

Welcome to

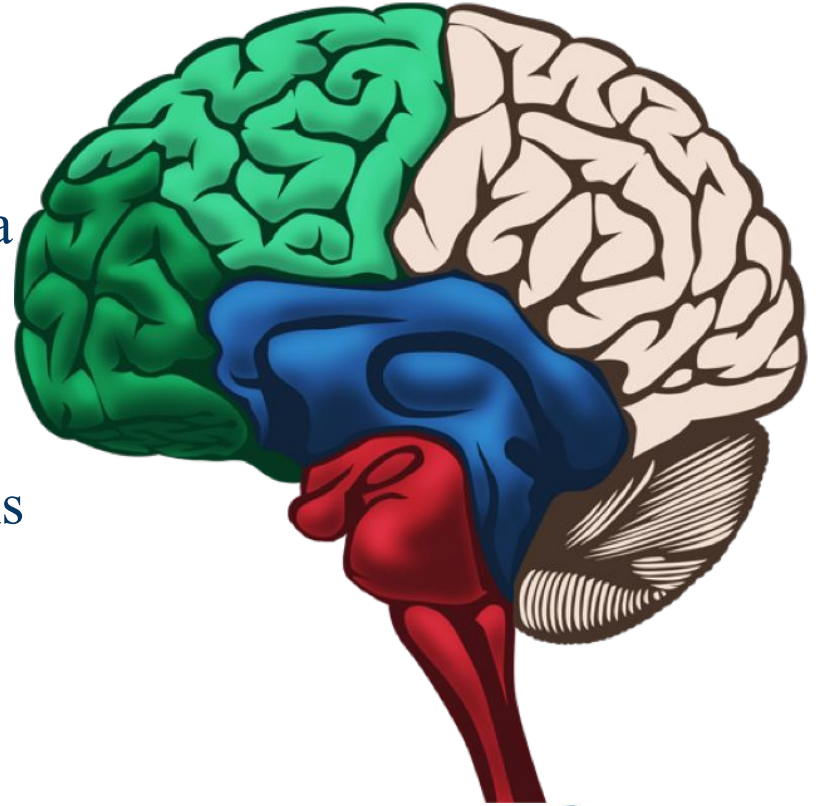
Mindfulness, Emotional Intelligence, Self Care and Well being: *The importance , the need and the use for Staff and Students*



Workshop Goals

To support participants to:

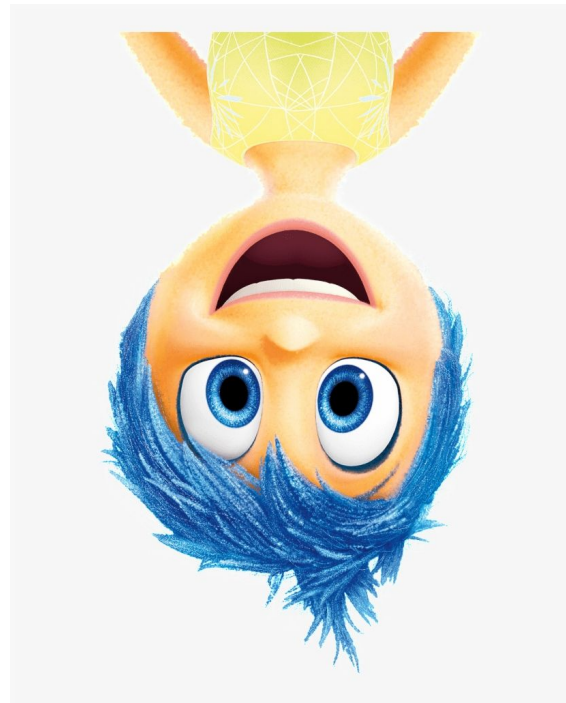
- Understand NeuroScience and Trauma Informed Approaches to support self-care and well being
- How to increase your capacity to be aware of, control and express emotions in challenging situations through the use of mindfulness.
- How to support staff and students capacity for positive interpersonal relationships, judiciously and empathetically.

