



Living in the Present: Mindfulness for Educators

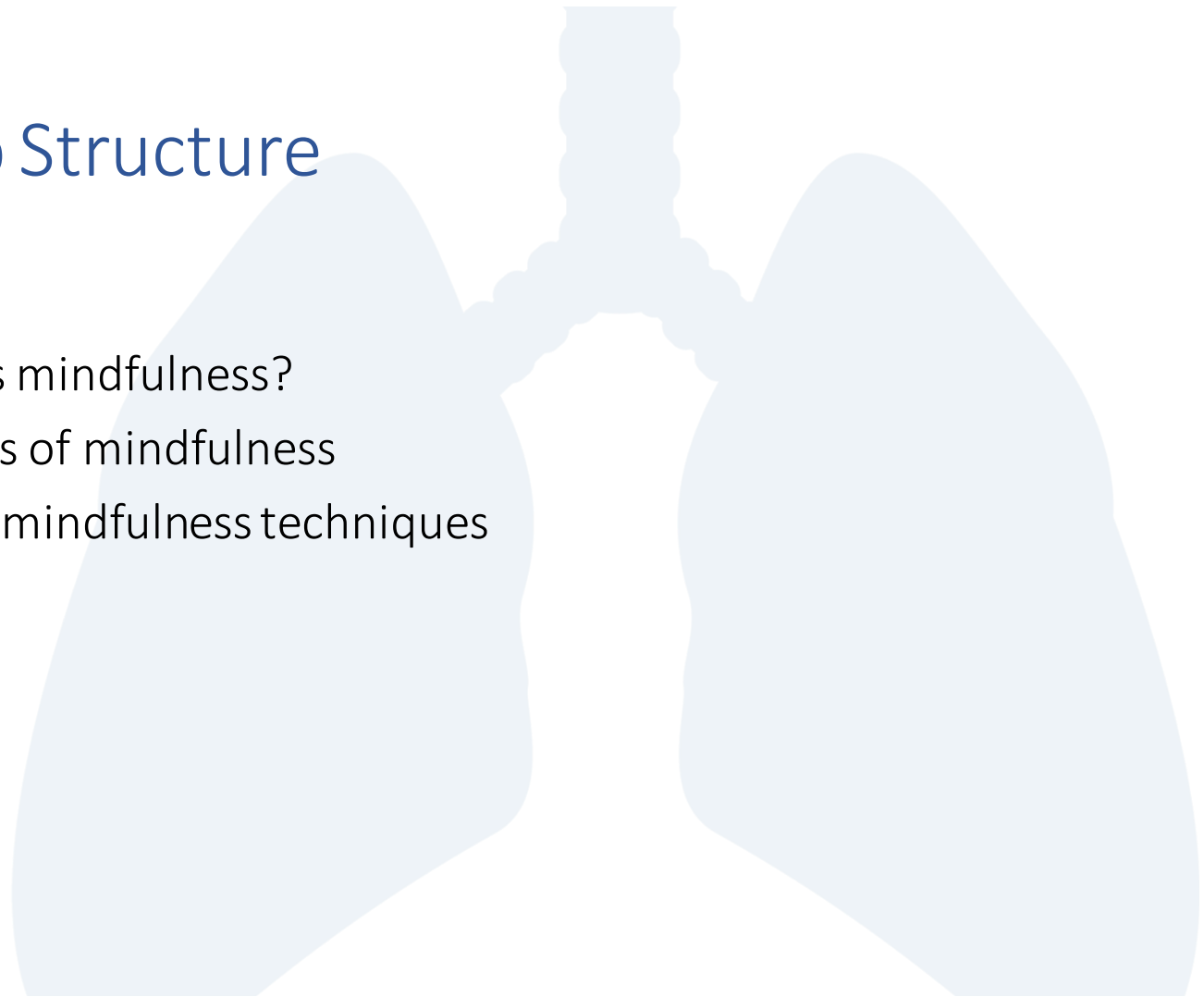
Beth Rieken

introduction



Workshop Structure

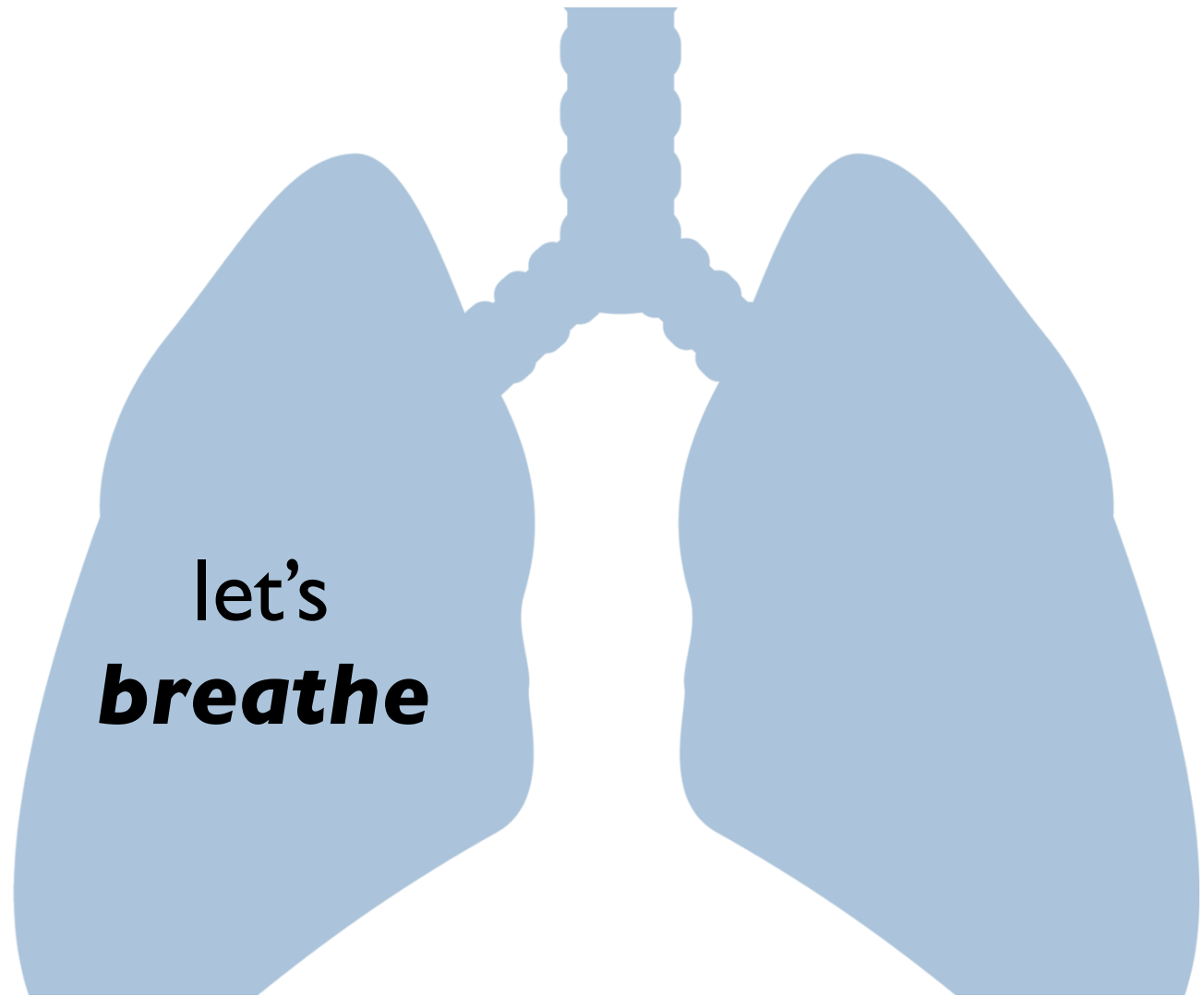
- Introduction
- Part 1: What is mindfulness?
- Part 2: Benefits of mindfulness
- Part 3: Simple mindfulness techniques
- Closing



Ingredients for discovery



- What you bring:
 - Interest in mindfulness
 - Experience working with students
- What I offer:
 - Basics of mindfulness
 - Simple mindfulness techniques



