

Mindful Educators – Resilient Students: essential practices for learning



A Mindful Society Conference May 2016
With Heidi Bornstein & Stephen Chadwick



ARRIVING



www.mindfulnesseveryday.org

Intention of the Presentation



- To provide an introduction to mindfulness and experience of mindful practice
- To provide self-care practices for educators

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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,
- 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.



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What IS Mindfulness?

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

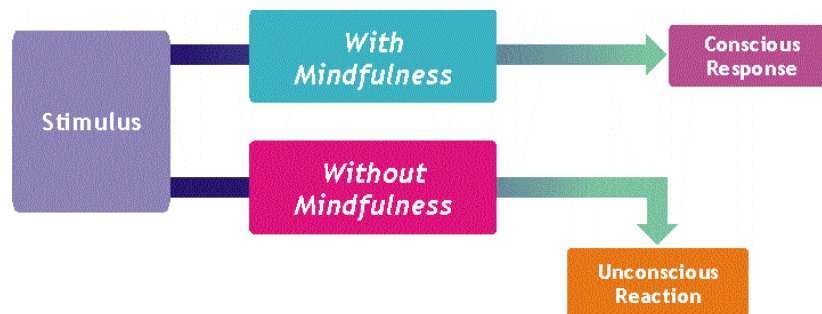
Amy Saltzman, M.D.



Mindful or Mind Full

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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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Why Begin with the Teachers?

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.

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Understanding Teacher Burnout

Teacher at the beginning
of the school year



Teacher at the end
of the school year



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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



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First-Year Teachers' Attitude



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Care for the Care-givers

Self care is about taking proper **care** of yourself and treating yourself as kindly as you treat others.

Identifying your own needs and taking steps to meet them.	Taking the time to do some of the activities that nurture you.
Harder to neglect when built into your life	Easy to neglect when you're busy


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

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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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Benefits of Mindfulness for Students



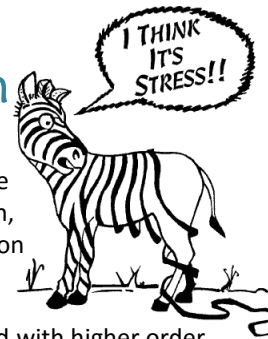
- Supports “readiness to learn”.
- Promotes academic performance.
- Strengthens attention and concentration.
- Reduces anxiety before testing.
- Promotes self reflection and self calming.
- Improves classroom participation by supporting impulse control.
- Provides tools to reduce stress.
- Enhances social and emotional learning.
- Fosters pro-social behaviours and healthy relationships.
- Supports holistic well-being.

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

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Mindfulness and the Brain

[MRI scans show](#) that after an eight-week course of mindfulness practice, the brain's "fight or flight" center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress.



As the amygdala shrinks, the pre-frontal cortex – associated with higher order brain functions such as awareness, concentration and decision-making – becomes thicker.

The "functional connectivity" between these regions – i.e. how often they are activated together – also changes.

The connection between the amygdala and the rest of the brain gets weaker, while the connections between areas associated with attention and concentration get stronger.

The scale of these changes correlate with the number of hours of meditation practice a person has done, says Adrienne Taren, a researcher studying mindfulness at the University of Pittsburgh.

http://greatergood.berkeley.edu/article/item/a_little_meditation_goes_a_long_way

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Dan Siegel – The Hand Model of The Brain



www.youtube.com/watch?v=DD-lfP1FBFk&list=PL8EKmNvCC1cGHwNxO_xHyZjzMQOgKgSPZ&index=1

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The Prefrontal Cortex & Executive Function

'Executive Functions' refers to a family of mental functions that are needed whenever going 'on automatic' would be insufficient or detrimental.

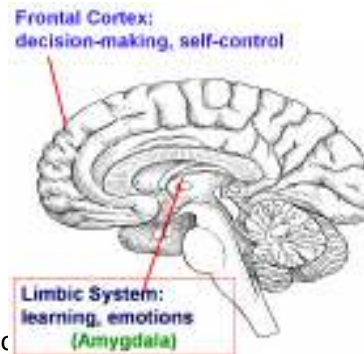
The 3 core Executive Functions are:

- Inhibitory Control (impulse-control)
- Working Memory
- Cognitive Flexibility

Functions are:

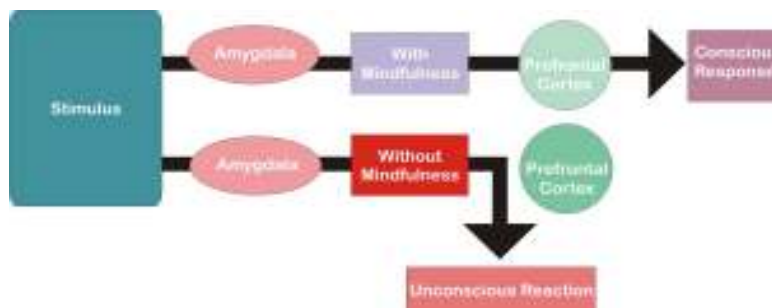
- Problem-solving
- Reasoning
- Planning

EFs are core skills critical for cognitive, social development, mental and physical health, & success in school and in life.



