

The Gift of Mindfulness

Creating Calm, Kind, and Curious Learners

California Association for the Gifted, March 2017

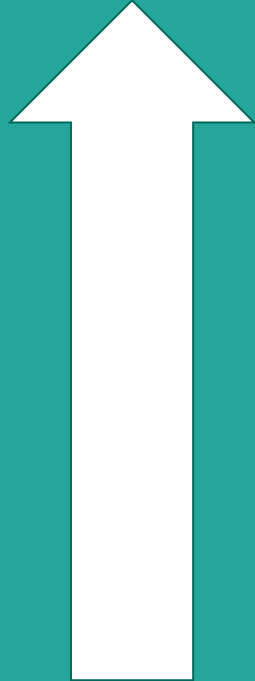


Negative?
Anxious, Angry, or
Sad?
Feeling out of Sync?

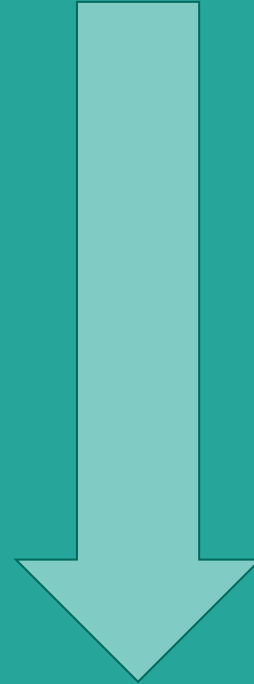


Be Present,
Seek Happiness,
Live with Intention,
Become Mindful.

According to Dr. David Cox, Medical Director of Headspace, a daily mindful practice can create the following results:



Focus
Memory
Creativity
Interpersonal Bonds
Compassion
Quality of Life



Stress
Anxiety
Insomnia
Depression
Pain
Addiction

In This Moment I Am Calm



Chest: heart & breath

Arms: shoulders to palms

Legs: are you grounded?

Mind: floating or focused?

Mindfulness: What is it?

Definition: Mindfulness

Paying Attention to the Present Moment,

On Purpose,

With Curiosity

Kindness

And

Acceptance

Opposite: Mind Full



Mind Full



Mindful




**Mindful Awareness is
Waking up
to
What's Happening Inside of You,
And in The World,
Moment by Moment**

— Mark Williams & Danny Penman
Mindfulness: Finding Peace in a Frantic World

@MindfulnessEX

Activity

Mindful Eating



“Mindful Eating is eating with intention while paying attention.”

Kati Konersman RD, CDE

Wellness
Institute

Be curious. Read
widely. Try new
things. What people
call intelligence just
boils down to
curiosity.

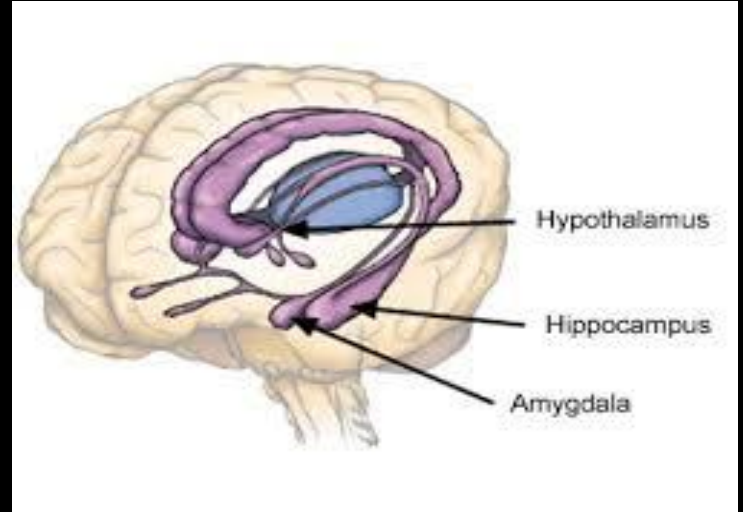
Aaron Swartz

The Mindful Brain

Top Down or Bottom Up?



Providing information to the “thinking” brain to “teach” emotional regulation skills.