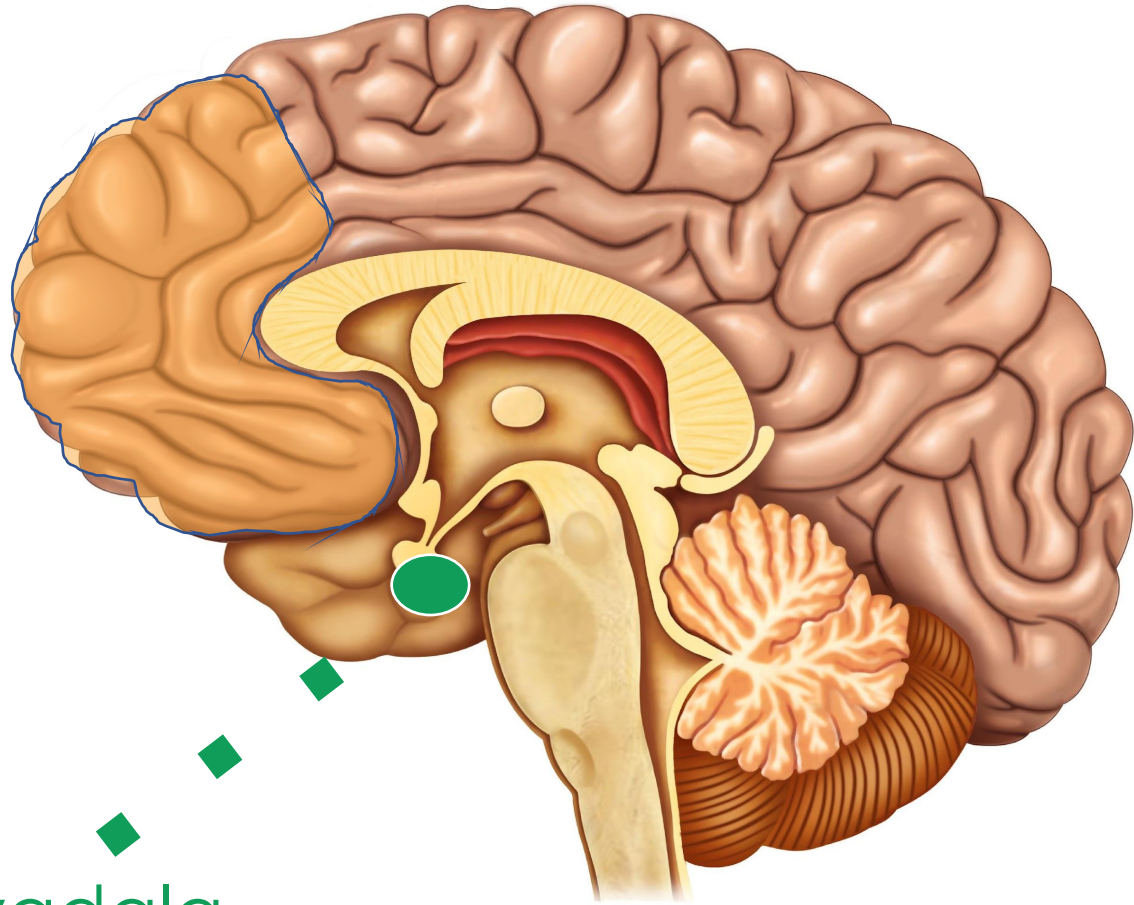




Crim
FITNESS FOUNDATION

WILLKOMMEN
 BENVINGUT
 uelkommen
 HORAS!
 स्वागत
 bon bini
 Aloha
 BARUCH HABA
 merhbe
 welkom
 ようこそ
 KENA KA KOOISO!
 WELKOM
 Bula
 WELKOM
 BULA
 CROESO
 bienvenue
 BIENVENIDO
 BIENVENIDO
 MERHBE
 歡迎光臨
 Croeso
 Welcome
 WELCOME
 bonvnuwe
 אבה הורב
 witaj
 歡迎
 WELKOM
 Добро пожаловать!
 merhbe
 MREHBA
 velkomin
 BEMVINDU
 saive
 CROESO
 めんそーれ
 歡迎
 καλώς Ορίσαστε
 ZOO SIAB TXAIS TOS!
 BITACMO
 SALVE
 BINE AȚI VENIT
 MENSÖOREE
 آلهس و آلهأ





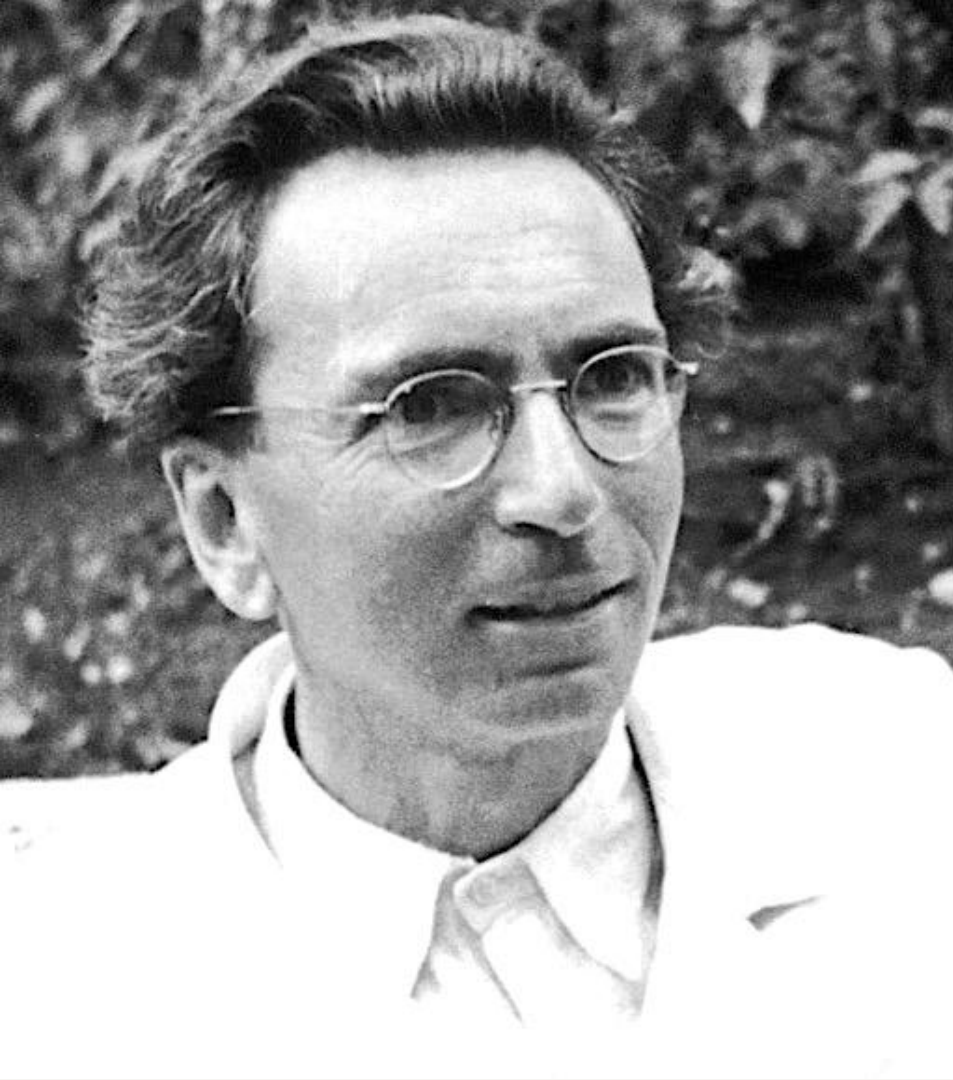
Amygdala



**Your Thoughts Are
Bubbles**

Waiting to Be Popped

P₄ A₁ U₁ S₁ E₁



“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

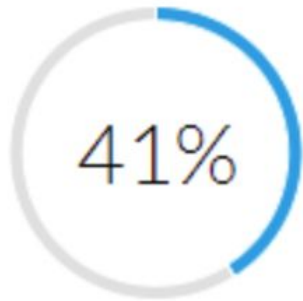
28% complaining of “stress”

20% feeling fatigued

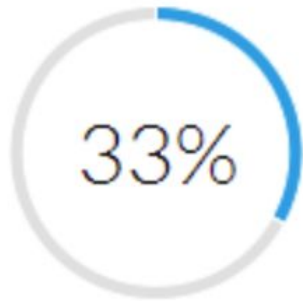
13% with headaches

Job stress is costly. Job Stress carries a price tag for U.S. industry estimated at over \$300 billion annually as a result of:

