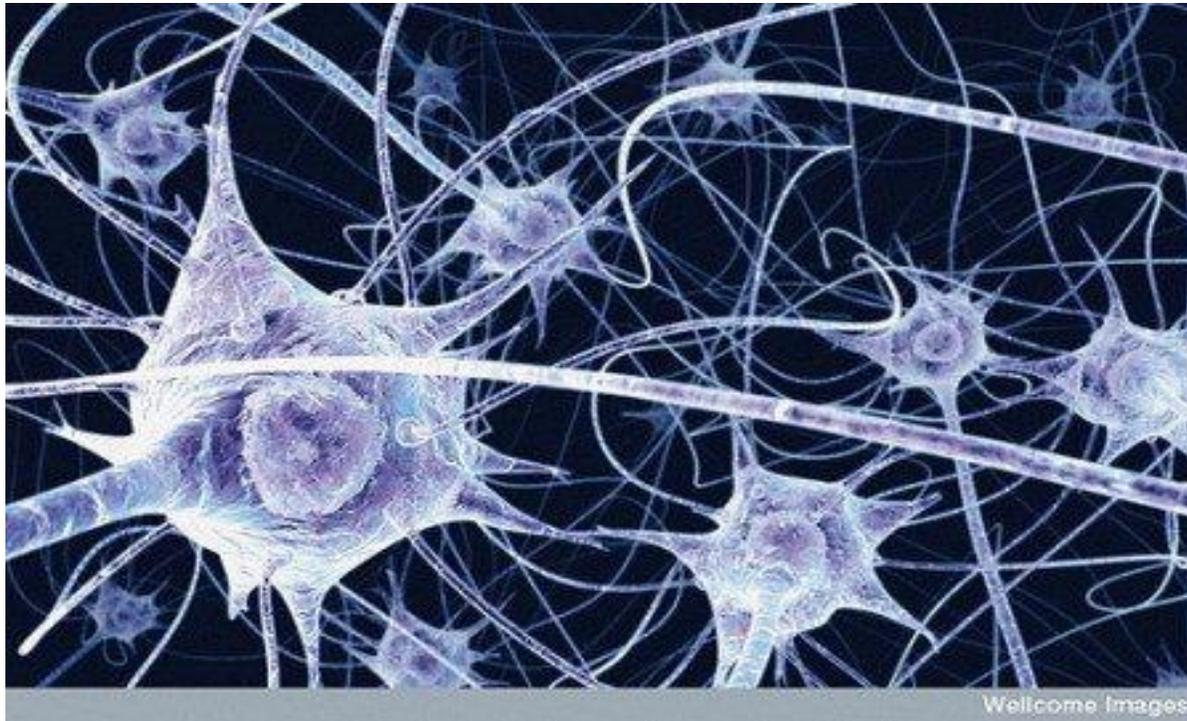
# The MindUP Curriculum

www.thehawnfou

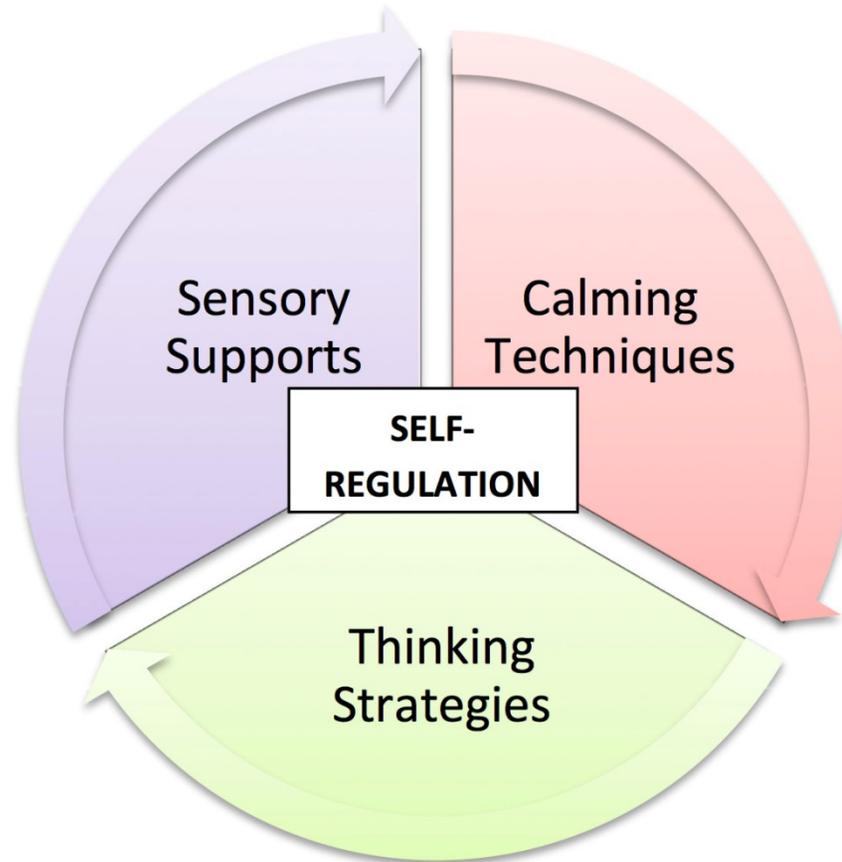


# Neuroplasticity

“If you can change your brain you can change your life” – Rick Hansen

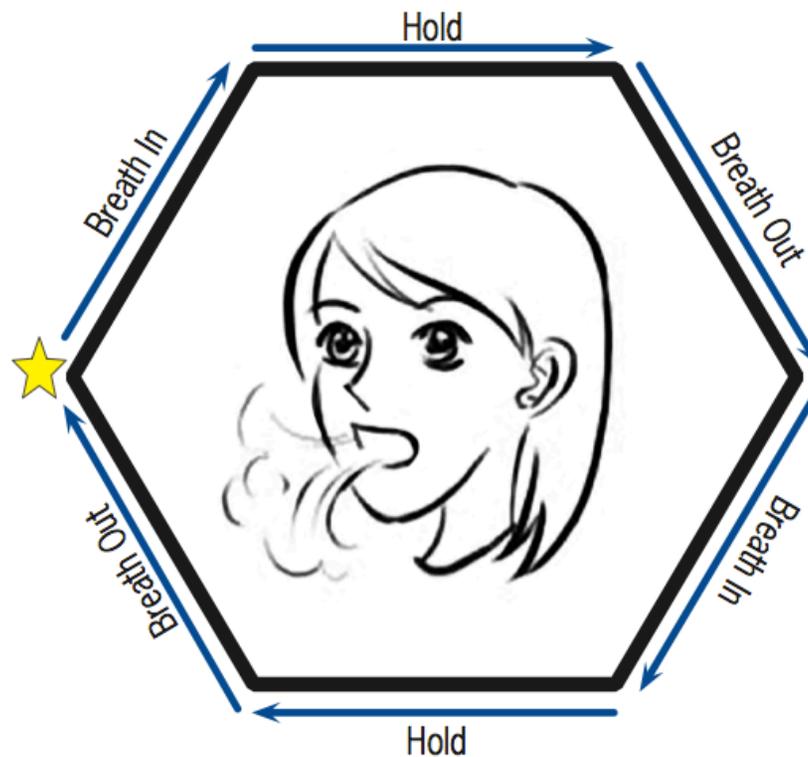


# Zones Of Regulation



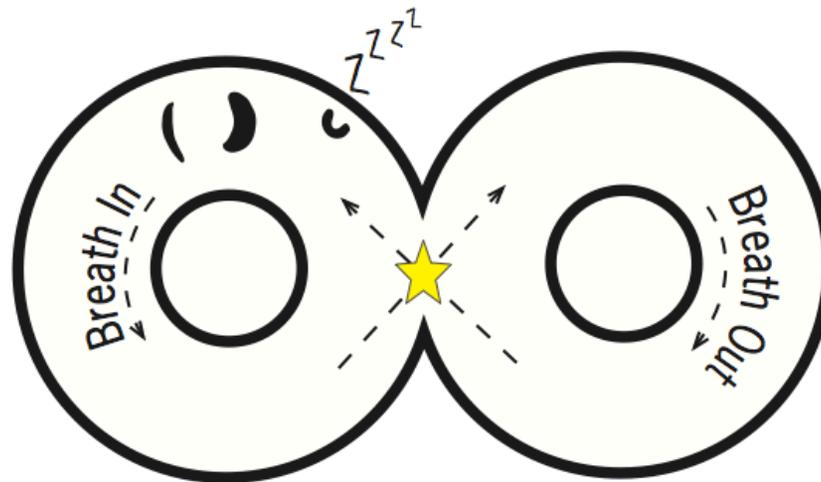
# Zones Of Regulation

## The Six Sides of **Breathing**



# Zones Of Regulation

## Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

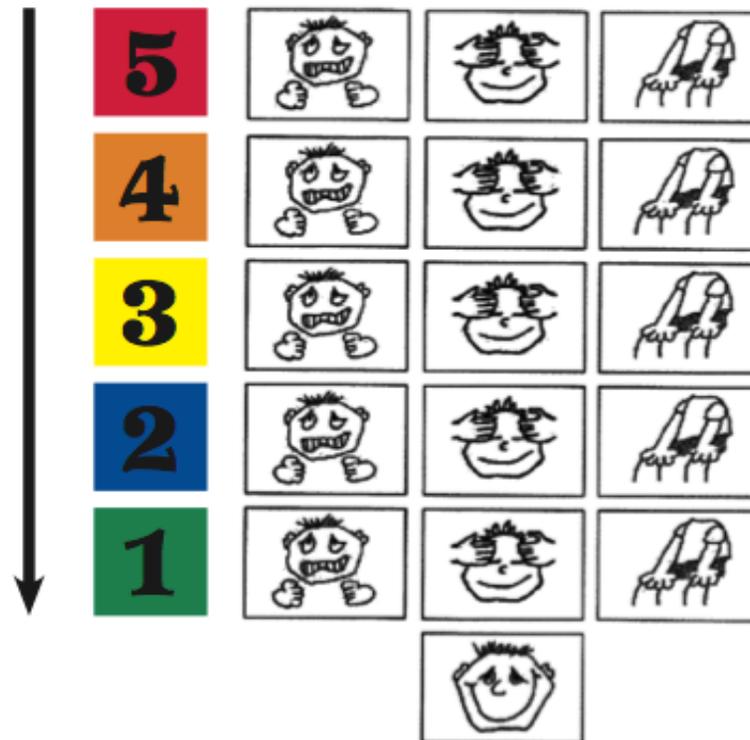
As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

# My **Calming** Sequence Visual

**Activity:** Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



# Bringing Mindfulness to Schools

Patricia Jennings, author of Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom.

1. Recognize the situation that exists in public education today.
2. Build a strong evidence base.
3. Understand developmentally appropriate practices.
4. Integrate mindfulness into the existing curriculum.
5. Engage parents and teachers.

# Response to Intervention

- Universal