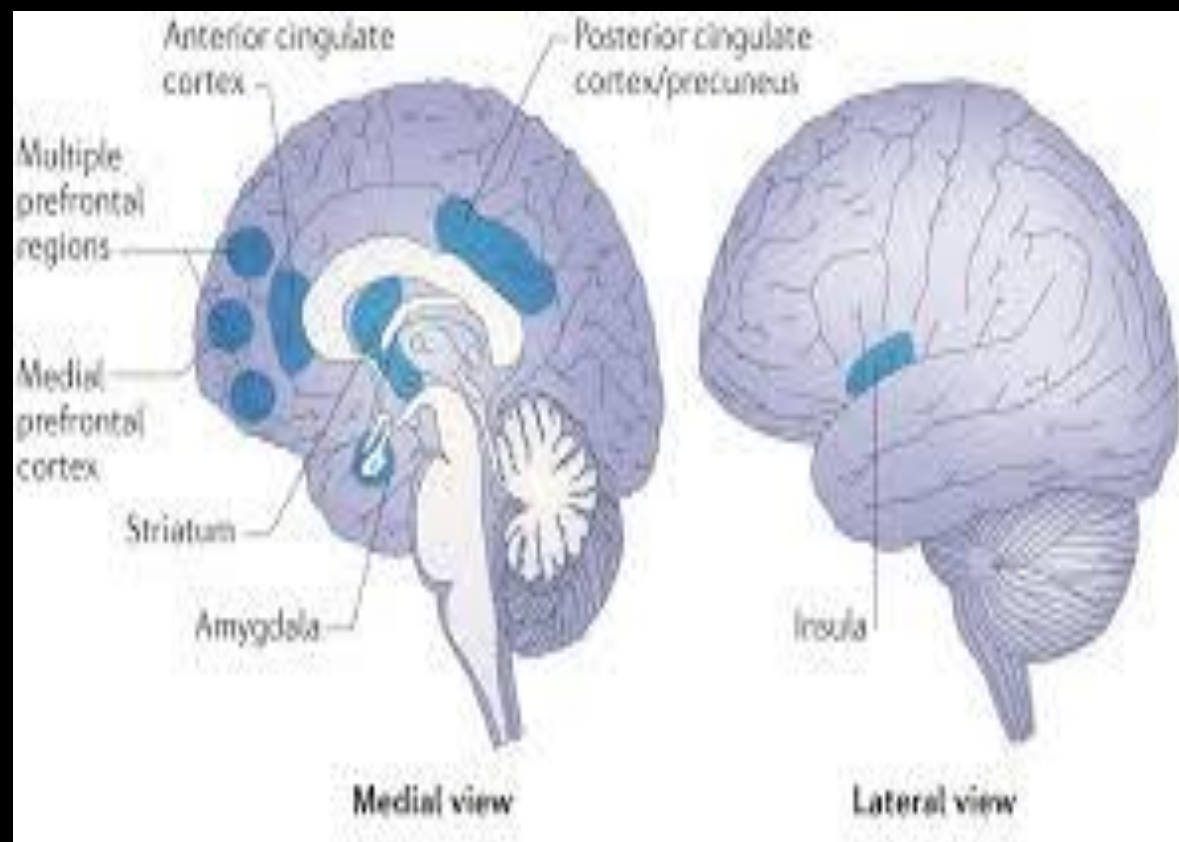


Providing experiences to the “emotional” brain to create new pathways for emotional regulation.

The Mindful Brain

When we exercise our brain by practicing mindfulness, neural pathways build up in the areas of the brain responsible for attention, emotional regulation, empathy, problem solving and stress management.

