

Mind-Body Connection for Self-Care

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Compassionresiliency.com





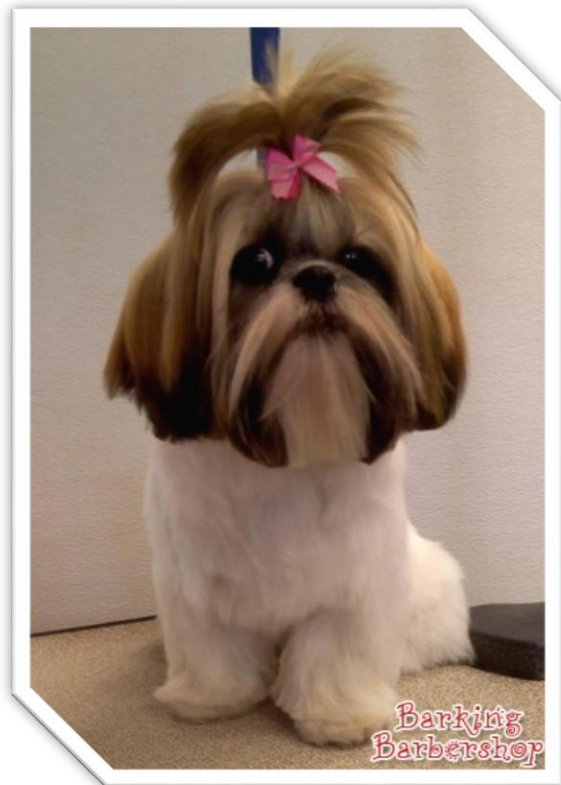
Taken in Part From:

- Marsha Linehan, Ph.D.
- University of Washington Center for Behavioral Technologies
- For educational use only. Do not copy or distribute without permission.
- www.behavioraltech.org
- Mindful Schools Curriculum

11/2015

Mindfulness

- The quality or state of being mindful, . . . of being



- Attentive
- Thoughtful
- Earnest
- Intentional

Adapted from the Oxford Dictionary



Some days I amaze myself.
Other days, I look for my phone while I'm
holding it.



Mindfulness Definition

“Mindfulness means paying *attention* in a particular way; On purpose, in the *present* moment, and non-judgmentally.”

Jon Kabat-Zinn

5 Types of Meditation That Don't Require Sitting Still

1. Qigong
2. Yoga
3. Walking Meditation
4. Tai Chi
5. Being in Nature



WHY WE PRACTICE MINDFULNESS

- To be aware of what is happening before it's a problem
- To be centered/in wise mind
- To be present to one's own life
- To get better at enduring pain
- To get better at solving problems
- To get better at not creating misery for ourselves
- To get better at participating fully in those moments of life that are joyful
- Finding Focus in a stressed out multi-tasking life

Health Benefits of Mindfulness

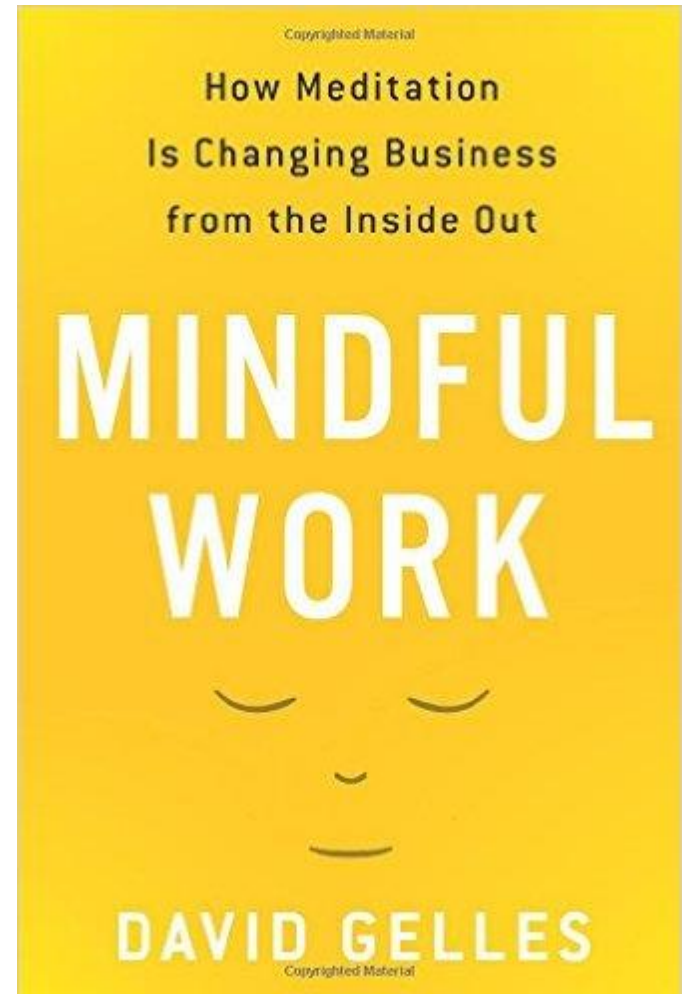
- Anxiety
- Depression
- Pain
- Boosts/strengthens immune system
- Brain