  - Mind UP with and for teachers/entire school (chime x 3/day)
  - Parent/Teacher in-services
  - Creating environments that support regulation
  - CALM classes in high school
  - Zones of Regulation
- Targeted
  - Small group for children with ADHD, anxiety
- Individualized
  - Education/support of parents/teacher

# Benefits

- Think of people that you admire in personal or professional life. Any commonalities?
- To see and accept things as they are.
- To loosen our preoccupation with “self”.
- To experience the richness of the moment.
- To become free to act/respond skillfully  
(changing our relationship with our thoughts/emotions)
  - “Bite the hook?”
  - “Show up for every fight you are invited to?”
  - “Believe everything that you think?”

# 7 Things Mindful People Do Differently

# 1

Approach everyday things with curiosity  
—and savor them

Forgive their  
mistakes—  
big or small

# 2

# 3

Show gratitude for  
good moments—and  
grace for bad ones

Practice  
compassion and  
nurture connections

# 4

# 5

Make peace with  
imperfection—  
inside and out

Embrace vulnerability  
by trusting others—  
and themselves

# 6

# 7

Accept—and  
appreciate—that  
things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*

# Mind-less-ness

- Operating on auto-pilot
- Being lost in fantasies of the past or future
- Rushing through activities, forgetting how we got from A to B
- Quite simply, missing our lives!

RAISING GREAT KIDS WORKSHOP SERIES

# Mindful Parenting

BOW VALLEY

PARENT LINK

This workshop offers parents an opportunity to find out more about Mindful Parenting. Mindfulness is paying attention on purpose to what is happening in the present moment. This way of being can be helpful to parents who feel busy or overwhelmed by everyday tasks.

Come and feel the benefits of mindfulness and find out more about the practical everyday ways mindfulness can help you create a 'pause' in your life and the lives of your children.

To register, phone 403.678.2529, email [parentlinkcanmore@canmore.ca](mailto:parentlinkcanmore@canmore.ca) or stop by any Bow Valley Parent Link Centre.