Employee Underperformance In Times of Stress



Less productive



Less engaged



Looked for another job



increased absenteeism

Adverse Childhood Experiences

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



People with 6+ ACEs can die

20 yrs

earlier than those who have none



1/8 of the population have more than 4 ACEs



www.70-30.org.uk
@7030Campaign

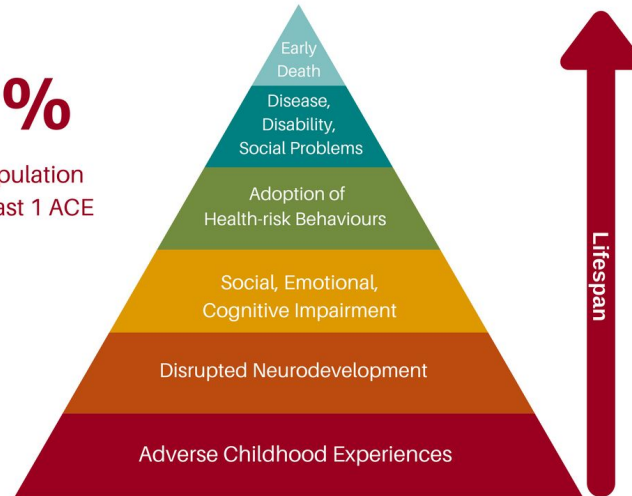
4 or more ACEs



“ 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

67%
of the population have at least 1 ACE



Mindfulness offers tools of resilience

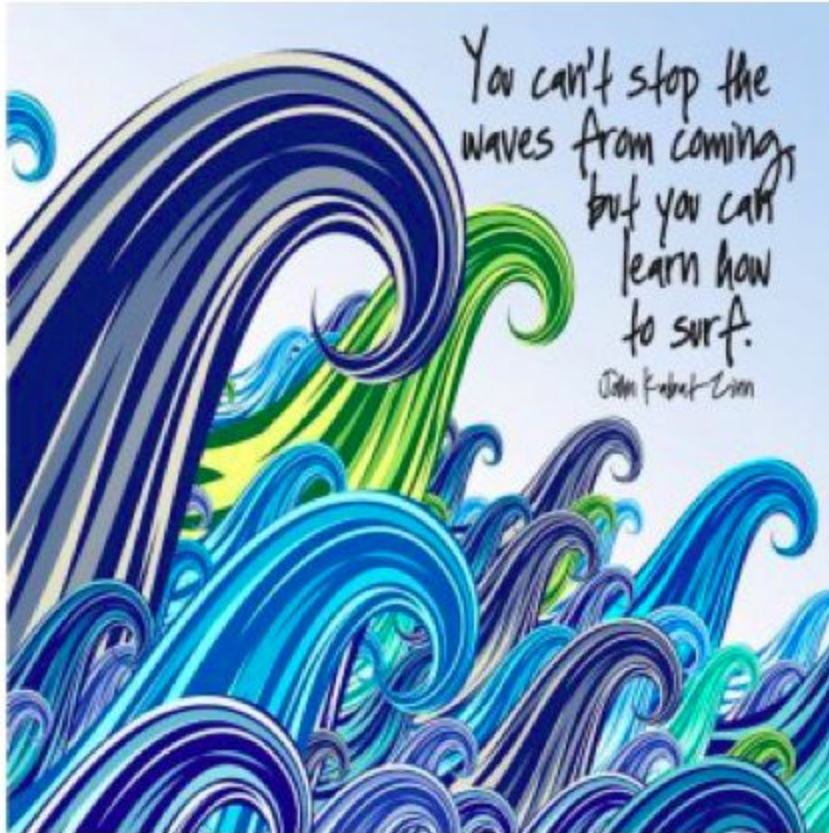
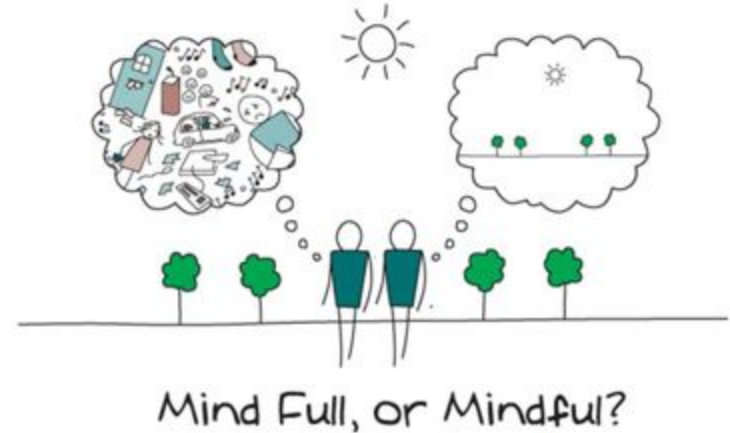


illustration by Marty Blackwell

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

BASED ON THE ACCLAIMED PROGRAM DEVELOPED AT BROWN UNIVERSITY

"A perfect book for this moment." —JON KABAT-ZINN,
author of *Meditation Is Not What You Think*

The Mindful COLLEGE STUDENT

HOW TO SUCCEED,
BOOST WELL-BEING &
BUILD THE LIFE YOU WANT
AT UNIVERSITY & BEYOND

ERIC B. LOUCKS, PHD

FOREWORD BY JUDSON A. BREWER, MD, PHD



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NEUROPLASTICITY

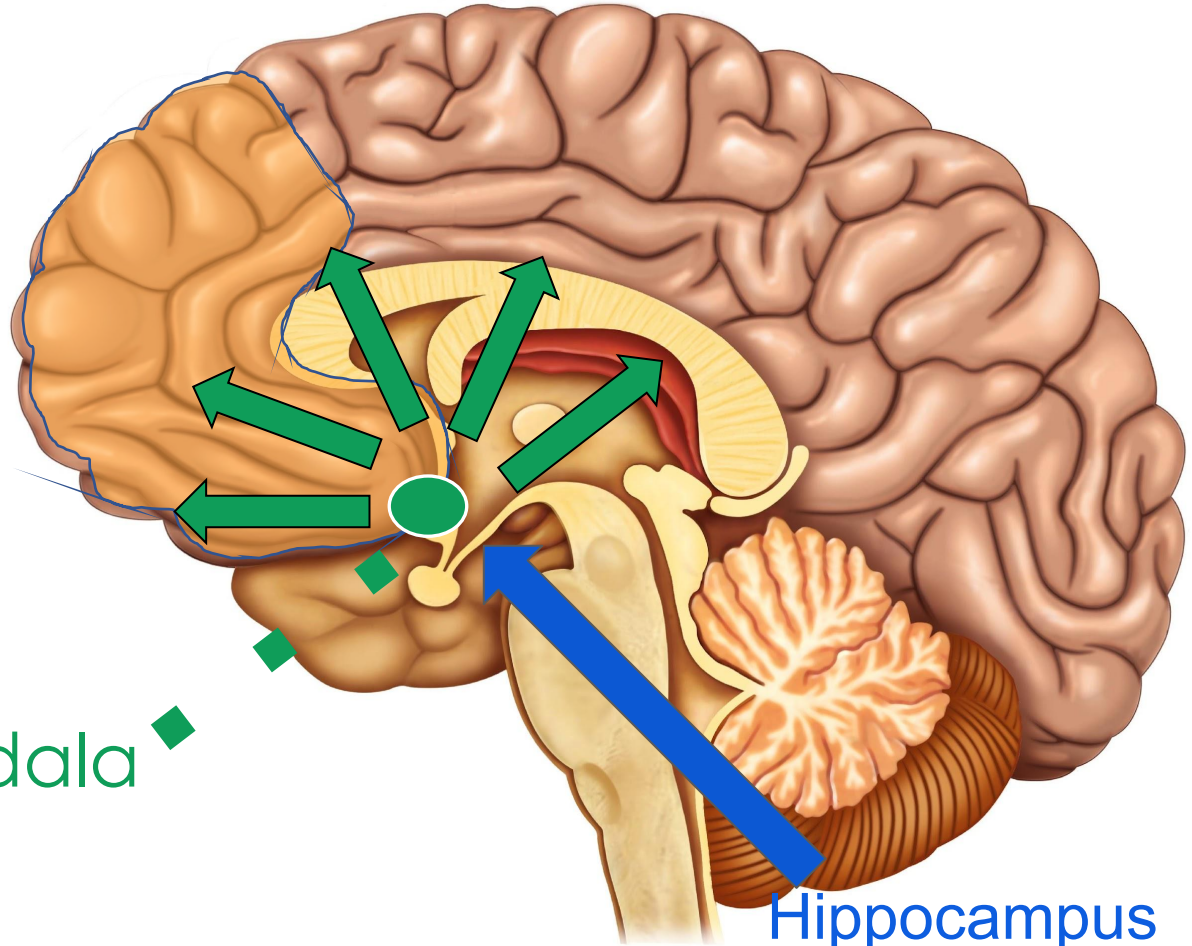
A network of glowing blue neurons with yellow highlights on the connections, set against a dark background. The neurons are interconnected, forming a complex web of neural pathways. The yellow highlights suggest active or strengthened connections, illustrating the concept of neuroplasticity.

