



A Taste of Mindfulness –
Introducing SMART for EdCan
(Stress Management and Resiliency Techniques)



With Heidi Bornstein & Stephen Chadwick



MINDFULNESS
EVERYDAY

PAUSE Practice

PAUSE PRACTICE

1. Stop
2. Take 3 deep belly breaths
3. Check in, see what is here now

sensations – emotions – thoughts
(SET)

Be curious about what you notice
without making judgments

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Inquiry into the PAUSE Practice

- How many of you spend a great deal of time remembering things that happened in the past?
- How about worrying about things that may happen in the future?

What happens to the moment you are in?

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Acknowledging Transitions



*Transitions are the spaces between moments. Transitions are not just about just getting you ready for the next experience, they **are** the experience.*
Sherianna Boyle

Is the end of one activity just an invitation to the next? Mark Williams

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Mindfulness Everyday

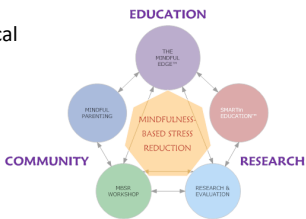
Delivering Mindfulness in Education since 2009

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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EdCan and ME Partnership

[EdCan](#) and [Mindfulness Everyday](#) are pleased to announce a new partnership to address rising levels of stress and burnout among staff in Canadian K-12 education systems amid the COVID-19 pandemic. The goal is to provide educators across Canada with skills and coping strategies that best support their mental and physical health as they transition towards delivering online learning and grapple with managing the simultaneous demands of work and home. This partnership includes collaborating to deliver online training, programming for K-12 staff, and awareness campaigns on the transformative benefits of mindfulness.

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Who Is With Us Today?

<input type="checkbox"/> Teachers	<input type="checkbox"/> Professional Support Staff
<input type="checkbox"/> Elementary	<input type="checkbox"/> Guidance Counsellors
<input type="checkbox"/> Middle	<input type="checkbox"/> Social Workers
<input type="checkbox"/> High School	<input type="checkbox"/> Psychologists
<input type="checkbox"/> Post-Secondary	<input type="checkbox"/> Educational Assistants
<input type="checkbox"/> Principals	<input type="checkbox"/> Child and Youth Workers
<input type="checkbox"/> Vice-Principals	<input type="checkbox"/> Others
<input type="checkbox"/> Administrators	

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COVID-19 Staggering Impact on Global education

As getting learning back up and running has been a priority recently, the absolute number one priority during the challenging times ahead is the health and well-being of staff, students and their families. Learning will happen, but not without this critical consideration. *John Malloy, Director of Education, Toronto District School Board*
Educators will be called upon to employ coping skills to support their students, families, and most importantly, themselves. Who will support educators?

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Intention of the Presentation

The workshop will be experiential and focus on:
Mindfulness:

- What it is
- How to practice it
- What are the benefits

SMART: an evidence-based program designed to address the needs of educators (K-12 and post-secondary), professional support staff and mental health professionals involved in the education and care of children, youth, and young adults

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Mindfulness is a Super Power


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https://www.youtube.com/watch?v=w6T02g5hT4&t=0&list=PL8EKmNvCC1eH5CM3FPkhAF_oFQnABv_qX&index=2

What IS Mindfulness?

*"Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally."
~Jon Kabat-Zinn*

*.... with an attitude of kindness
(added by smartEducation)*

Mindfulness, is paying attention to the here and now, with kindness and curiosity so we can choose our behaviour.
Amy Saltzman, M.D.



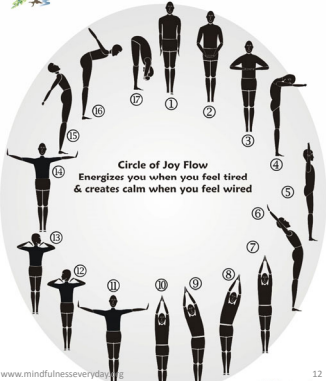
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Mindful or Mind Full

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Mindful Movement

MINDFULNESS EVERYDAY
RESOURCES FOR CONSCIOUS LIVING



Circle of Joy Flow
Energizer you when you feel tired & creates calm when you feel wired


Link to Video on YouTube:
https://www.youtube.com/watch?v=Q1kNp1_b7s

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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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Inquiry into Core Breathing Practice




- How many of you were able to keep your attention on the breath for that period of time (about 2 minutes)
- How many of you noticed that your attention wandered?