**October 22**

**Thursday | 6:00 - 8:00 p.m.**

**Bow Valley Parent Link | Canmore**

**November 9**

**Monday | 6:00 - 8:00 p.m.**

**Bow Valley Parent Link | Banff**

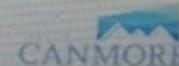
Registration Required

No Charge | Free Childcare Available

Led by: Right from the Start



Alberta • *Maatni Bannock*





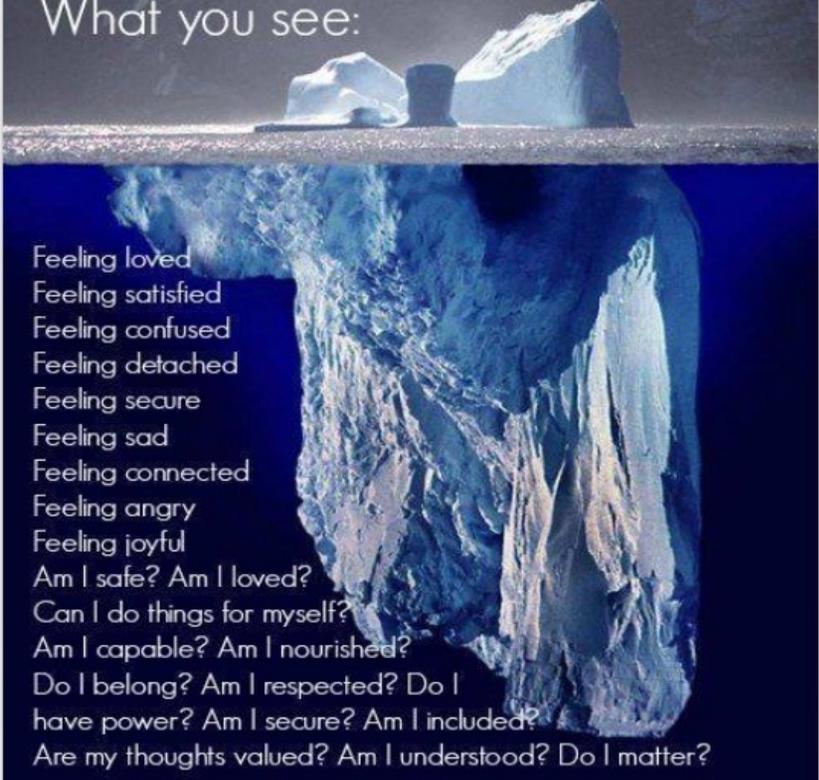
# peace.

it does not mean to be in a place  
where there is no noise, trouble  
or hard work. it means to be in  
the midst of those things and still  
be calm in your heart.

(unknown)

# A Child's Behavior is an Iceberg

What you see:



Feeling loved  
Feeling satisfied  
Feeling confused  
Feeling detached  
Feeling secure  
Feeling sad  
Feeling connected  
Feeling angry  
Feeling joyful  
Am I safe? Am I loved?  
Can I do things for myself?  
Am I capable? Am I nourished?  
Do I belong? Am I respected? Do I  
have power? Am I secure? Am I included?  
Are my thoughts valued? Am I understood? Do I matter?

(What's really going on)

[www.KellyBartlett.net](http://www.KellyBartlett.net)

# Parenting

- First step: Bring more **awareness** to your mind and body in key moments  
*“Am I reacting here or am I responding?”*  
*“What would be an imaginative, **out-of-the-box response?**”*
- Begin to **question the truth** of your constant self-statements.
- Being human and realizing that we have **more options** than we may think in any moment, no matter what is happening.
- Bring awareness to your **breathing** and sustaining it over time can be very powerful.
- Whether you are reacting mindlessly or responding mindfully,  
***your child is drinking it all in!***

### The Guest House

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

- Rumi -

# Mindful Words

The most precious gift we can  
offer others is our presence.  
When mindfulness embraces  
those we love, they will bloom  
like flowers.