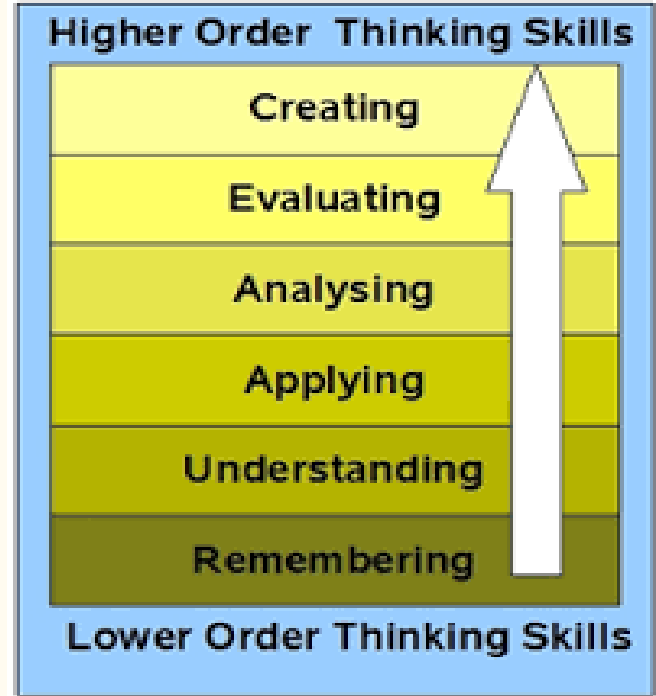








Reactivity



**Executive
Functioning**

Turning Chaos to Calm: When we learn to focus our thoughts and direct our attention we build the skills that allow us to slow down and respond rather than react impulsively.



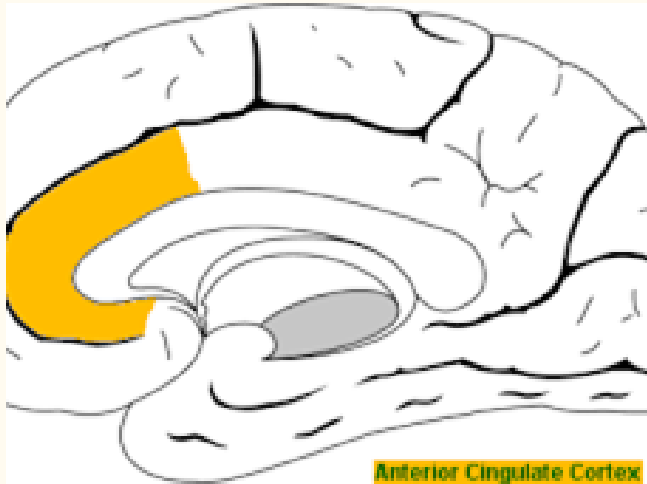
Reaction: A triggered, impulsive reaction to a precipitating event.

Response: A thoughtful reply in response a precipitating event.

Grey Matter Increases: Anterior Cingulate Cortex

Improves the ability to maintain attention to a single event.

Improves cognitive flexibility; the ability to switch from one concept to another.



red blue orange purple
orange blue green red
blue purple green red
orange blue red green
purple orange red blue
green red blue purple

Growth in the Hippocampus

Increased grey matter in the hippocampus, part of the limbic system (emotional brain) may increase resilience to stress and mental health disorders such as depression and anxiety.



Stills Default Mode Network: Monkey Brain

Research suggests that a daily mindfulness practice may still the DMN-- the area of our brain that is active when our minds are directionless and wander from thought to thought.



The Path to Mindfulness

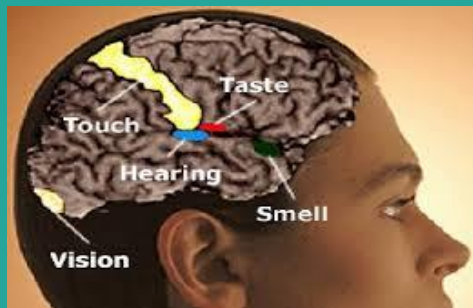
Brain Breath Body Mind Heart

BODY



MIND

BRAIN



HEART

BREATH

Meditation helps children learn and makes life easier for teachers. Increasing evidence shows that meditation could play a major role in improving the educational environment in this country



