

Mindfulness Based Stress Reduction

For Teachers

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“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.”

— Thich Nhat Hanh, *Being Peace*
Thich Nhat Hanh

A simple line drawing of a person sitting in a meditative pose (lotus position) with their hands resting on their knees. Above their head is a large thought bubble. The background of the panel is a solid light green color.

TODAY I
WILL LIVE
IN THE
MOMENT

UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE

Allow

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream and it will create a new
channel. Resist, and the tide
will sweep you off your feet.

Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in –
the wild and the weak; fear,
fantasies, failures and success.
When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.
In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes.

~ Danna Faulds

What is Mindfulness?

Mindfulness is paying attention in a particular way:

- on purpose
- in the present moment
- nonjudgmentally

Jon Kabat-Zinn

What is Mindfulness Based Stress Reduction?

It is an intensive 8 week training in mindfulness meditation and other mindfulness techniques.

These practices are integrated into everyday life to increase one's capacity to alleviate suffering and cultivate peace and wisdom.



Take a Mindful Moment

Using your senses
Name 5 things you can see
4 things you can hear
3 things you can smell
2 things you can touch
1 feeling that you feel

Using our senses to ground in the present moment

Where did MBSR come from?

- * Founded in 1979 by Jon Kabat- Zinn at the University of Massachusetts Medical School
- * Evidence based approach for emotional and physical conditions
- * Conducted in a supportive, non-judgmental environment that emphasizes self-efficacy and self-responsibility

How is Mindfulness Based Stress Reduction helpful for Teachers?

The best way to create stressed out children is to surround them with stressed out adults, the best way to create calm and mindful children is to surround them with calm and mindful adults.



**You can't stop
the waves, but
you can learn
to surf.**

- JON KABAT-ZINN



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Benefits of Mindfulness for Teachers

- * Mindfulness helps to promote a calm, relaxed, enlivened classroom
- * Mindfulness helps teachers slow down and listen more deeply
- * Mindfulness helps teachers develop more positive ways of relating to students
- * Mindfulness is effective in reducing conflict and helping teachers manage difficulties with students
- * Mindfulness helps teachers understand their emotions better
- * Mindfulness reduces stress and increases awareness
- * Mindfulness helps to promote greater job satisfaction

d because we know mindfulness helps students in the classroom
in MBSR for teachers we teach teachers
how to apply the skills in the classroom





Mindful Moment

HOW TO DO THE MOUNTAIN POSE



What does the program look like?

Sessions 1-3

Learning the Foundation of Mindfulness Practice

Mindful breathing

Mindful movements

Mindful walking

Body Scan and Relaxation

The power of intention and commitment

meditate for

**10 MINUTES
A DAY**





Mindful Moment

3 deep breaths

Sessions 4-5

Identifying stressors and response to stress

how mindfulness can help identify old patterns and teach new b

Learning new coping skills for managing stress

Assessing self care and creating a plan

Practice, practice, practice



STOP

TAKE A BREATH

Observe

Proceed

Session 7
Mindful Communication

Learning how to listen and communicate mindfully

Exploring challenges to communication personally and
in the classroom

Listening Exercise

Choose a partner

Decide who will speak first and who will listen

Each person has 3 minutes to speak uninterrupted

The listener pays attention to content and to their own reactions to what they hear.

Pause- give feedback and the speaker listens

Pause- speaker gives response to feedback.

Switch



Mindful Moment

Describe all the red in the room



In an ideal world...

There is a full day retreat to practice and reinforce what has been learned.