“Turn the medication down
and the meditation up.”

Jon Kabat-Zinn

Mindfulness at Work

- Better focus=
Greater Efficiency
- Stop Amygdala Hijack
- Manage Burn Out Levels
- Increase Compassion
- Socially Responsible



Mindfulness Room at Schools



For Students & Staff



The Lady Lounge





Mindfulness Based Stress Reduction

Mind Body Medicine

Utilizing Awareness and Attention

Complimentary / Integrative

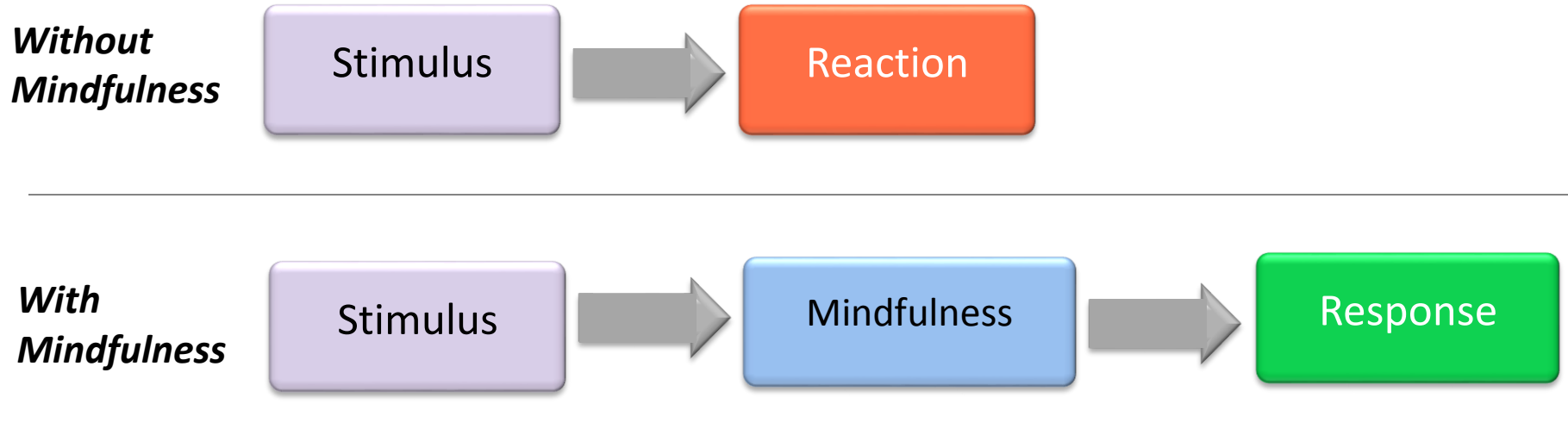
Skills Based (not group therapy)

Direct Experience Learning v Conceptual

Bridging Patients to their Inner Resources /
Responsibility in Wellness

Principle of Inherent Health

How Mindfulness Helps



Mindfulness creates space...

...replacing **impulsive reactions** with **thoughtful responses**.