~ Thich Nhat Hanh ~

# “Quick Wins”

Second Pause

the Question

ne

en your awareness

E – Pause, Exhale, Accept, Choose, Engage (Dr. Saltzman)

# Opportunities

Telephone meditation

Taillight meditation

Shower meditation

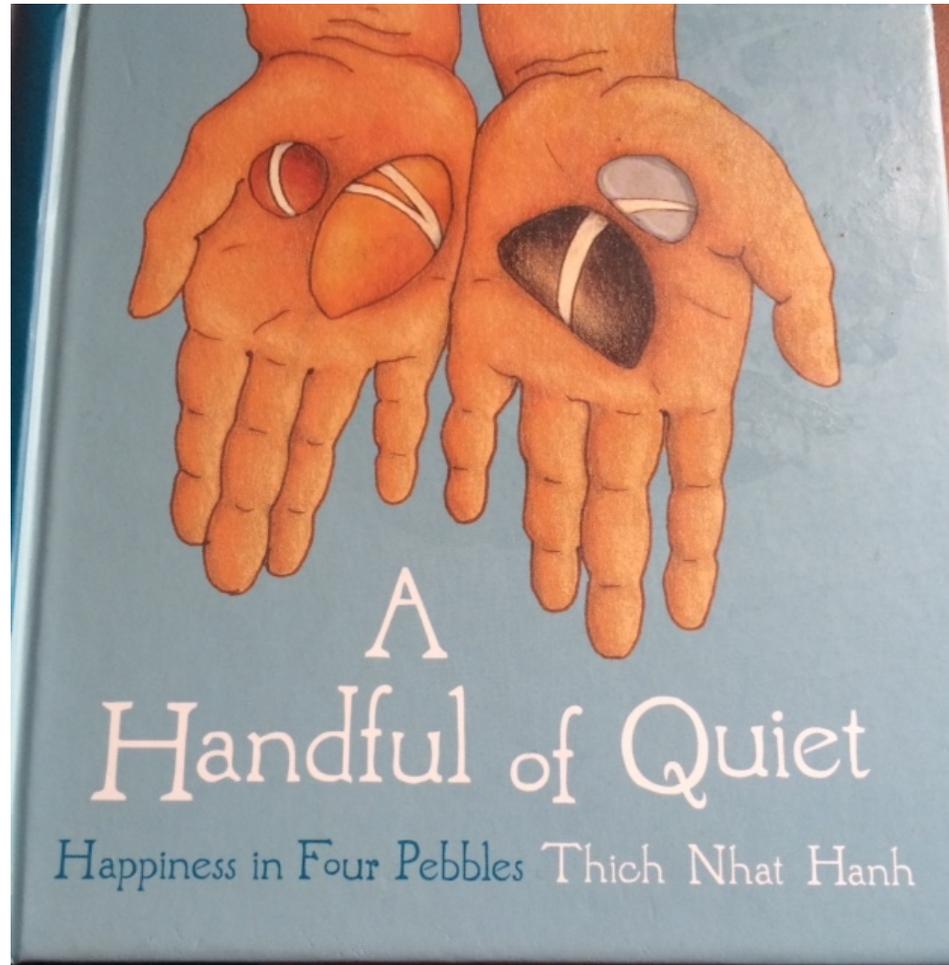
Eating meditation

Body Scan

Loving Kindness

# Mindfulness at Home

- Searching for Highlights
- Bucket Filling! ([www.bucketfillers.com](http://www.bucketfillers.com))
- Gratitude practice
- The Life Changing Magic of Tidying Up
- Awareness of our environment



# 10 Things Kids Need to Learn

FINDINGJOY.NET  
[about life, falling down, and goals]

## 1. Falling down. So they get up.

2. How to respectfully speak their mind.

3. How to deal with emotion.

## 4. It is good to help others.

5. How to understand OTHERS.

## 6. The Value of Work.

7. Creativity is messy.

8. How to unplug.

9. Learning never stops.

## 10. TO BE GRATEFUL

FINDINGJOY.NET

# Putting on Your Oxygen Mask

- Take a walk
- Eat lunch somewhere pleasant
- Relax your muscles with a body scan
- Minimize multitasking
- Put down your phone
- Look at something green
- Play
- Go for a swim
- Read something out loud
- Listen, *really* listen, to a piece of music
- Take a vacation

- Mindful Magazine



Everybody should be quiet  
near a little stream and listen

# Resources

Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to face Stress, Pain and Illness.

Siegel, R. (2010). The Mindfulness Solution: Everyday practices for Everyday Problems.

Cohen, J (2001). Caring Classrooms/Intelligent Schools: The social emotional education of young children.

Elias, MJ (1997). Promoting Social and Emotional Learning: Guidelines for Educators.

Siegel, DJ (2007). The Mindful Brain: Reflection and Attunement in the Cultivation of Well-being.

Willis, J (2008). Brain-friendly Strategies for the Inclusion Classroom: Insights from a neurologist and classroom teacher.

Schoeberlein, D (2009). Mindful Teaching and Teaching Mindfulness.

# Resources

Porter, C (2010). Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents.

