Mindfulness Based Stress Reduction

For Teachers

Charlene Ray, MSW, LICSW, Mindfulness Educator
“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
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
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
and because we know mindfulness helps students in the classroom, in MBSR for teachers we teach teachers how to apply the skills in the classroom.

If every 8 year old is taught meditation, we will eliminate violence from this world in one generation.

Dalai Lama
Mindful Moment

How to do the Mountain Pose

- Relax shoulders
- Gaze straight
- Core engaged
- Back straight
- Legs straight
- Firm up thigh muscles
- Feet full contact on the floor

Segovia 2022
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
Learning how mindfulness can help identify old patterns and teach new behaviors
Learning new coping skills for managing stress
Assessing self care and creating a plan
Practice, practice, practice
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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