Mindfulness Practice

The repetitive acts of directing
attention to only one thing;
this one moment





"Live each moment. Practice being mindful.
Be present in... Hold on, I have to take this."



Low Battery



10% HAPPIER



HOW I TAMED
THE VOICE IN MY HEAD,
REDUCED STRESS
WITHOUT LOSING MY EDGE,
AND FOUND SELF-HELP
THAT ACTUALLY WORKS—
A TRUE STORY

DAN HARRIS

Meditation



Wise Mind

Experiencing “What Is”



States of Mind

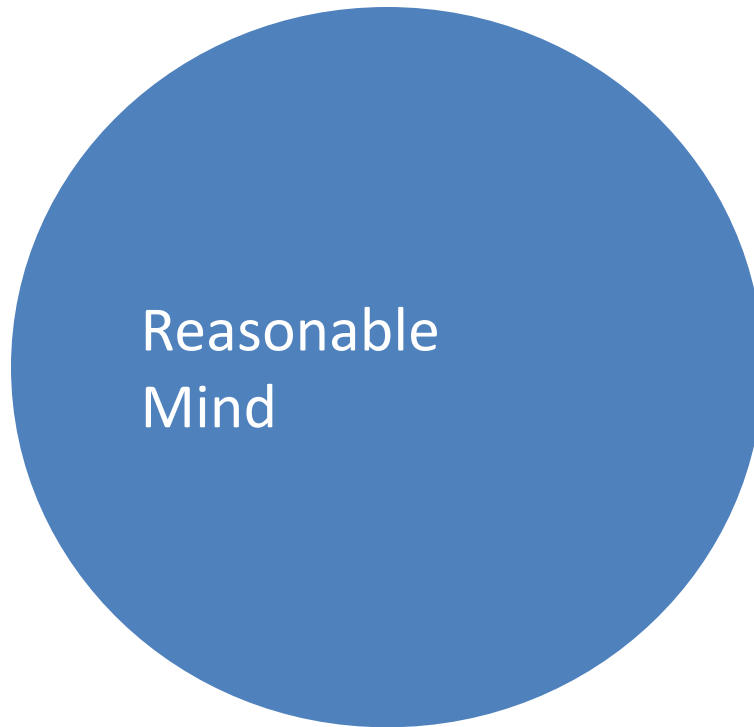
Hot

Mood-dependent

Emotion-focused



States of Mind



Cold
Rational
Task-focused

Rational Mind

- Approaches knowledge intellectually
- Thinks logically and uses past experience
- Uses facts and research as well as planning
- Focused

Wise Mind

- Intuitive thinking
- Arrangement and balance between Rational and Emotional Mind
- Living Mindfully

Emotional Mind

- Reason and logical thinking difficult
- Uses only emotions to make decisions
 - Reactive
- Tells us how we are really doing
- Uses core psychological needs





**Your child is being eaten
by a camel.
Do you...**

a) save your child or

b) take a photo.

One-mindfully



- Present focus
- Just this one minute (pain and suffering is enough right in this moment)
- One thing at a time
- Concentrating the mind
- Letting go of distractions –
returning to what you were doing again and again