Greenland, SK (1990). The Mindful Child.

Banker, S (2012). Calm, Alert and Learning: Classroom Strategies for Self-Regulation.

## Books for Children:

Roegiers, M (2010). Take the Time; Mindfulness for Children

Macleon, KL (2004). Peaceful Piggy Meditation

Macleon, KL (2011). Mindful Monkey, Happy Panda.

# Resources

## Programs:

Students/Schools:

MindUP, Mindful Schools (online and in person), MindMasters (CHEO)

clinicians/personal practice:

Mindfulness-Based Stress Reduction (MBSR) through AHS

“Wellness Through Mindfulness” Group ([wellnessthroughmindfulness@gmail.com](mailto:wellnessthroughmindfulness@gmail.com),  
[facebook.com/wellnessthroughmindfulness](https://www.facebook.com/wellnessthroughmindfulness)).

## websites/Training:

- Mindfulness in Education – [www.mindfuleducation.org](http://www.mindfuleducation.org)
- Inner Kids – [www.innerkids.org](http://www.innerkids.org)
- Mindful Schools – [www.mindfulschools.org](http://www.mindfulschools.org)
- eMindful – [www.emindful.com](http://www.emindful.com)
- [www.marc.ucla.edu](http://www.marc.ucla.edu): UCLA Mindful Awareness Center (free guided meditations)

# Resources

## Apps:

Simply Being (\$2.29)

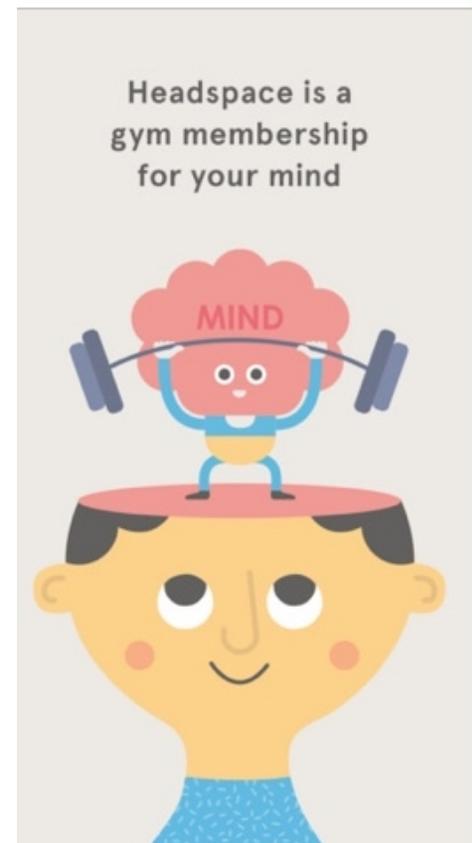
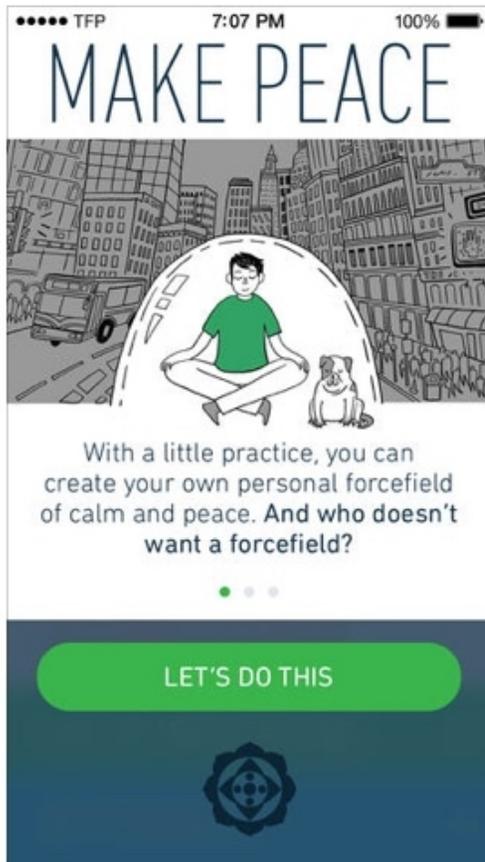
MindShift (free trial then cost)

Bio Breathing (free)

Head Space Meditation (free)

Take a Chill (MBSR adapted for teens – “Stressed Teens”)

# Resources



# Questions?

[Adrienne.lawlor@ahs.ca](mailto:Adrienne.lawlor@ahs.ca)

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