Hijack

Prefrontal Cortex

Amygdala

Hippocampus





Hyper-arousal

High energy Anxiety Anger Overwhelm
Hypervigilance Flight/Fight Chaotic

Window of Tolerance

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

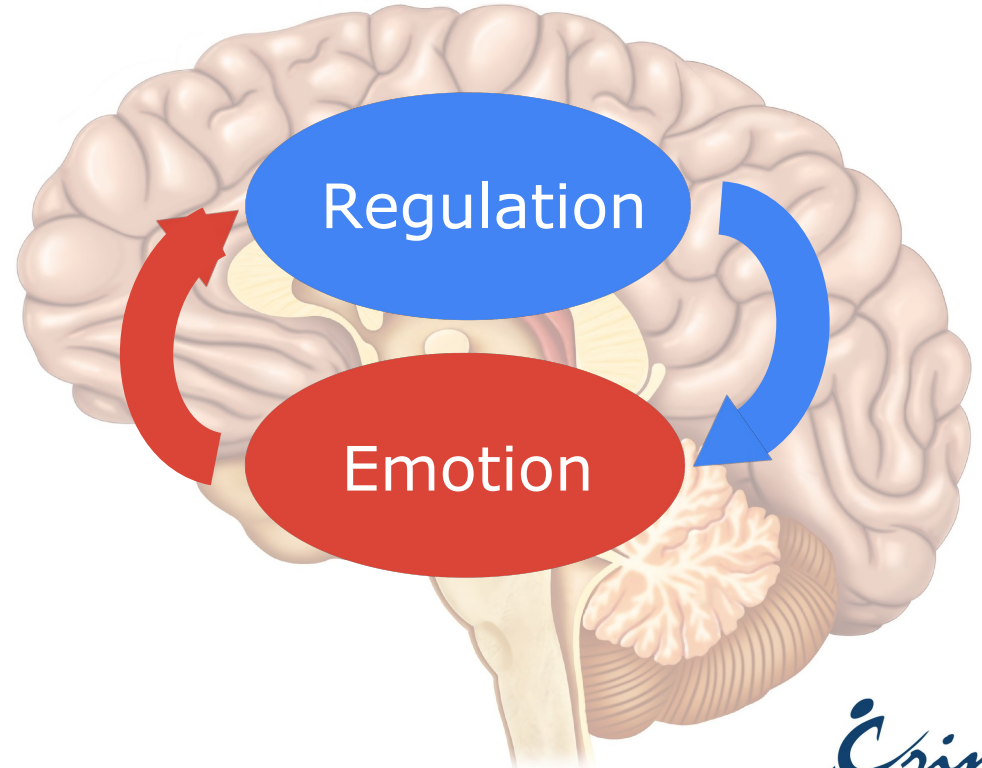
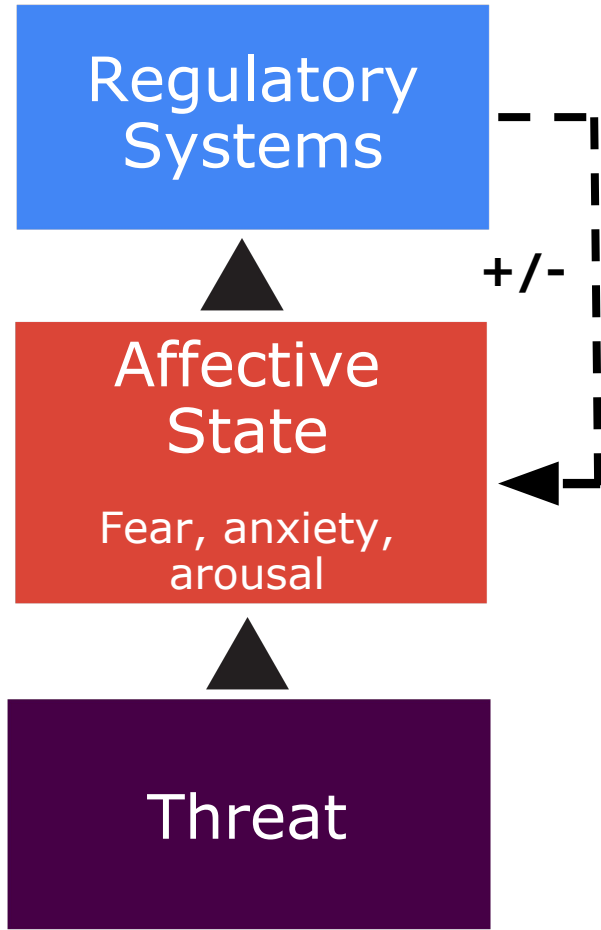
Hypo-arousal