1. STOP
2. TAKE A BREATH
3. OBSERVE
4. PROCEED

-Elisha Goldstein

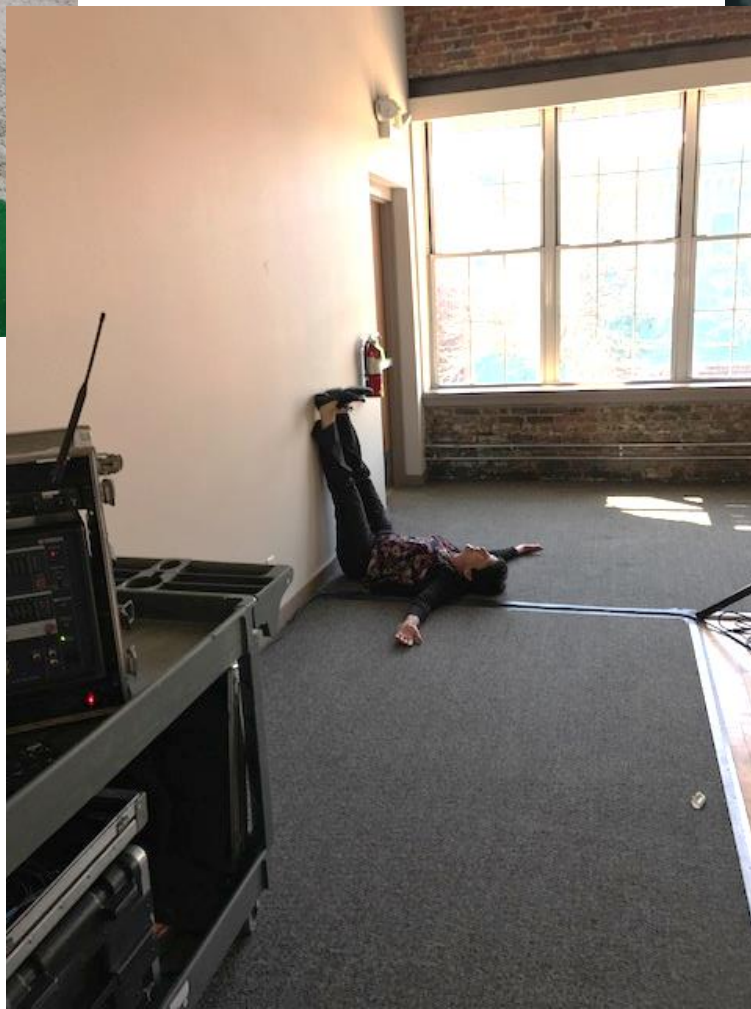
Body Work & Other Adjunct Therapies

- Yoga
- Meditation/Prayer
- Tai Chi/Qi Gong
- Mindfulness
- Visualization/guided imagery
- Deep Breathing
- Reiki
- Acupuncture
- Dancing/Walking
- Rocking Chair
- Self-Care Kit
- Art Therapy
- Music
- Journaling
- EMDR
- EFT
- Drumming
- Massage
- Aroma Therapy/Essential Oils
- Grounding Techniques
- Cooking
- Heart Math