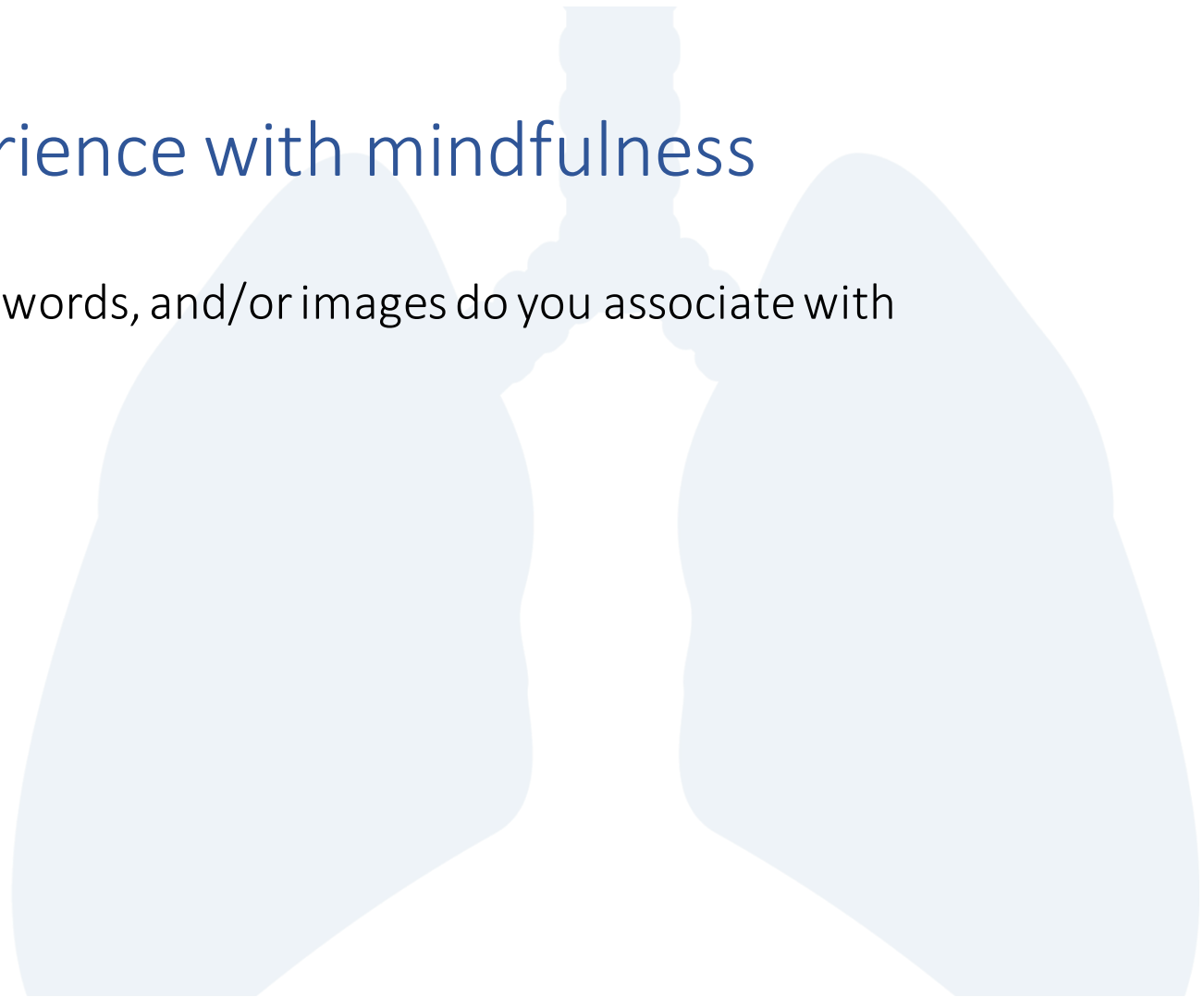
let's
breathe