Congratulations – you are a human being! It is totally normal for the attention to wander.

- How many of you noticed that you feel differently now?
- Can you give some words to express how you are feeling now?

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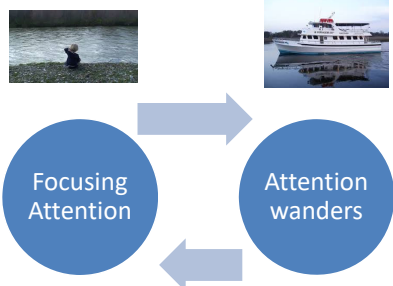
Attention



"The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. . . An education which should improve this faculty would be the education par excellence" William James, 1890

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The Magic Moment



- Noticing that your attention has wandered
- Acknowledging where it has gone
- Choosing to return to the chosen anchor
- Kindly and gently escorting attention with a soft inner voice, not a harsh critical voice.

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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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The Benefits of Mindfulness

Mindfulness is a skill that can help us boost our ability to:

- Focus attention
- Manage stress
- Make healthy decisions
- Cultivate happiness & well-being through kindness, appreciation & gratitude
- Improve relationships and communication skills



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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 post-secondary), professional support staff and mental health professionals involved in the education and care of children, youth, and young adults.

<https://education.ok.ubc.ca/research-partnerships/smarteducation/>

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Four Unifying Themes

MBSR (Mindfulness-Based Stress Reduction)

Mindfulness-Based Emotional-Balance

Self-Compassion, Kindness & Compassion

Mindful Movement

SMART integrates the teachings, practices and research these four foundations to address the specific needs and challenges of educators and helping professionals. Each session consists of presentations, group discussion and experiential practices in mindfulness.

Previous experience with mindfulness is not required.

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SMART Learning Outcomes

This evidence-based course trains professionals to better manage work-related and personal stress, in order to cultivate emotional balance. The course trains participants to:

- Manage stress through a greater understanding and control of emotions
- Employ self-care techniques to cultivate personal and professional resilience.
- Create effective strategies for relating to challenging situations.
- Enhance concentration and executive function (planning, decision-making, and impulse control).
- Revitalize purpose, personally and professionally
- Improve your overall mental and physical health
- Promote happiness through healthy habits of the mind

Who Should Attend: Education professionals including teachers, educational assistants, child and youth workers, social workers, psychologists, occupational therapists, audiologists and speech-language pathologists, physiotherapists, student support staff as well as administrators and office staff. The program is also suitable for healthcare professionals who work with children and teens.


Certificate of Completion: Successful participants receive a certificate of completion from UBC Faculty of Education.

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Benefits of Mindfulness for Educators 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 Educators 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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Q & A



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Take Time

*Take time to think; it is the source of all power.
Take time to read, it's the foundation of all wisdom.
Take time to play, it is the secret of staying young.
Take time to be quiet, it is the opportunity to seek our source.
Take time to laugh, it is the music of the soul.
Take time to be aware, it is the opportunity to help others.
Take time to love and be loved, it is our greatest gift.
Take time to dream, it is what the future is made of.
Take time to reflect, it is the great power on earth.*

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SMALL-GROUP MINDFUL COMMUNITY GATHERINGS

(exclusively for EdCan members)
Presented by Heidi Bornstein & Stephen Chadwick (Mindfulness Everyday)
Mindful Community Gatherings will provide EdCan members access to an online space to explore authentic self-care, practice mindfulness and support each other in this challenging time.