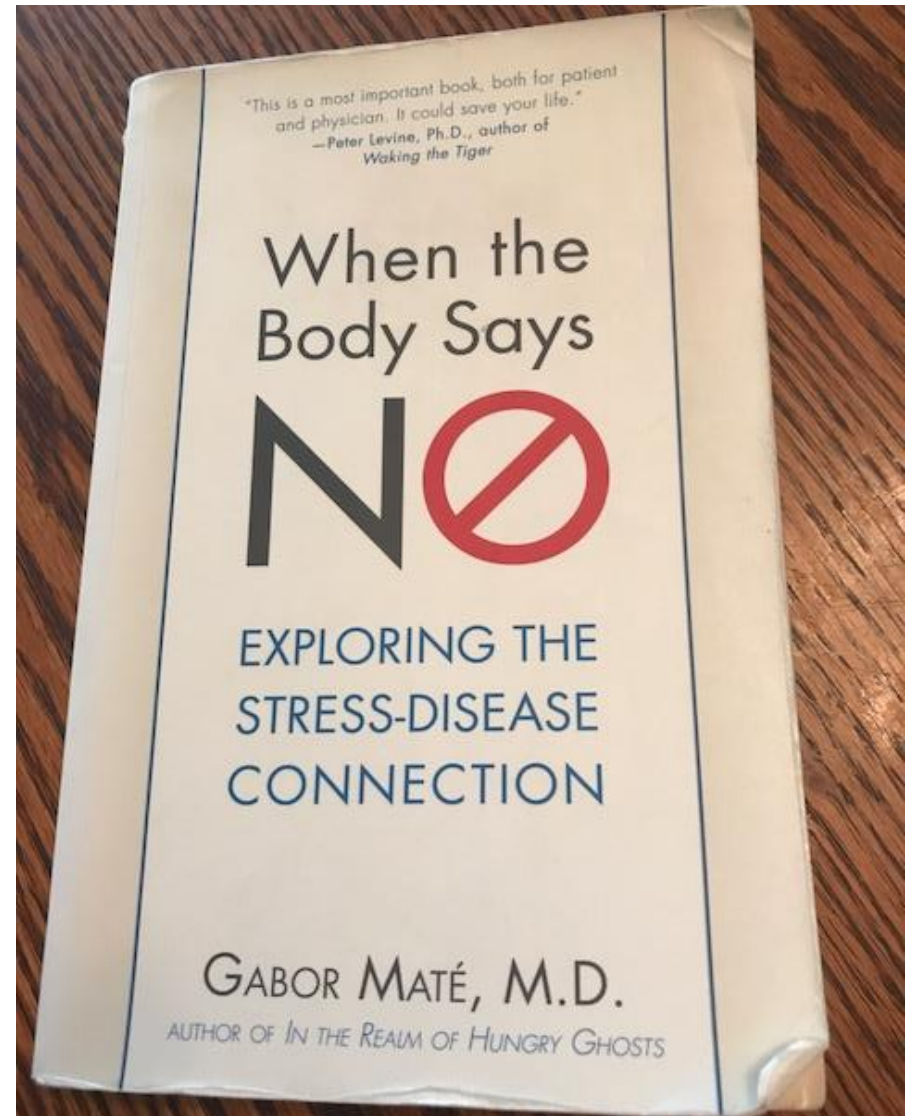
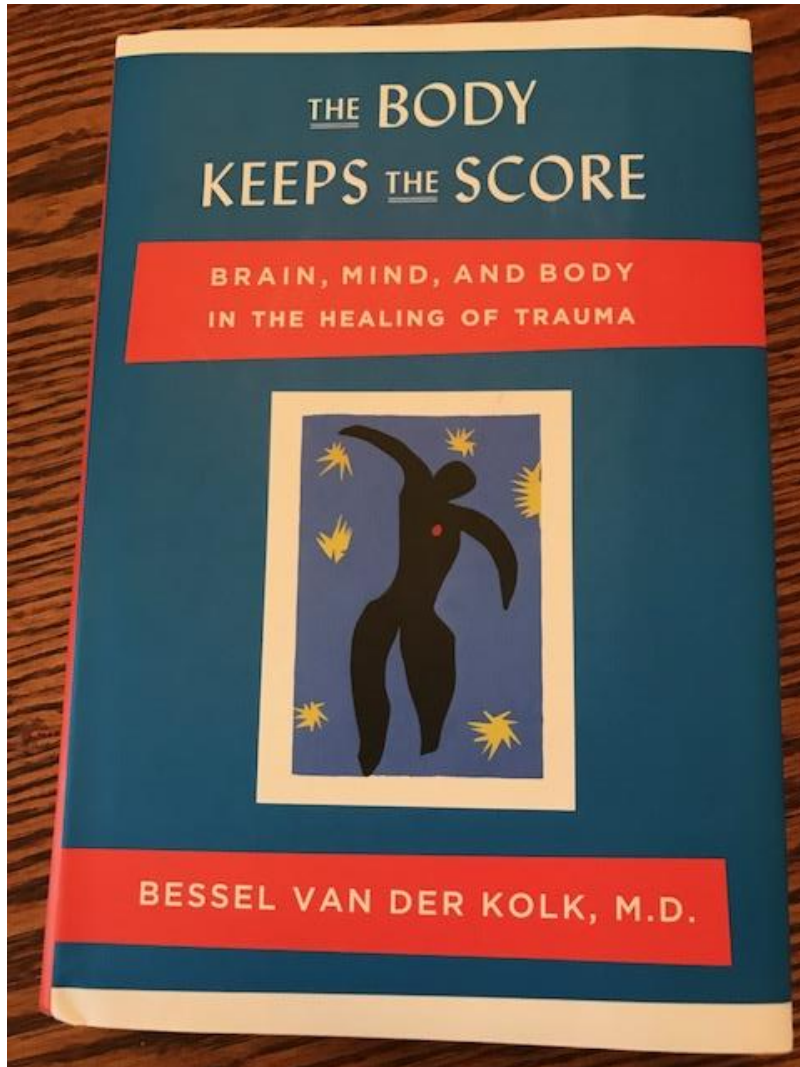


-Just Breathe Video





mind-body resources



How to Walk a Tightrope

1. Find a horizontal cable that can support your weight.
2. Stand on one end.
3. Step forward by putting one foot directly in front of another.
4. Repeat
5. Don't fall

- Sam Harris
Neuroscientist



5 | MEDITATE

Meditate for 5 minutes



3 | GRATITUDE

Write down 3 good things



1 | KINDNESS

Do 1 act of kindness



New York Times Bestseller

"For anyone who wants to find more meaning,
achievement, and joy in life, this is the best place to start."

