Welcome to
Mindfulness, Emotional Intelligence, Self Care and Well being:
The importance, the need and the use for Staff and Students
Workshop Goals

To support participants to:

● Understand NeuroScience and Trauma Informed Approaches to support self-care and well being

● How to increase your capacity to be aware of, control and express emotions in challenging situations through the use of mindfulness.

● How to support staff and students capacity for positive interpersonal relationships, judiciously and empathetically.
WELCOME

HELLO IN DIFFERENT LANGUAGES:

- English: Welcome
- Spanish: Bienvenido
- French: Bienvenue
- Italian: Benvenuto
- Welsh: Croeso
- German: Willkommen
- Japanese: ようこそ
- Chinese: 欢迎
- Hawaiian: Aloha
- Hebrew: ברוך הבא
- Russian: Добро пожаловать!
- Basque: Salve
- Greek: Θαγανίζω
- Portuguese: Bem-vindo
- Albanian: Merhbe
- Japanese: めんそーれ
- Chinese: 欢迎
- Romanian: Bine ați venit
- Tamil: வினைக்கொண்டோ
- Spanish: Buna ziua
- Malagasy: Mrechtahany
- English: Welcome
- Japanese: 欢迎
- Spanish: Welcome
- Chinese: 欢迎
- Russian: Добро пожаловать!
- Spanish: Welcome
- Chinese: 欢迎
Your Thoughts Are Bubbles Waiting to Be Popped
Attention

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

Viktor Frankl’s teachings, summarized by Stephen Covey.
Micropractice

Acceptance

“Breathing in, I do my best;
Breathing out, I let go of the rest.”
Occupational pressures are believed responsible for:

- 30% of workers suffering from back pain
- 28% complaining of “stress”
- 20% feeling fatigued
- 13% with headaches
Job stress is costly. Job Stress carries a price tag for U.S. industry estimated at over $300 billion annually as a result of:

- Less productive: 41%
- Less engaged: 33%
- Looked for another job: 15%
- Increased absenteeism: 14%
Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

- Abuse
  - Emotional abuse
  - Physical abuse
  - Sexual abuse

- Neglect
  - Emotional neglect
  - Physical neglect

- Household Challenges
  - Domestic violence
  - Substance abuse
  - Mental illness
  - Parental separation/divorce
  - Incarcerated parent

People with 6+ ACEs can die 20 yrs earlier than those who have none

1/8 of the population have more than 4 ACEs

4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 14x the number of suicide attempts
- 4.5x more likely to develop depression
- 11x the level of intravenous drug abuse
- 4x as likely to have begun intercourse by age 15
- 2x the level of liver disease

67% of the population have at least 1 ACE

“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.”

Dr. Robert Block, the former President of the American Academy of Pediatrics
Mindfulness offers tools of resilience

You can't stop the waves from coming but you can learn how to surf.

Ozlem Turker-Zevon

Illustration by Marty Blackwell
What is Mindfulness?

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.

- Jon Kabat-Zinn.
What Mindfulness is not:

• Not new
• Not a religion
• Not about having a blank mind
• Not about being happy
  • (although it can lead to more happiness)
• Not about being complacent
NEUROPLASTICITY
Prefrontal Cortex

Amygdala

Hippocampus

Hijack
Hormonal Activity

Hyper-arousal
- High energy
- Anxiety
- Anger
- Overwhelm
- Hypervigilance
- Flight/Fight
- Chaotic

Window of Tolerance
- Grounded
- Flexible
- Open/Curious
- Present
- Able to Emotionally Self-Regulate

Hypo-arousal
- Shut Down
- Numb
- Depression
- Passive
- Withdrawn
- Freeze
- Shame
Neural Model of Emotion Regulation

- Regulatory Systems
- Affective State: Fear, anxiety, arousal
- Threat

+/- Regulation

Emotion

Brain image and diagram illustrating the relationship between regulatory systems, affective state, threat, regulation, and emotion.
Window of Tolerance