Video: 1 minute 33 seconds

BRAIN

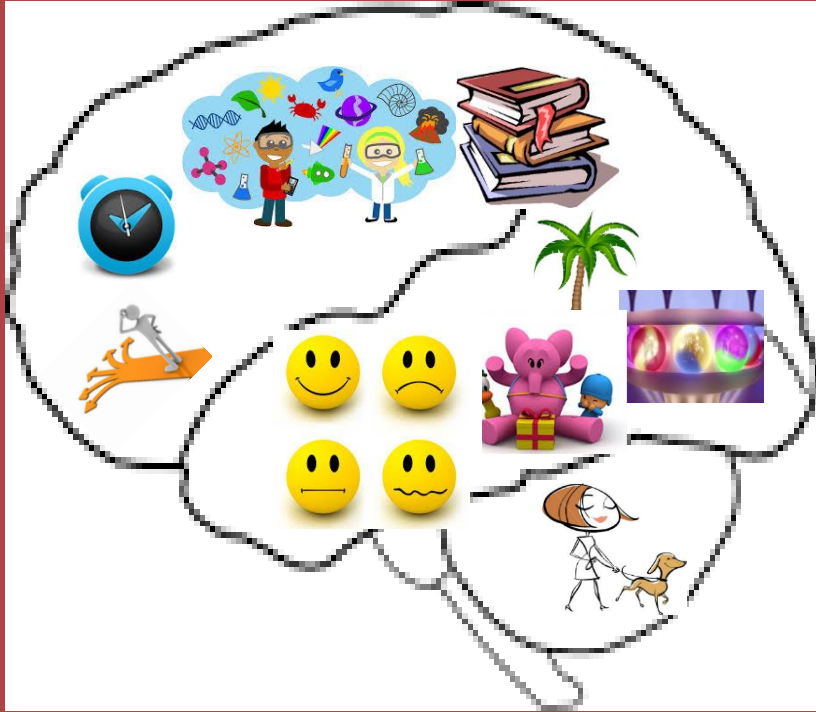
Understanding that emotions are a neurobiological response formed in a specific area of the brain, the limbic system, and not the result of poor judgement is very empowering and creates a sense of being in control.



Teaching the Brain: key points

1. The amygdala is a real place in our brain that is responsible for the emotion we experience.
2. The amygdala, hippocampus and pre-frontal cortex work together to regulate and release our emotions.
3. When emotions become too big the thinking part of the brain doesn't work very well.
4. When we practice mindfulness we actually stretch and grow our brain!

Activity

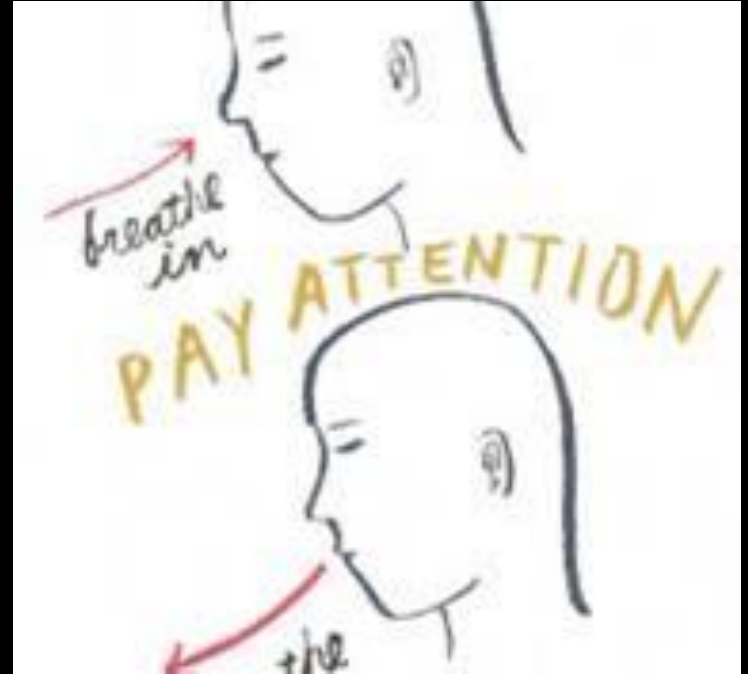


All The Things That Make Me, Me!