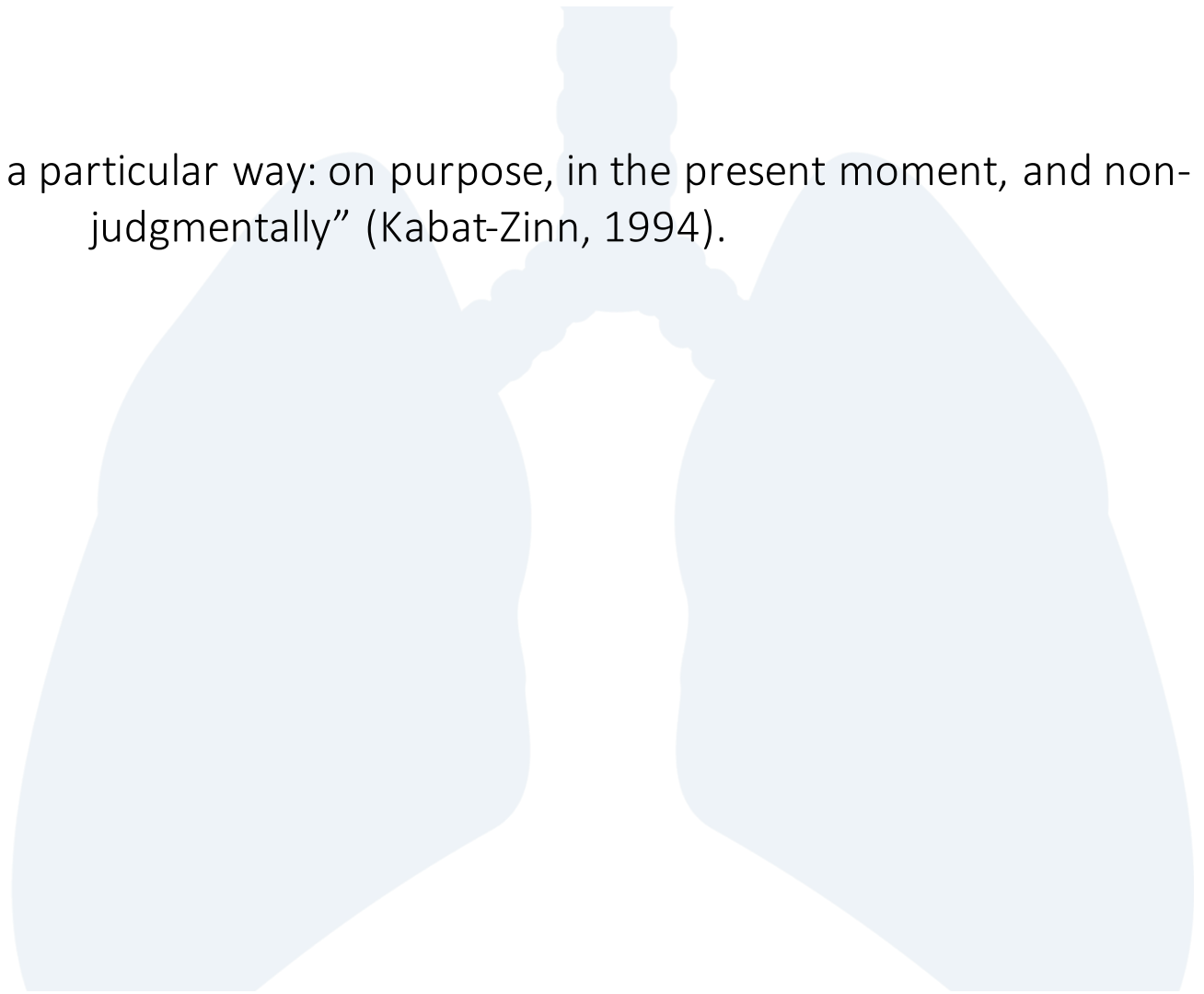
Part 1: What is mindfulness?