Hyperarousal:
- Fight/outburst: "I am unsafe"

Escalation:
- Vigilant: "I feel threatened"

Window of Tolerance:
- "I am calm enough to learn"

Hypoarousal:
- Flight: "I am flustered and avoidant"

Dissociation:
- Freeze: "I am too overwhelmed"

Figure 3.8: Created by Govind Krishnamoorthy and Kay Ayre licensed under CC BY-SA.
Nearly 60 percent said they worry about having enough money to pay for school, while half are concerned about paying their monthly expenses.
Financial Stress
Benefits of Mindfulness

Social-emotional Skills
Improved self regulation as well as compassionate attitudes and behavior

Cognitive Outcomes
Better focus and concentration

Well Being
Decreased stress, anxiety, and depression
“This is the first time all week I haven't felt like hitting something.”

- Carman Ainsworth 7th Grader after guided meditation series on compassion.
Impact of Mindfulness

- **Strengthens our Thinking Cap**  
  scientific name - *prefrontal cortex*

- **“Quiets” our Threat Radar**  
  scientific name - *amygdala*
Functional MRI (left) showing activation in the amygdala when participants were watching images with emotional content before learning meditation. After eight weeks of training in mindful attention meditation (right) note the amygdala is less activated after the meditation training. Courtesy of Gaëlle Desbordes
Rational Detachment. CPI defines it as “the ability to manage your own behavior and attitude and not take the behavior of others personally.”

This positive attitude helps you keep your cool and your professionalism. It’s about stepping back and thinking about the variety of reasons for someone’s challenging behavior. It’s remembering that it may not be about you at all. When you rationally detach, you find constructive ways to release the negative energy that builds up in tense situations. You find the techniques that work for you to deflate those stress levels.
Mindfulness is Mental Fitness

Mindfulness is like developing your biceps and doing reps; for the brain.

--Daniel Goleman
Integrated vs. Dedicated Practice
“The capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.” Goleman (1998)
Mindfully Breathing

- Inhale through the nose
- Belly rises

- Exhale through the mouth
- Belly retracts
Three Breath Practice

First Breath: Attention to breath

Second Breath: Relax body

Third Breath: Ask, “What’s important now?”
Mindfulness and Academic Performance:

- Improved attention
- Longer concentration
- Better focus

- Reduced stress
- Improved sleep
- Better self-esteem
- Boosted productivity
IGNITE Program

There was a statistically significant decrease in mean levels of depressive symptoms.

12.95% (8.05%) decrease

<table>
<thead>
<tr>
<th>Depressive Symptoms</th>
<th>Pre-Intervention</th>
<th>Post-Intervention</th>
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</thead>
<tbody>
<tr>
<td>No depression</td>
<td>9.3%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Mild symptoms</td>
<td>35.9%</td>
<td>38.1%</td>
</tr>
<tr>
<td>Moderate symptoms</td>
<td>25.6%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Moderately severe</td>
<td>20.9%</td>
<td>0%</td>
</tr>
<tr>
<td>Severe depression</td>
<td>9.3%</td>
<td>4.8%</td>
</tr>
</tbody>
</table>
Co-regulation

“The ability to regulate through the comfort of another is called co-regulation. This on repeat wires up the brain for self-regulation, emotional intelligence, empathetic responses, rational thinking and problem solving.” - Lelia Schott
Co-Regulation
“As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally ‘mirror’ your calmness. It will effectively rewire the brain so that over time, things that once were triggering or set off alarms no longer have the same effect and happen less often,”

—Caroline Leaf, PhD
3 co-regulation techniques to facilitate a sense of calm

1. Cultivate physiological calmness
2. Change the thoughts
3. Be patient and understanding
Journalling

Write 2-3 things that you are grateful for or that bring you joy.
"Mindfulness isn't difficult. We just need to remember to do it."

Sharon Saltzberg
Questions & Comments
Connect with Us

Join our future workshops and trainings!
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Crim Mindfulness

Crim Fitness Foundation