—Tom Rath, bestselling author of *StrengthsFinder 2.0* and *Eat Move Sleep*



before happiness

the 5 hidden keys
to achieving success,
spreading happiness,
and sustaining
positive change

Shawn Achor

AUTHOR OF THE INTERNATIONAL BESTSELLER

The Happiness Advantage

15 Things Mindful People Do Differently

1

They don't believe their thoughts
- and they don't take them all that seriously

They don't try
to avoid or
deny emotions

2

9

They slow down when
reading and truly
take the information in

They understand
that all things
come and go

3

10

They are fully present
when listening without
trying to control or judge

They do
one thing
at a time

4

11

They take mini-breaks
every hour or so when
working or studying.

They turn
everyday tasks into
mindful moments

5

12

They
laugh at
themselves

They
practice
being curious

6

13

They focus
on what
they're doing

They get outdoors
and embrace the
beauty of nature

7

14

They
challenge
existing beliefs

They enjoy
every bite
when they eat

8

15

They
nourish
their bodies

Maintain a Mindfulness Practice

- Patience
- Happiness
- Gratitude Journal
- Meditation
- Visualization/Imagery
- Breathing
- Consistency/Commitment
- Buddy Up
- Wise Mind
- Non-Judging
- Mindfully walking/eating
- Trust Intuition
- Practice, Practice, Practice



**You can "rewire" your
brain to be happy by
simply recalling 3 things
you're grateful for every
day for 21 days.**

THEPSYCHMIND.COM

"LIFE MOVES
PRETTY FAST.
IF YOU **DON'T STOP**
AND LOOK
AROUND
ONCE IN A WHILE,
YOU COULD
MISS
IT."



Thank you for Attending

Kay Glidden

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Beth Reynolds Lewis

(308) 440-9113





Resource List

Websites

- www.dbtselfhelp.com - homework assignments and flashcards on mindfulness topics
- drdansiegel.com
- Calm.com - guided relaxation break (pick your scene)
- Coloringcastle.com - mandala coloring
- Mindful.org
- Mindfulschools.org
- Behavioraltech.org (The Linehan Institute)
- Mindfulhub.com
- Zenhabits.net
- Palousemindfulness.com
- Heartmath.com
- MrsMindfulness.com
- Greentreeyoga.org
- Mindfulnesscds.com – Jon Kabat-Zinn – Mindfulness Based Stress Reduction (MBSR)
- Heartmindkids.com
- Mindfulartssf.org
- themindfulparent.org
- gratefulness.org
- fulfillmentdaily.com
- rescuetime.com (tracks daily habits on computer & mobile devices)
- greatergood.berkeley.edu – Happiness on-Line class
- randomactsofkindess.org

Books

- *Peace is Every Step: The Path of Mindfulness in Everyday Life*, Thich Nhat Hanh
- *The Miracle of Mindfulness*, Thich Nhat Hanh
- *The Power of Now*, Eckhart Tolle
- *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*, Jon Kabat-Zinn
- *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*, Jon Kabat-Zinn
- *The Dialectical Behavior Therapy Skills Workbook*, Matthew McKay, Jeffrey Wood & Jeffrey Brantley
- *Gratitude Diaries* – Janice Kaplan
- *How to Train a Wild Elephant & Other Adventures in Mindfulness*, Jan Chozen Bays
- *The Mindful Brain*, Daniel Siegel
- *Mindful Parenting*, Kristen Race
- *Mindful Work*, David Gelles
- *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self Help that Actually Works- A True Story*, Dan Harris
- *Color Me Calm* – Lacy Mucklow