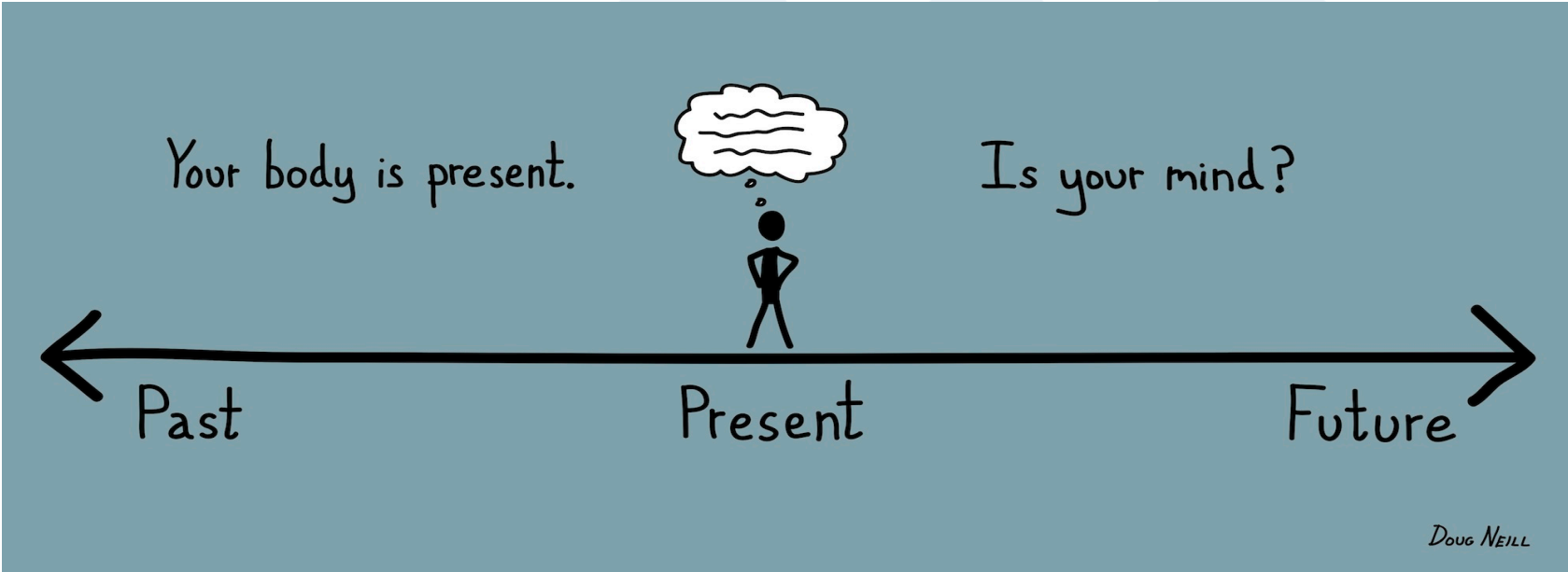
Your experience with mindfulness

What activities, words, and/or images do you associate with “mindfulness”?



“Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Kabat-Zinn, 1994).







Part 2: Benefits of mindfulness

General Benefits of Mindfulness

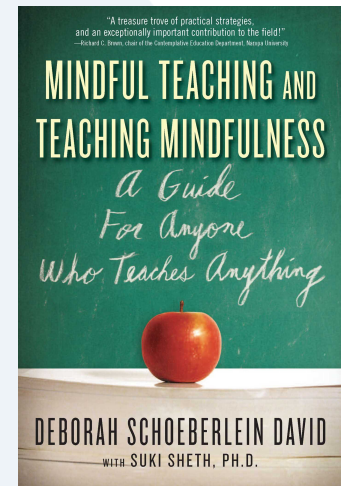


happybrainmovement.com

- Reduces stress & anxiety
- Better attention, working memory
- Less emotional reactivity
- Increases self-awareness, self-compassion

Benefits for educators

- Tool for self-care
- Improves focus and awareness
- Increases responsiveness to student's needs
- Increases awareness of personal accomplishment
- Supports healthy work relationships





Part 3: Simple mindfulness techniques

Mindful Breathing

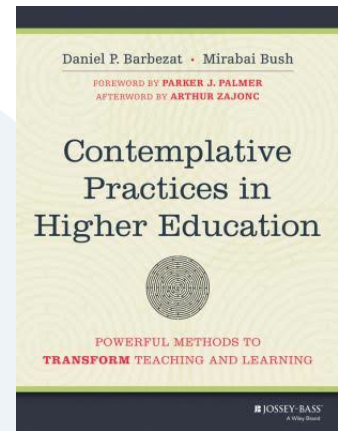


- Prepare:
 - Take 5 minutes to sit still in a quiet, comfortable place
 - Turn off phone, put aside your to-do list
 - Set a timer
 - Find a comfortable sitting position
- Basic steps:
 - Breathe normally and pay attention to the sensation of your breath
 - Notice when your mind wanders
 - Gently return your attention to your breath

Mindful Listening

Why did you chose to attend this work/life balance workshop?

- Listen in silence
- Give full attention to speaker
- Be curious but don't ask questions while listening
- If the speaker runs out of things to say, give him/her the space for silence
- RASA = **R**ecieve, pay attention to the person; **A**ppreciate; **S**ummarize; **A**sk, ask questions afterward (Julian Treasure TED talk)