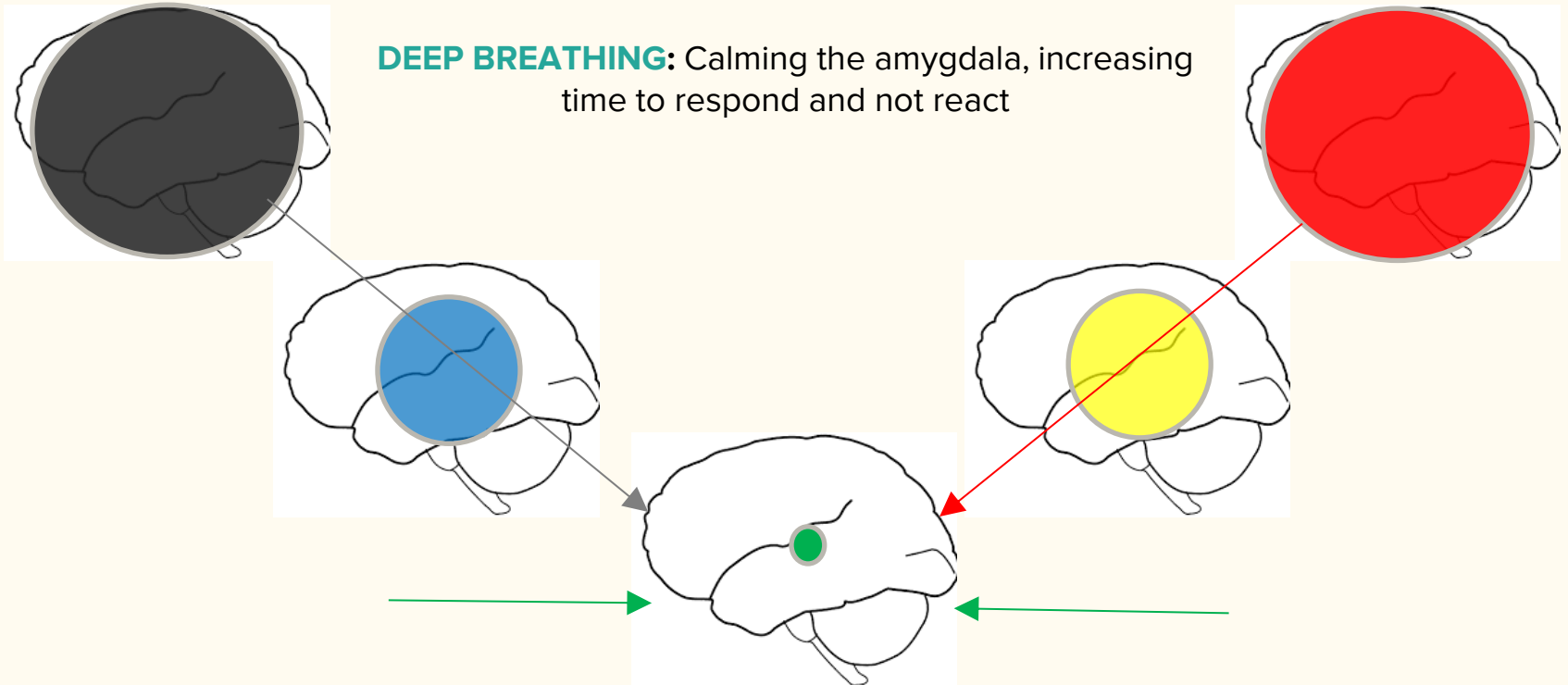
- **Cerebrum**: what you like to learn
 - **Cerebellum**: Movement activities you enjoy
 - **Pre-frontal cortex**: things you need to remember, choose, manage, organize or regulate
 - **Hippocampus**: core memories
 - **Amygdala**: common emotions
-

Breath

Connecting the breath to the body creates a sense of calm and awareness. The simple act of breathing brings us back to the present moment.



Breath: connecting to behavior



DEEP BREATHING: Calming the amygdala, increasing time to respond and not react

FOCUSED BREATHING: Practicing the skill of purposefully paying attention to the present moment improves stress tolerance and promotes physical and emotional well being

Deep Breathing

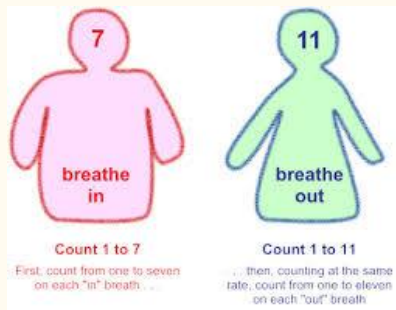
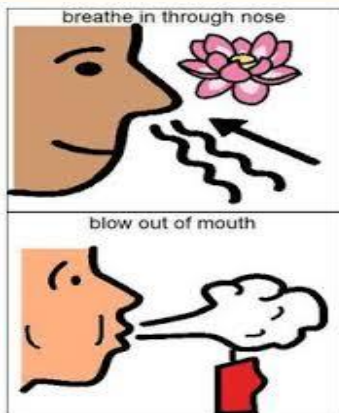
→ There is a dramatic difference in brain activity in the amygdala and hippocampus during inhalation compared with exhalation.

→ When you breathe in you are stimulating neurons in the olfactory cortex, amygdala and hippocampus, all across the limbic system.