- *The Mindful Child*, Susan Kaiser Greenland
- *Real Happiness The Power of Meditation* – Sharon Salzberg
- *Real Happiness at Work Meditation for Accomplishment, Achievement and Peace* – Sharon Salzberg
- *The Life-changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing* – Marie Kondo
- *Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change* - Shawn Achor
- *Live Happy: Ten Practices for Choosing Joy*, Deborah K. Heisz
- *The Mindful. Path to Self-Compassion*, Christopher K. Germer
- *Mindfulness in Plain English*, Bhante Gunaratana
- *Mindfulness: An Eight Week Plan for finding Peace in a Frantic World*, Mark Williams & Danny Penman
- *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*, Patricia Jennings
- *Mindful Learning*, Dr. Craig Hassed & Dr. Richard Chambers
- *The Invisible Classroom: Relationships, Neuroscience & Mindfulness in School*, Kirke Olson
- *Teach, Breathe, Learn: Mindfulness In & Out of the Classroom*, Meena Srinivasan

Apps

- Insight Timer
- Breathe2relax
- Provider Resilience
- CBT-i Coach (improve sleep)
- Stop, Breathe & Think
- Calm
- Virtual Hope Box
- Mindfulness Training
- PAUSE – Relaxation at your fingertip \$1.99
- Headspace
- Fluidity HD by nebula design
- checky (phone habit tracker)
- Whil. (mindfulness and yoga)
- Daily Yoga
- 5-Minute Yoga
- Yoga Studio
- Gratitude Journal Tree

YouTube

- Jon Kabat-Zinn- mindfulness and meditation
- Lesley Fight Master Yoga – free online yoga classes

Children and Teens

Books

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli
- *The Way I Feel*, Janan Cain
- *What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler
- *Gratitude Soup*, Olivia Rosewood
- *Sprinkle Your Sparkles: Show Your Love and Kindness*, Kirsten Tulsian & Mary Gregg Byrne
- *Take The Time: Mindfulness for Kids*, Maud Roegiers

- *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts
- *The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time*, Dzung, X
- *Mindfulness Skills for Kids and Teens*, Debra Burdick
- *Master of Mindfulness – How to be your Own Superhero in Times of Stress*, Laurie Grossman
- *No Ordinary Apple: A Story About Eating Mindfully*, Sara Marlowe
- *My Mouth is a Volcano*, Julia Cook
- *Ahn's Anger*, Gail Silver
- *Steps and Stones: An Anh's Anger Story*, Gail Silver
- *Lacey Walker, Nonstop Talker*, Christianne Jones
- *Mindful Monkey, Happy Panda*, Lauren Alderfer
- *Puppy Mind*, Andrew Jordan Nance & Jim Durk
- *What Does it Mean to be Present?*, Rana Di Orio

Apps

- The Breathing Butterfly by Tip-Tok
- Focus 1-2-3 by Oranda
- Calm Kids with Mamaphant by James Golding
- Sleep Meditations for Kids by Christiane Kerr – Calming Bedtime Relaxation Stories (1 Free with in-app purchases) ages 4+
- Smiling Mind (ages 7-12, teens & adults)
- Calm
- Mindfulness for Children
- Settle Your Glitter
- Meditations for Kids by Highly Meditated (ages 6+)
- Stop, Breathe & Think
- Well Beyond Meditation for Kids
- Super Stretch Yoga (ages 4+)
- Sit With Us (promotes kindness & inclusion at school lunch)

YouTube

- Cosmic Kids Zen Den Series Mindfulness and Yoga for Kids – ages 5+
- Sesame Street: Me Want it (But Me Wait) with Cookie Monster
- Sesame Street: Belly Breathe with Elmo

Websites

- Gozen.com (anxiety)
- School-psyched.com
- Yoga4classrooms.com (yoga cards)
- Heysigmund.com
- Childhood101
- GoNoodle.com – Maximo
- Greentreeyoga.org
- mindfulnessforteens.com
- stressedteens.com
- mindyeti.com (guided audio sessions)

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- and they don't take them all that seriously

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to avoid or
deny emotions

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