



MINDFULNESS

An exercise...

OCTOBER CONFERENCE DAY 2020

For 45 minutes during our October conference day our Middle and High School Faculty and Staff took part in some mindfulness inspiration and exercises.

We discussed...

- What mindfulness is...
- What mindfulness is not...
- Why mindfulness is helpful...



WHAT IS MINDFULNESS?

Mindfulness is the ability to be fully present in the moment, without judgement.

That is the key...without judgement.



WHAT MINDFULNESS IS NOT...



HOW IS MINDFULNESS HELPFUL?



It strengthens self control

The 'magic moment' in mindfulness is the term used for the moment we realize we've lost focus (and likely started thinking about what we'll eat for lunch or if our friend is mad at us) and intentionally bring our focus back to our body.

When your child practices consciously shifting their attention it is the equivalent of their brains self-control muscles lifting weights.

They are literally reinforcing and strengthening the neuropathways that underlie focus and self-control.

MINDFULNESS ALSO...



Lowers anxiety and stress...

When a child experiences anxiety, it activates the body's protective stress response kicking the 'fight or flight' response into motion.

Mindfulness exercises are an extremely effective way to stop the anxiety symptoms in children that result (stomach aches, rapid breathing, fast heartbeat etc) and re-regulate blood pressure, breathing and heart rate.



MINDFULNESS ALSO...

Improves emotional regulation skills...

Research shows that mindfulness changes the brain regions (in both structure and in function) in the areas responsible for a child's emotional regulation skills.

MINDFULNESS ALSO...

Increases self-esteem...

Many kids struggle with a negative self-image and are overly hard on themselves. A review of 17 studies showed mindfulness-based interventions significantly raised self-esteem due to the emphasis of self-acceptance and self-compassion.



AND LAST BUT NOT LEAST! MINDFULNESS ALSO...

Contributes to better decision making...

The heart of mindfulness is bringing our awareness to the present moment.

Studies have shown that adults who practiced only 15 minutes of mindfulness meditation were able to make faster and better decisions because of a decreased tendency to get stuck in past narratives (holding you back from deciding) or projecting worry into the future.

THE EXERCISE...

After the discussion about mindfulness and the benefits that it brings our faculty and staff took part in a short (but hopefully effective!) mindfulness exercise...

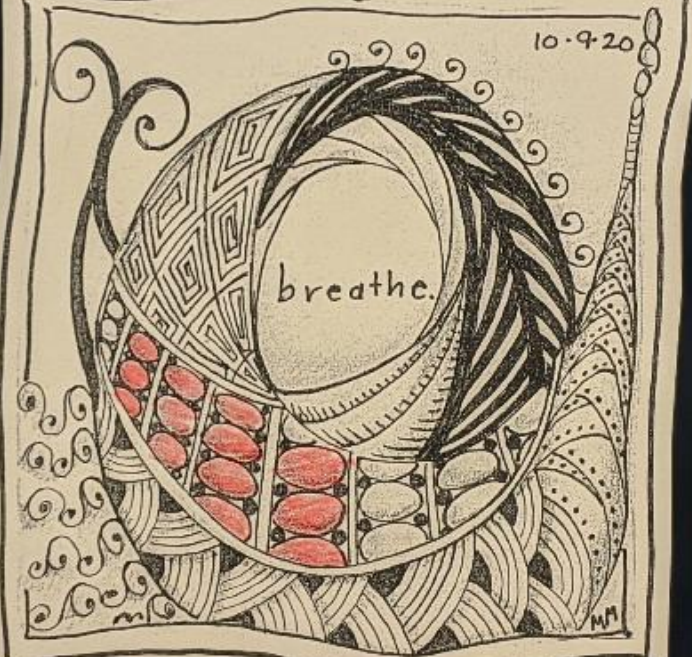
Our faculty and staff were given a zentangle drawing and an already sharpened pencil in their mailboxes...