LIMITED SPOTS AVAILABLE ON THE FOLLOWING DATES at 12:30 PM (EST):
Tuesday, April 21, 2020 | Thursday, April 23, 2020 | Tuesday, April 28, 2020 | Thursday, April 30, 2020 | [REGISTER HERE](#)

Not sure if you're an EdCan member? [Check out our list of members here.](#) If you're an employee of one of the organizations listed, or a student or faculty member of a university listed, then you're already a member! [Click here to create your employee, student, or faculty account.](#)

Not a member yet? That's okay! For a limited time we're offering a FREE 3-month membership that will grant you access to all of EdCan's content, including these small-group Mindful Community Gatherings! Sign up for your free membership here!

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RESOURCES

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Resources for Well at Home


Mindfulness Everyday
Promoting Well-Being during COVID-19
<http://www.mindfulnesseveryday.org/resourcesCOVID.html>
for Teens and Young Adults
<http://www.mindfulnesseveryday.org/resourcesforteens.html>
For Children
<http://www.mindfulnesseveryday.org/resourcesforchildren.html>
The EdCan Network
<https://www.edcan.ca/well-at-work/well-at-home/>
Starling Minds
https://info.starlingminds.com/covid-19-b2c-faq?_ga=2.246763585.415658684.1585755335-218396239.1585755335

APPS

- **Stop Think & Breathe APP:** Free for Educators and support staff
<https://www.stopbreathethink.com/lifetimemembership>
- **Headspace APP:** Free access to all K-12 teachers, school administrators and supporting staff in the US, UK, Canada and Australia.
<https://www.headspace.com/educators>

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Self-Care for Educators and Helping Professionals with Angela Ventrice



ONLINE GATHERING FOR EDUCATORS & HELPING PROFESSIONALS

Join Us Live on **Zoom** **Every Wednesday** from **7 p.m. to 8 p.m.** [Click here to register in advance.](#) Zoom meeting Code 949.232.918

An online space to come together to engage in self care, practice mindfulness, and support each other in this challenging time.

Weekly - Wednesdays, 7-8 PM
[Download Flyer HERE](#)
ZOOM register in advance HERE: shorturl.at/jnkQ4

Offered by: Angela Ventrice, SMART Facilitator, Graduate Counselor/Teacher, WISD
Mindfulness Certified Teacher, National Association of Public Schools, WISD
Member, State SMART Co-Facilitator, Invet of Special Education, WISD
Lynne Robinson, Registered Social Worker, WISD

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amindfulsociety A Mindful Society

A MINDFUL SOCIETY 2020 LIVE ONLINE CONFERENCE

OUR PRESENT FUTURE

LIVE STREAM MAY 1 – 4, 2020


FEATURING BESTSELLING AUTHOR AND PSYCHOLOGIST DR. RICK HANSON


<https://amindfulsociety.org/#Tickets>


This year's theme 'Our Present Future' was selected as the theme of A Mindful Society 2020 because it speaks to the inseparable nature of our present awareness and our global future. Recent events have made this more pressing than ever. We are at a crossroads. Every action counts. The creation of a more mindful, compassionate, sustainable future is within reach – perhaps now more than ever – and it is up to us.

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Mindfulness Apps 1


 **Stop Breathe & Think**
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.
Free for Educators (or those with a school email).
<https://www.stopbreathethink.com/lifetimemembership>


 **Headspace**
Free access to all K-12 teachers, school administrators and supporting staff in the US, UK, Canada and Australia. <https://www.headspace.com/educators>


 **Calm**
Meditations to Relax, Sleep, Relieve Anxiety and Lower Stress. Calm provides the structure and guidance necessary to facilitate a daily meditation practice and mindful awareness. Over 25 nature scenes and sounds are used to invoke relaxation. Users are encouraged to complete a meditation session every day to maximize the benefit of the program.

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Mindfulness Apps 2


 **Happify**
Happify is an app for adults aimed to improve overall well-being and happiness, with influences from positive psychology, cognitive behavioral therapy and mindfulness. ... Each activity intends to strengthen one of the five happiness skills: savor, thankful, aspire, give, or empathize.

 **Insight Timer**
Home to more than 5000000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores

 **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.

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
Stress Relief Apps 1

 **MindShift**
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. 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.


 **DeStressify**
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.

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Stress Relief Apps 2



Breathe2Relax
By The National Center for Telehealth and Technology
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.



Take a Break!
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.



OMG I Can Meditate
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.

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