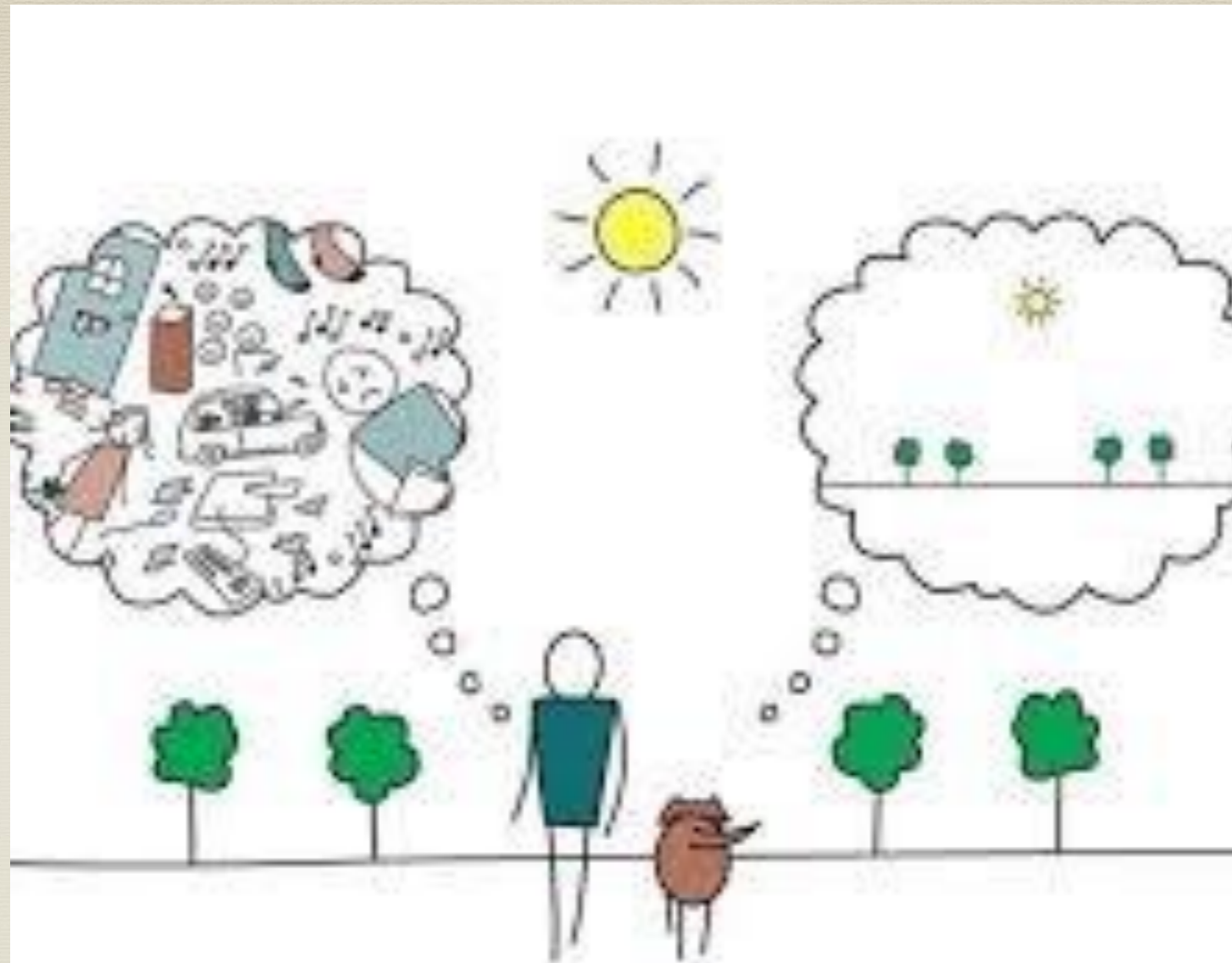
This can be done in creative ways in the schools

Session 8

Review and continuation of the practice in life

How to bring mindfulness into the classroom

Intention and Commitment



Mind Full, or Mindful?



Mindful Moment

Chair Yoga

Format for the sessions

Each session starts with a bell and a poem

5-10 minutes of sitting and breathing practice

Talking about home practice, challenges and celebrations

Teaching and Discussion

Mindful Movements

Body Scan/Relaxation



Mindful Moment

Body Scan

Unconditional

Willing to experience aloneness,
I discover connection everywhere;
Turning to face my fear,
I meet the warrior who lives within;
Opening to my loss,
I gain the embrace of the universe;
Surrendering into emptiness,
I find fullness without end.

Each condition I flee from pursues me,
Each condition I welcome transforms me
And becomes itself transformed
Into its radiant jewel-like essence.
I bow to the one who has made it so,
Who has crafted this Master Game;
To play it is purest delight;
To honor its form — true devotion.

Jennifer Welwood

Taking this back to your schools

Who can teach MBSR?
Who can teach mindfulness?

Hiring a teacher

When to have classes?

How to introduce the idea to staff?

Mindful Apps (Headspace, Mindfulness, Calm, Simple Habit)

MINDFULNESS

· IS A SUPERPOWER ·



THAT
EVERYONE
CAN HAVE!

Mindful Questions?

COME ON INNER PEACE



I DON'T HAVE ALL DAY

☼ A MINDFUL WALK CAN CALM ☼
THE MIND AND SOOTHE
THE SOUL.



Thank you!
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