Shut Down Numb Depression Passive
Withdrawn Freeze Shame

Hormonal
Activity

Time

Neural Model of Emotion Regulation



Window of Tolerance

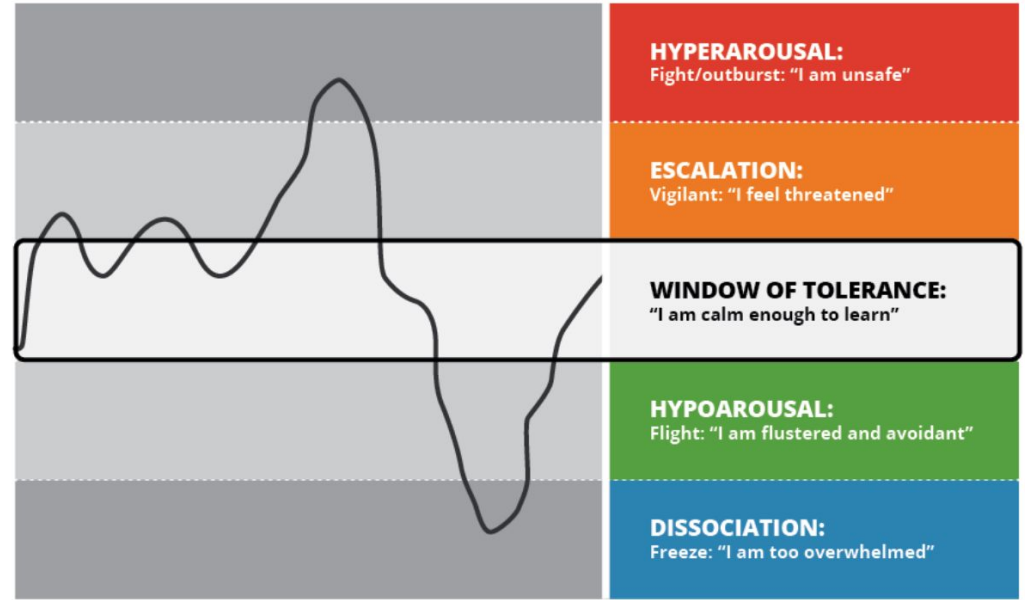
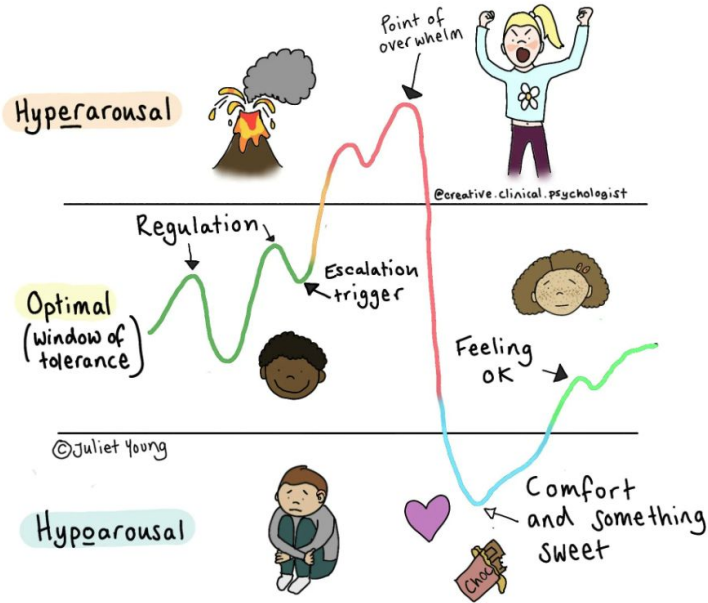
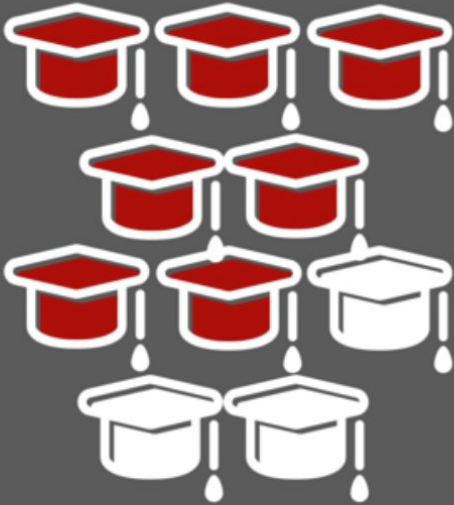


Figure 3.8: Created by Govind Krishnamoorthy and Kay Ayre licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/).



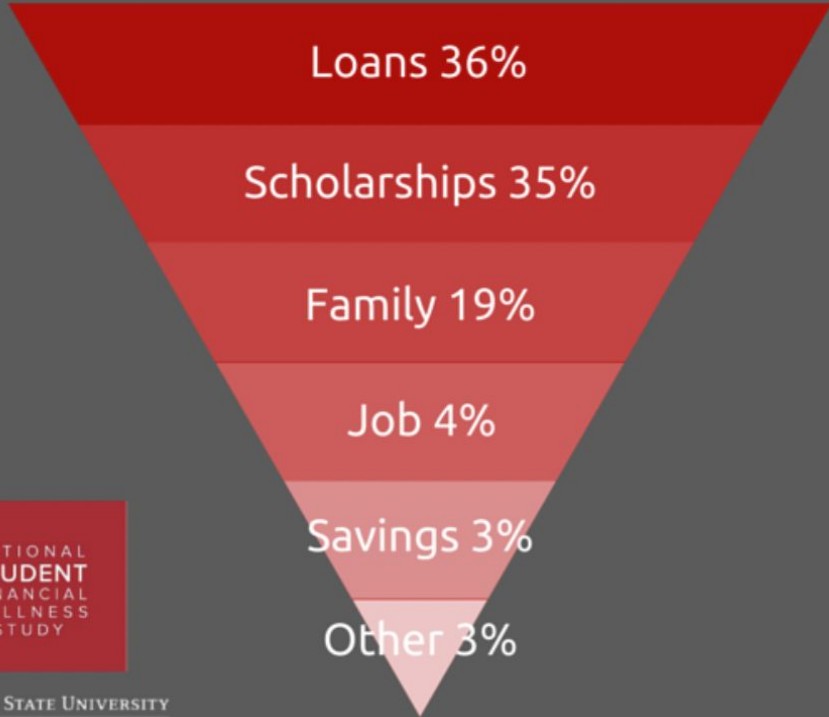
7 out of 10 college students feel stressed about their finances

NATIONAL
STUDENT
FINANCIAL
WELLNESS
STUDY



THE OHIO STATE UNIVERSITY

Primary Funding for Tuition



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

STRESS-FREE FAFSA® Form Completion: 5 TIPS and Reminders



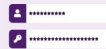
1. Signing the FAFSA® form ≠ student loans.

By signing the FAFSA® form, you or your parents are not legally bound to accept or repay aid. Completing the FAFSA® form will only show the state and federal student aid (including grants) you're eligible for. If you choose to accept aid, you will have to sign another document.



2. Your data is protected.

Any information you provide on StudentAid.gov is protected by the safeguards required under the *Privacy Act* and will only be used for the purpose for which you provided it.



3. It's okay if you can't remember your login info.

If you forget your username or password (PSA ID), use the code sent to your email or phone number; or answer your challenge questions to reset it.



4. Save time with the IRS Data Retrieval Tool (DRT)

In a few clicks, transfer your tax information when completing the financial section of the FAFSA® form.