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Mind Changes Brain, Brain Changes Mind



Mindfulness creates space, shifting brain activity from the reactive amygdala to the thoughtful prefrontal cortex.

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Mindful Listening to the Bell



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

[Zenergy Chime - Solo](#)



[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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Core Breathing Practice

Brief Explanation:

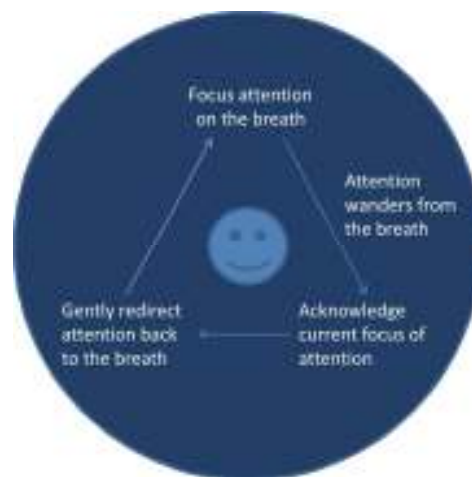
- Sit in a comfortable position with a straight back, eyes closed or with a soft gaze.
- Allowing your body to become still, as best you can.
- Allowing your mind to settle, as best you can.
- Following the feeling of the breath as you inhale and exhale.
- Breathing in...Breathing out...
- If your attention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

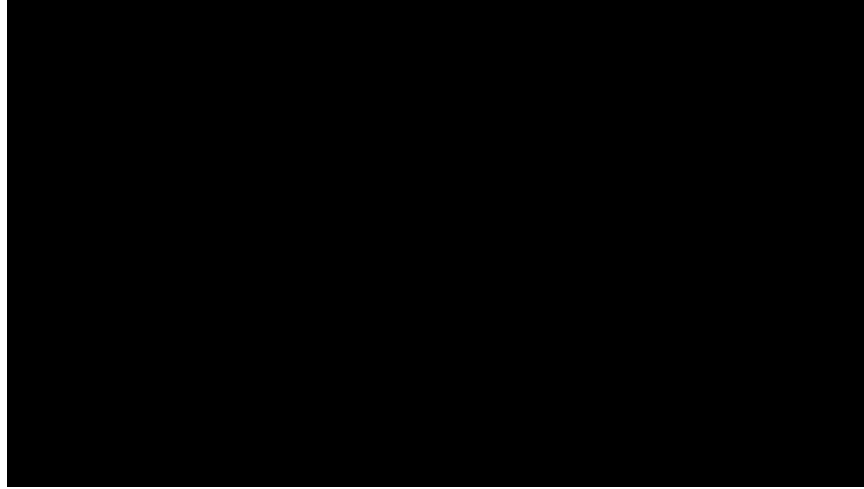
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Strengthening the Muscle of Attention



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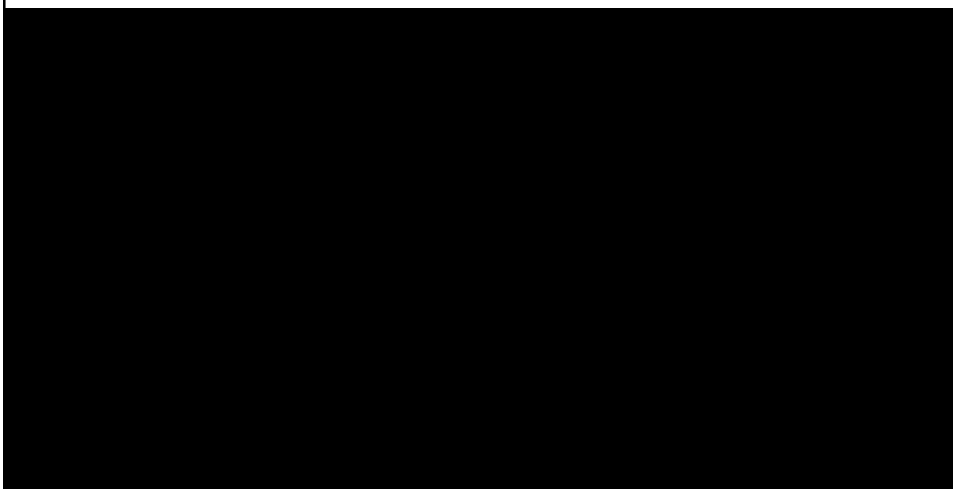
Kindergartners Talk About Mindfulness