→ Deep breathing helps the body regulate intense emotions and create a sense of calm.



Teaching the Breath: Variation



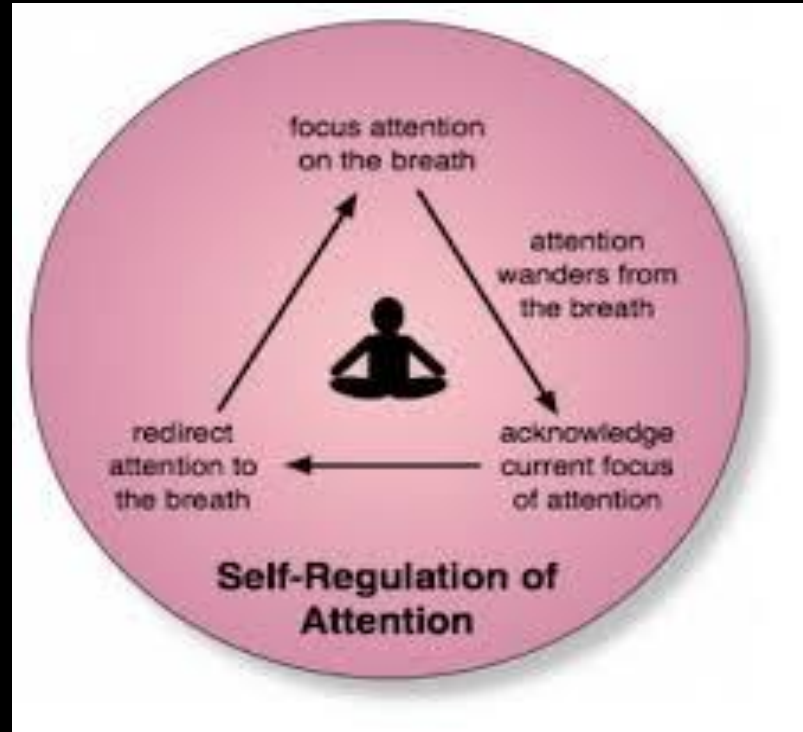
Focusing the Breath

Using the breath as an object of concentration

- By focusing on the breath you become aware of the mind's tendency to jump from one thing to another.
- Concentration on the breath has a positive effect on your entire physical and mental state.



The Core Practice



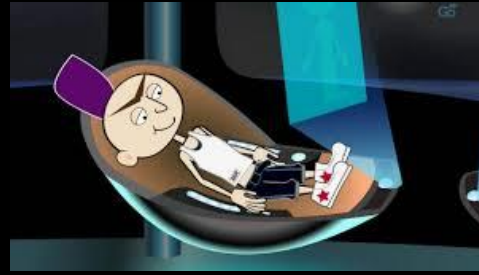
3 Times per Day Changes the Structure of the Brain

The Body: Feeling

Body feeling is often the first signal that our mind is discontent. By focusing full attention on the body we are able to learn the subtle physical cues associated with a state of calm and various states of unrest. Meditation, body scans, yoga, and freeze dancing, are examples of focusing full attention on the body.



Connecting to the Body



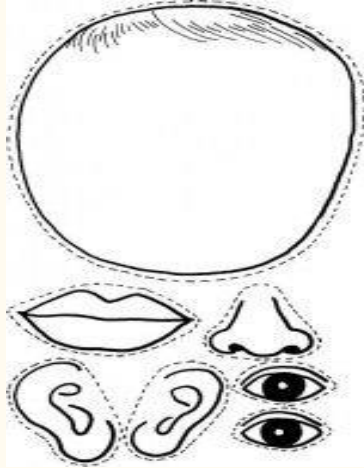
Can Incorporate a Variety of Activities

The Body: Sensing

Mindful Focusing is a technique for accessing deeper sources of knowing by engaging your body's subtle capacity for "felt sense." By focusing our full attention on a single sensory experience we teach ourselves to actively slow or still wandering thoughts.