5. We're here to help you step-by-step!

You never have to fill out the FAFSA® form alone. Get your questions answered by reaching out to a representative via live chat, email, or phone.

Federal Student Aid

5 STRATEGIES FOR COPING WITH Financial Stress IN COLLEGE

College isn't cheap, and trying to ace your exams while paying off your student loans and putting food on the table can feel like too much to juggle. Here are five coping strategies to help.

Schedule time to get some exercise and let off steam



(like hardcore parkour)

Make a realistic budget and cut down on wasteful spending



(DON'T make it rain)

Find a non-stressful job to make some extra income



(Like a boss)

Practice general stress-management techniques



(Ommm)

Reach out to family & friends for emotional support



(we are family!)



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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**

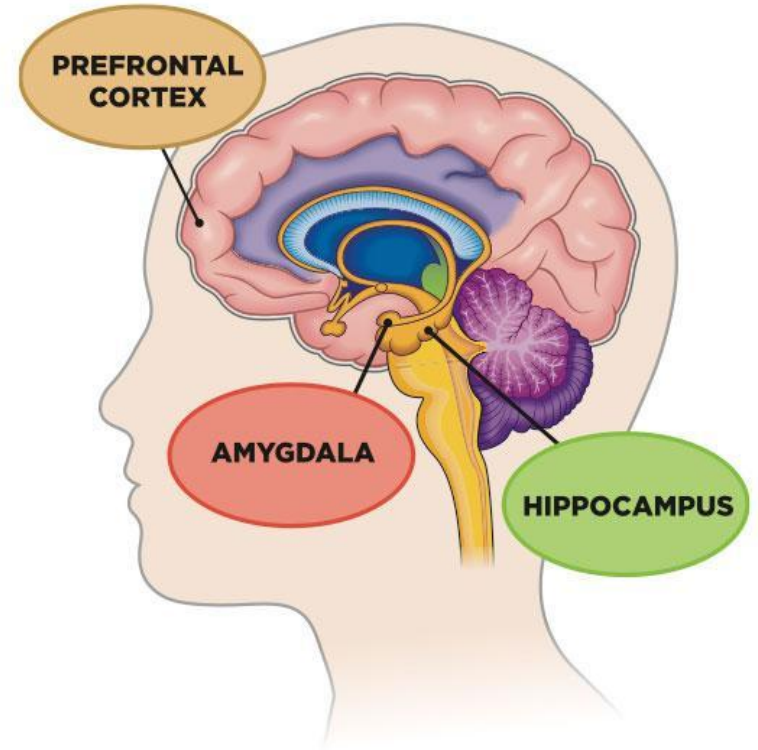
“This is the first time all week I haven't felt like hitting something.”

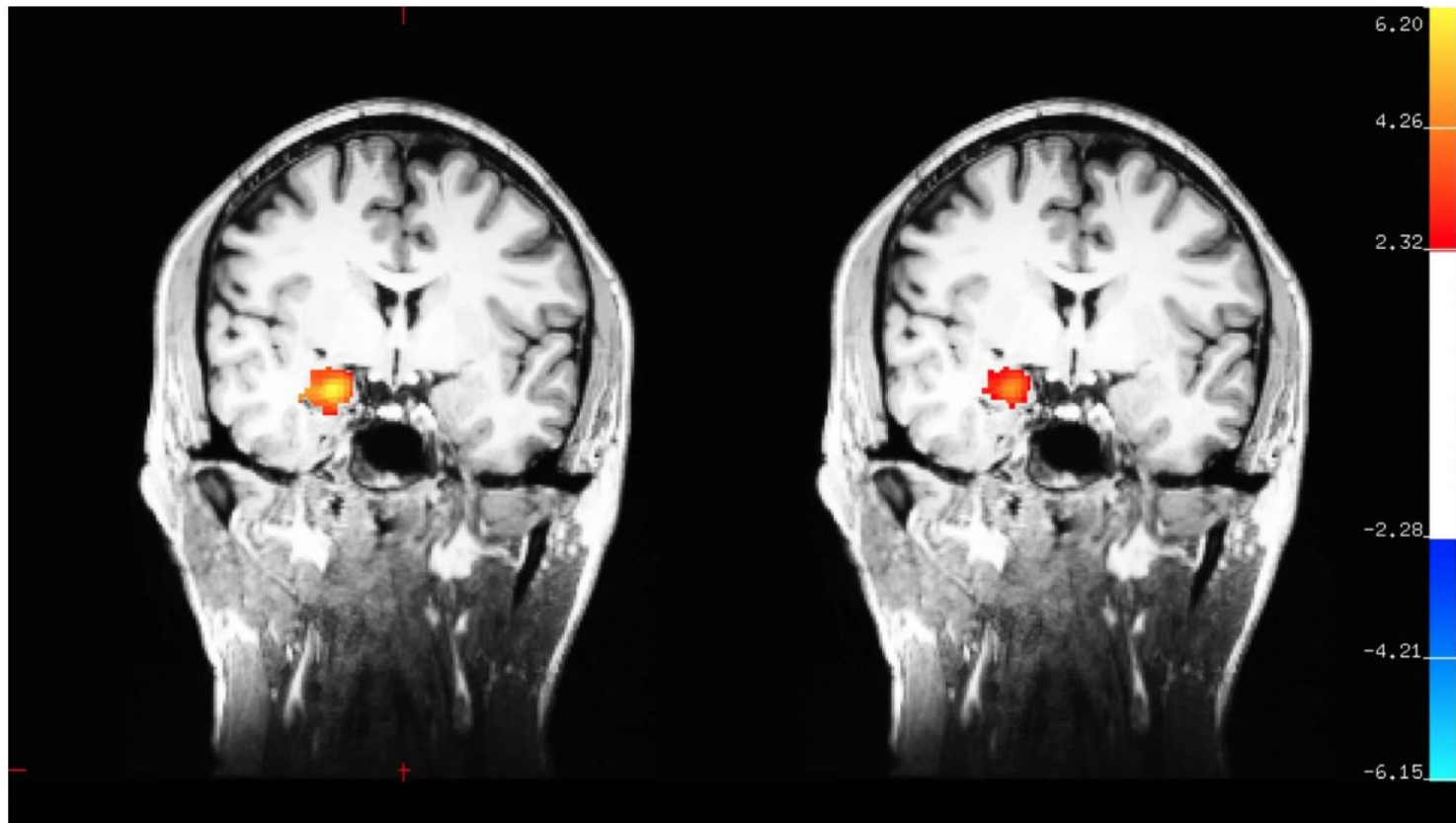
- Carman Ainsworth 7th Grader after guided meditation series on compassion.