<https://www.youtube.com/watch?v=RVA2N6tX2cg&list=PL8EKmNvCC1cGmzCaC35iMY4h8gV1vBqt5&index=22>

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Youth Voices – Mindfulness



<https://www.youtube.com/watch?v=kk7lBwuhXWM&list=PL8EKmNvCC1cGmzCaC35iMY4h8gV1vBqt5&index=21>

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Toronto Teen Retreat 2016



Toronto Teen Retreat

"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 by 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:
Mindfulness Everyday
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andrea@mindfulnesseveryday.org
(416) 570-4787

What's the next step?



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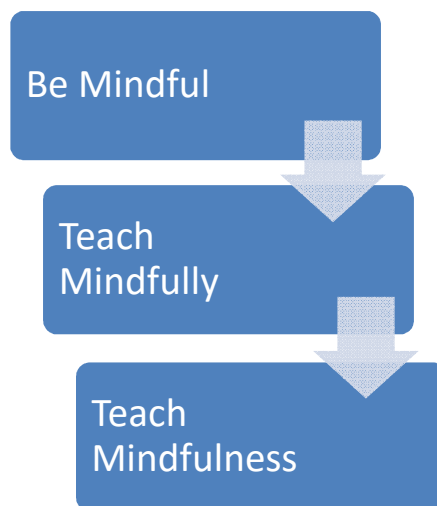
ME Summer Mindful Ed Courses

- 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.mindfulnesseveryday.org/schedule.html>

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The Mindful Educator



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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.

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UBC Collaboration with Mindfulness Everyday for smartEducation™

- Mindfulness Everyday is the exclusive delivery partner for the smartEducation™ program in the Province of Ontario.
- UBC will provide ongoing support for the program through SmartUBC in the areas of curriculum and teacher training, development, and research.
- Teachers who take the smartEducation™ program will be eligible for a certificate of completion from UBC.

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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.

www.mindfulness everyday.org

Certification Program in Applied Mindfulness – U of T

This program is intended to teach mindfulness meditation practices with a focus on its various applications within a wide range of personal and professional domains.

Whether you are interested in

- delving into a historical perspective of mindfulness meditation
- learning psychotherapeutic strategies
- enabling learning through contemplative education
- enhancing your mentorship and/or teaching abilities
- enhancing focus through contemplative arts
- encouraging mind and body health
- developing healthier work environments and communities
- becoming a mindful leader studying the neuro-ethics of mindfulness
- This certificate program will foster the development of your practice, knowledge, skills, and sensitivities.

There are four levels of training offered in this program. To learn more about each level of certification in Applied Mindfulness Meditation, please click on a link below:

www.mindfulness everyday.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

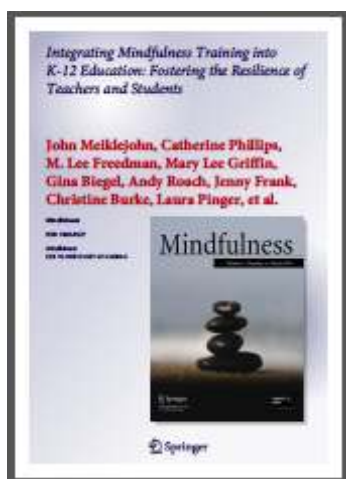
<http://education.ok.ubc.ca/research/smartineducation.html>

iBme – Inward Bound Mindfulness Education

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

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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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Books For Teachers

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

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Mindfulness in Education Resources

Association for Mindfulness in Education: www.mindfuleducation.org

.b Mindfulness in Schools Project: <http://mindfulnessinschools.org/>

Calmer Choice: <http://calmerchoice.org/>

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

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

Good site for research: www.mindfulnet.org

Discover Mindfulness: www.discovermindfulness.ca

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

Living with Awareness and Compassion <http://www.mindful.org>

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

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

Mindfulness Everyday: www.mindfulnesseveryday.org

Mindful Schools: www.mindfulschools.org

Mindfulness Without Borders: www.mindfulnesswithoutborders.org

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

Stressed Teens: www.stressedteens.com

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Stress Relief Apps 1



Stop Think & Breathe

For iPhones & iPads only. 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

For iPhones & iPads & Androids. 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

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 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.

www.mindfulness everyday.org