Teaching the Senses. Activities



10 ESSENTIAL OIL BLENDS
for Aromatherapy Roll-ons
HELLOONATURAL.CO

	+		=	GOOD NIGHT SLEEP TIGHT				
<small>7 drops Roman Chamomile</small>		<small>5 drops lavender</small>						
<hr/>								
	+		+		+		=	SORE MUSCLES BLEND
<small>2 drops Ginger</small>		<small>1 drop Black Pepper</small>		<small>4 drops Peppermint</small>		<small>5 drops Eucalyptus</small>		
<hr/>								
	+		+		=	STRESS BLEND		
<small>6 drops Clary Sage</small>		<small>4 drops Lavender</small>		<small>2 drops Lemon</small>				
<hr/>								
	+		+		=	WAKE-ME-UP		
<small>4 drops peppermint</small>		<small>2 drops frankincense</small>		<small>4 drops lemon</small>				
<hr/>								
	+		+		=	CONCENTRATION		
<small>6 drops Rosemary</small>		<small>4 drops lemon</small>		<small>2 drops Peppermint</small>				
<hr/>								
	+		=	WINTER BLUES				
<small>8 drops Orange</small>		<small>2 drops Ylang ylang</small>						
<hr/>								
	+		=	APHRODISIAC BLEND				
<small>8 drops Santalwood</small>		<small>2 drops Jasmine</small>						
<hr/>								
	+		=	HEADCASE & SINUS RELIEF				
<small>3 drops eucalyptus</small>		<small>4 drops peppermint</small>						
<hr/>								
	+		+		=	CRAMP RELIEF		
<small>5 drops peppermint</small>		<small>4 drops cypress</small>		<small>3 drops lavender</small>				
<hr/>								
	+		=	MINOR BOO BOOS				
<small>6 drops lavender</small>		<small>6 drops tea tree</small>						

Mind

It is not the experience, it is our thought about the experience that dictates the emotion.

Take Perspective

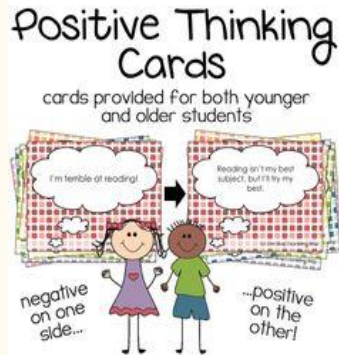
Build Resiliency

Choose Optimism

Appreciate Happiness

WHAT
CONSUMES
YOUR MIND,
CONTROLS
YOUR LIFE.

Teaching the Mind Tools & Activities



Thought-Reaction Connections



- Loss of self-worth → Sadness, Depression
- Future threat → Anxiety, Fear
- Others' rights violated → Guilt
- Negative comparison → Embarrassment
- Positive contribution → Pride
- Appreciation → Gratitude
- Positive future → Hope, Optimism

Illustrated by GoStrengths.com

Heart

Act Mindfully

Express Gratitude

Maintain a Philosophy of
Kindness

Be the change you want to see
in the world



Gratitude Tree

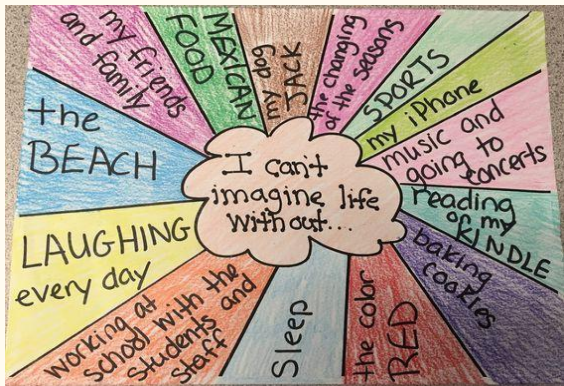


CRTU.MK/TAKEWHATYOU NEED

PLEASE TAKE WHAT YOU NEED

#TAKEWHATYOU NEED

- ♡ LOVE
- 😊 JOY
- 🌍 PEACE
- 🕒 PATIENCE
- 🦁 COURAGE
- 🧠 UNDERSTANDING
- 🙏 KINDNESS
- ☺️ GOODNESS
- 👉 GENTLENESS
- 🗣️ SELF CONTROL
- ★ PASSION
- 💪 STRENGTH
- ☀️ FREEDOM



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Resources:

MindfulSchools.org

GoZen.com

GoNoodle.com

YouTube Channels

→ Cosmic Kids

→ Stop, Breathe & Think (App)

→ Soul Pancake

→ Kid President

→ Happify

→ Smiling Mind

Apps

→ Mind Bell

→ Headspace

→ Calm