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 Gaelle Desbordes

Q-Tip

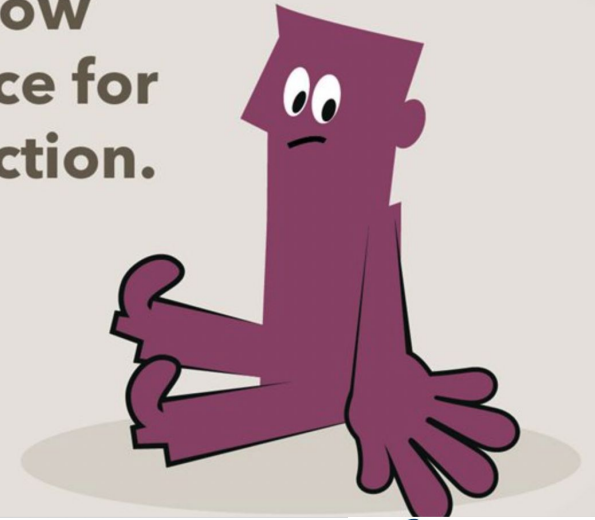
Rational Detachment. CPI defines it as **“the ability to manage your own behavior and attitude and not take the behavior of others personally.”**

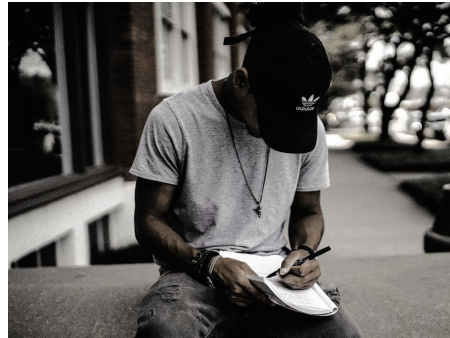
This positive attitude helps you keep your cool and your professionalism. It’s about stepping back and thinking about the variety of reasons for someone’s challenging behavior. It’s remembering that it may not be about you at all. When you rationally detach, you find constructive ways to release the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

DE-ESCALATION TIP 9



**Allow
silence for
reflection.**





Tools for YOUR Resilience Toolbox

Mindfulness is Mental Fitness

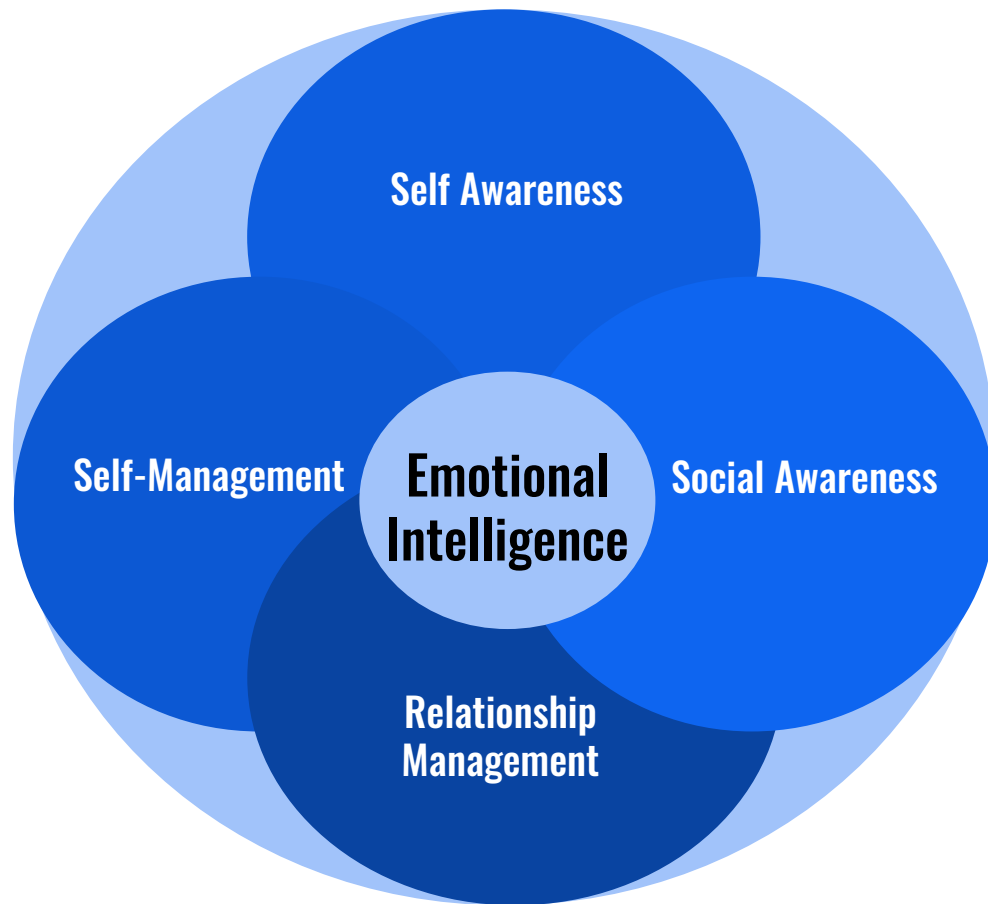
Mindfulness is like developing your biceps and doing reps; for the brain.

--Daniel Goleman



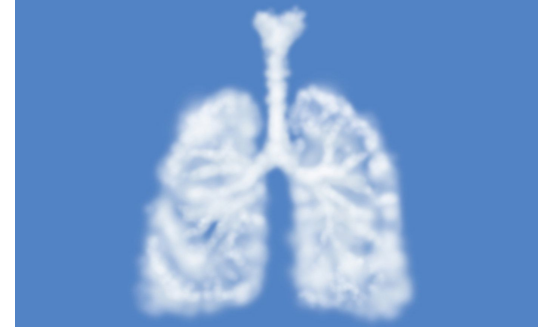
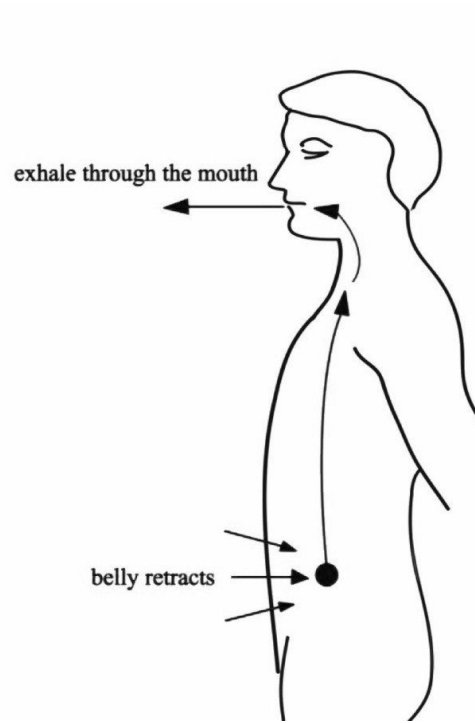
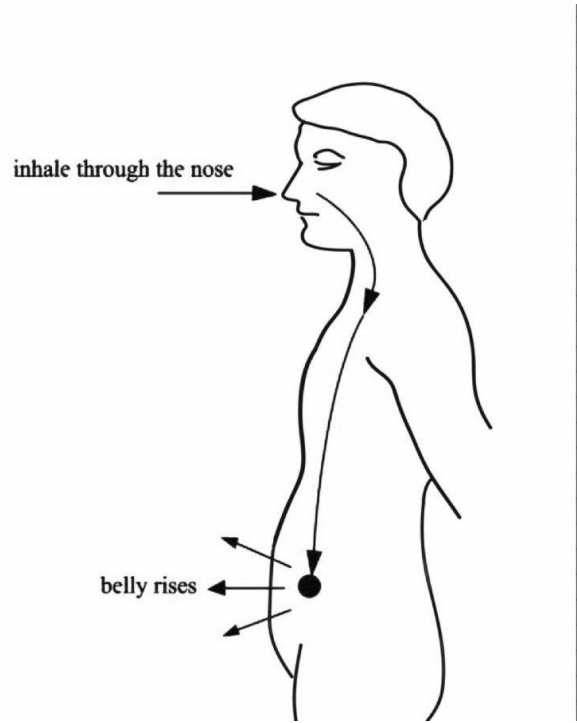
Integrated vs. Dedicated Practice