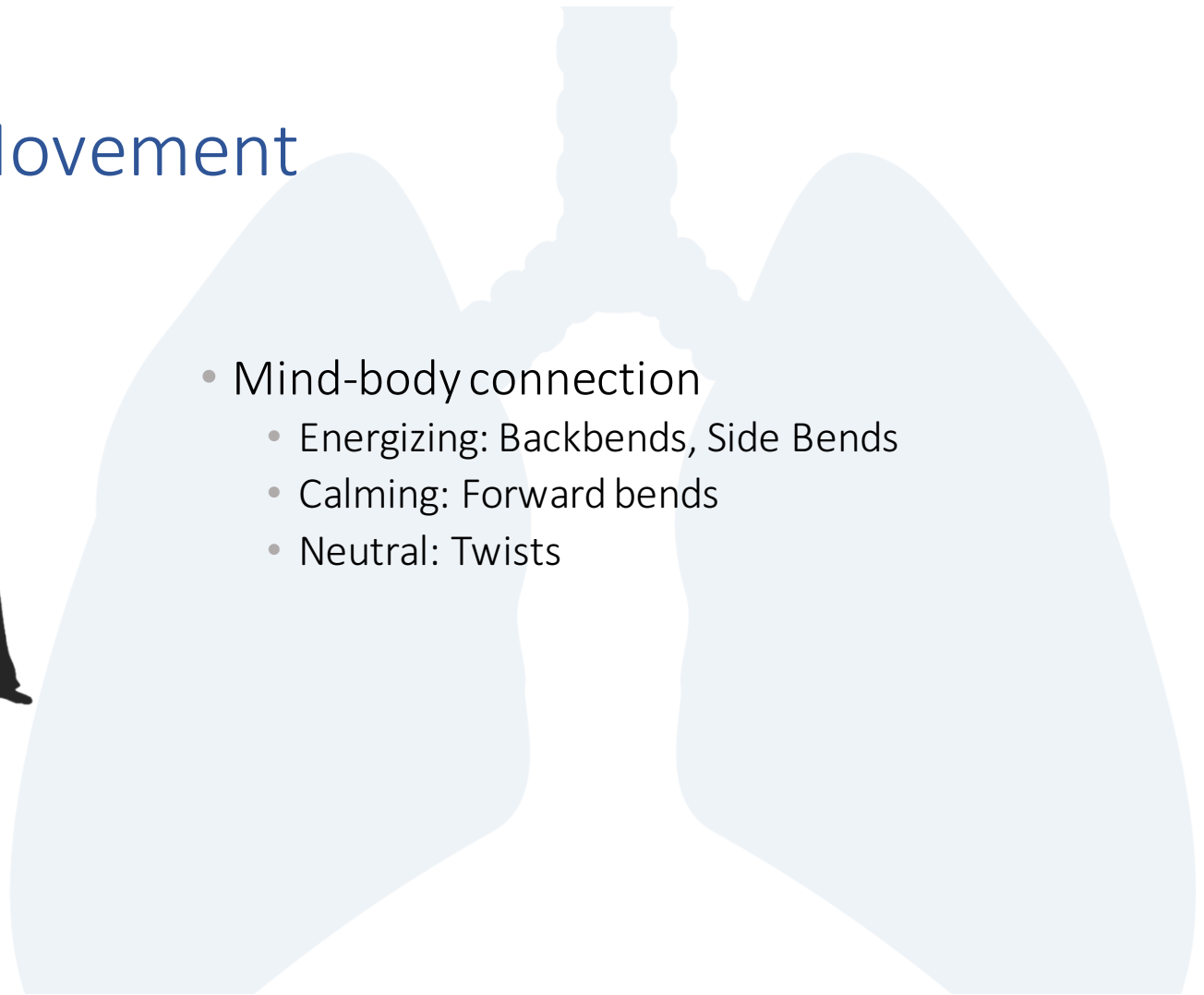
Gratitude Journaling

- Write something you are grateful for a few times a week in a journal
- Set the intention to be happier/more grateful
- Try focusing on *people* and *experiences* rather than *things*
- Think about things that were unexpected or surprising

Mindful Movement



- Mind-body connection
 - Energizing: Backbends, Side Bends
 - Calming: Forward bends
 - Neutral: Twists



Mindfulness for you students



- Take 1 minute, or even just 5 breaths at the beginning of each class bring attention and awareness into the room