...Remember, the key is no judgement!



mindfulness

10-9-20



being present. without judgment
in every moment....



mindfulness

10-9-20

breathe.

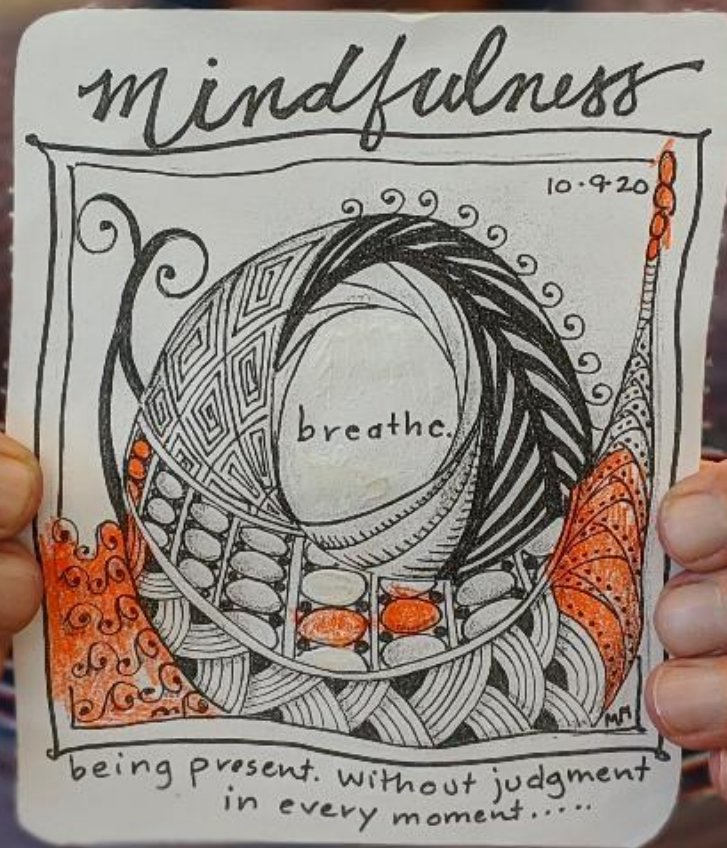
being present. without judgment.
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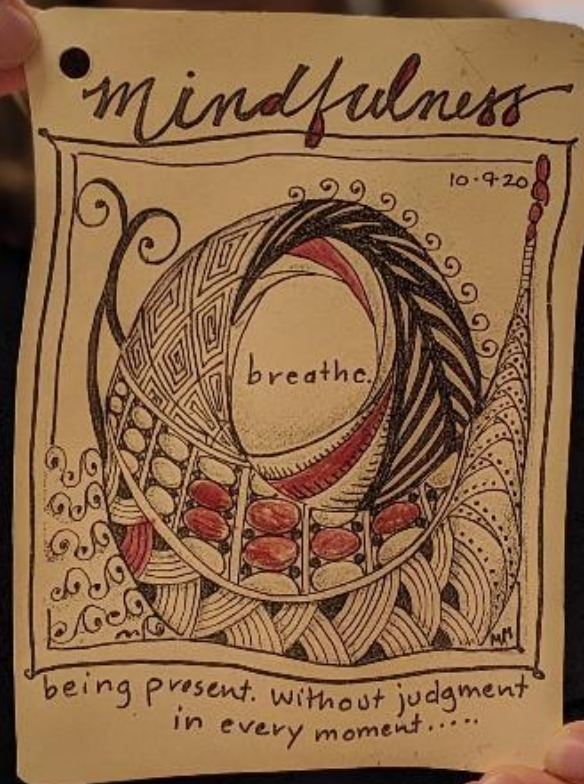
mindfulness

10.9.20

breathe.

being present. without judgment
in every moment.....





WILDCATS



CONCLUSION...

Feedback from Faculty and Staff...





...thank you for listening!