“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



Three Breath Practice

First Breath: Attention to breath

Second Breath: Relax body

Third Breath: Ask, *“What’s important now?”*

Mindfulness for Students



5 Benefits
6 Techniques

Reduce Anxiety and depression
Increased Body Satisfaction
Greater Compassion and Empathy
Improved Social Skills
Reduced Pain

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.



DEPRESSIVE SYMPTOMS

PHQ-8 NATIONAL VALIDATED SURVEY TOOL

PRE- INTERVENTION

9.3%	No depression ↑	28.6%
35.9%	Mild symptoms ↑	38.1%
25.6%	Moderate symptoms ↑	28.6%
20.9%	Moderately severe ↓	0%
9.3%	Severe depression ↓	4.8%

POST INTERVENTION



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

How to Co-Regulate



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,”

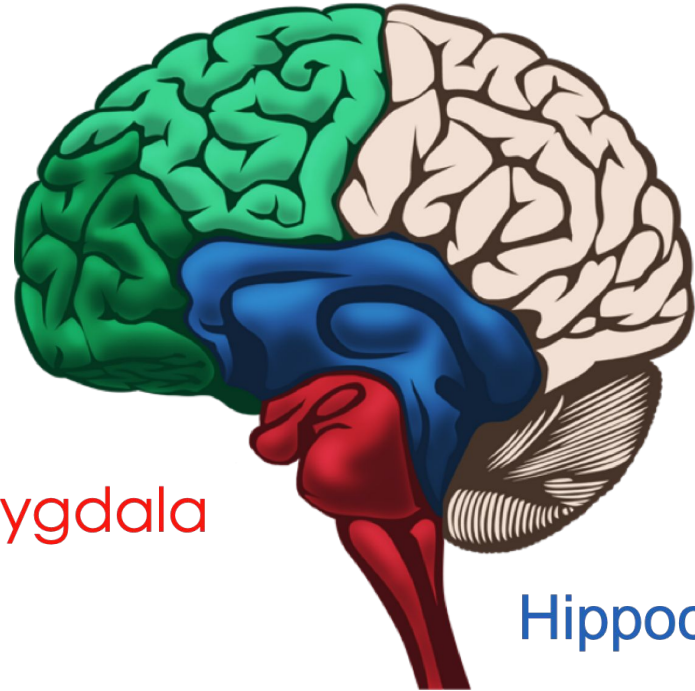
—Caroline Leaf, PhD



3 co-regulation techniques to facilitate a sense of calm

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

Prefrontal Cortex



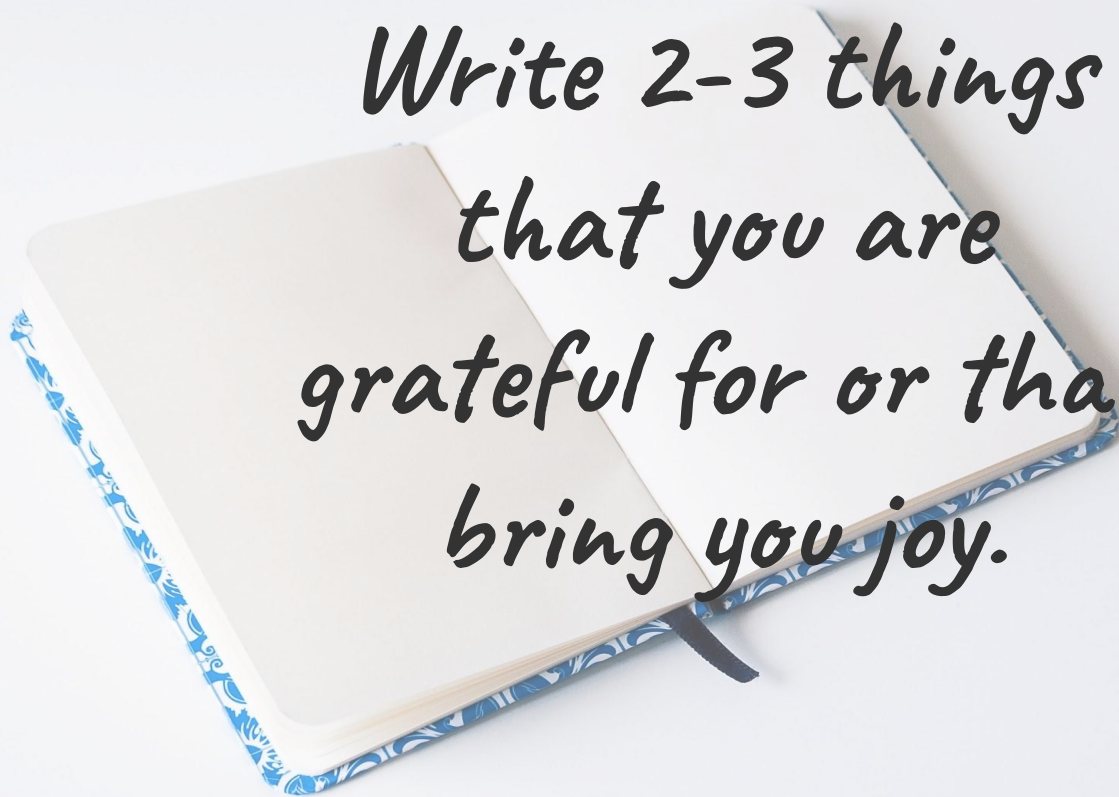
Amygdala

Hippocampus



Journaling

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 Salzberg





Questions & Comments

Connect with Us

Join our future workshops and trainings!

www.crim.org/events

Mindfulness@crim.org



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