Support Each Other



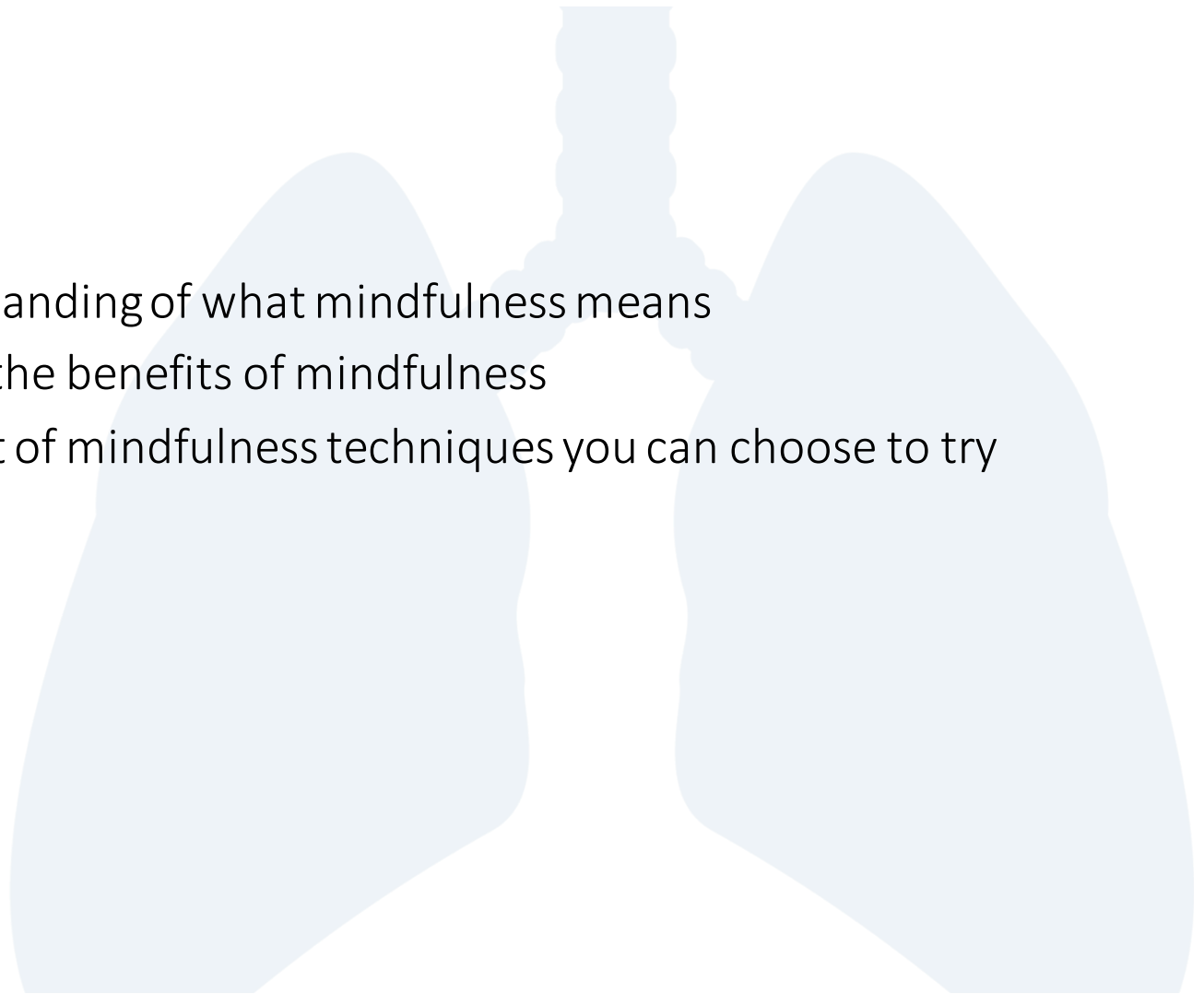
- Consider starting a mindfulness “support group”
 - Accountability for 5 minute practice
 - Community to talk about mindful teaching – how is it going? when is it hard? what do you enjoy about it? do you think it’s helpful?
 - Attend yoga class together

Closing



Recap

- Better understanding of what mindfulness means
- Big picture of the benefits of mindfulness
- An assortment of mindfulness techniques you can choose to try



Additional Resources



- Meditation apps:
 - Headspace
 - Calm
- Meditation centers in the Bay Area:
 - Insight Meditation Center (audio dharma podcast)
 - Spirit Rock Meditation Center
- Mindfulness-Based Stress Reduction
 - PAMF

Reflection

From this workshop...

- One realization I had is _____.
- My next step with mindfulness is _____.
- I'd like to learn more about _____.

Thank you for your time and engagement!

