MINDFULNESS FOR FAMILIES
during the pandemic

ONLINE WEBINAR

William & Mary
School of Education
Zoom Webinar Controls

Select “Panelists and Attendees” to say hi!
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Today’s Format

Benefits of Mindfulness

Strategies to Foster Mindfulness

Q&A
Welcome

Spencer G. Niles
Dean of the School of Education
William & Mary
Today’s Presenters

Daniel Gutierrez,
Assistant Professor of Counselor Education and Faculty Director of the New Link Clinic

Martha Rouleau,
Adjunct Lecturer in Mindfulness Meditation and Mindfulness Wellness Professional, Former Public School Educator and Administrator
Benefits of Mindfulness

Daniel Gutierrez
“Peace is not something you can force on anything or anyone... much less upon one's own mind. It is like trying to quiet the ocean by pressing upon the waves. Sanity lies in somehow opening to the chaos, allowing anxiety, moving deeply into the tumult, diving into the waves, where underneath, within, peace simply is.” —Gerald May
When something sudden or unexpected hits home

Stress – Balancing resources and demands

We all love our families...... Right?

Family stress:

- The major losses
- Daily hassles
- Spillover stress
- Dyadic/Family coping

When our values get all out of whack
Demands

Adapting to the new
Dealing with the influx of the negative news (ruminating)
Lack of certainty and control
Self-Judgement
Comparison
Obsessive Behaviors
Parenting is just hard
Guilt

Voices from the outside and Voices from the inside
The demanding mind

Groundhog Day – Moves us into autopilot

Mindwandering associated with negative mood (especially focused on past)

Difficulty concentrating and focusing

Striving

Looking for control

Soothing (e.g., numb those negative feelings, silence the inner critic)
“In fact, the only thing that’s truly under our control is where, when, and how we repeatedly direct our attention—and whether we’re directing it consciously.” – Elizabeth Stanley
Mindfulness

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally

- Awareness of the present moment
- Non-striving
- Non-judging
- Acceptance

“You can't stop the waves, but you can learn to surf.”
— Jon Kabat-Zinn
Mindfulness

- Stress response – Relaxation
- Emotional regulation
- Anxiety
- Depression
- Chronic pain
- Insomnia
- Hypertension
- Subjective wellbeing / quality of life
- Adjunct to counseling and central component to counseling approaches
Meditation as therapy

There has been a line of fairly consistent research on the effectiveness of meditation for reducing anxiety, stress, treating phobias and excessive anger.
Emotional regulation

There is more and more convincing proof that meditators have the ability to moderate the intensity of their emotional arousal (Aftanas & Golosheykin, 2005).

Thus, meditation gives you more control and the ability to escape from negative emotional states.
Effects on mood

Lane, Seskevich and Piper, (2007) studied 200 healthy adults using a number of psychological instruments that focus on mood, anxiety and psychological distress. The clients were given a simple meditation technique and asked to practice it. **Those who practiced the technique reduced negative mood and their perceived stress.** Those who practiced most frequently had the greatest effects.
Stress recovery

Goleman study (1976)

**Meditators** showed a unique pattern of reaction to stress: They reacted immediately and showed the typical fight or flight reaction but then **rapidly recovered**.

**Non-meditators** reacted more slowly and continued to feel the stress both mentally and physiologically **for a longer period of time**.
Stress recovery

Goleman concluded that quick stress recovery is a trait of meditators. This is key in the full court press of life where one must recover.
Strategies to Foster Mindfulness

Martha Rouleau
Surfing the Waves

Leaning into the Wind

Standing Equally Near to All Things
Helpful Attitudes to Live Mindfully

- Curiosity
- Patience
- Acceptance
- Kindness towards our humanness
- Gratitude
REALITY: Self-Care is a Necessity

What helps us to feel good and be the “best” we want to be in the midst of...
Choosing to Take Purposeful Pauses

“Drop by drop is the water pot filled. Likewise, the wise man, gathering it little by little, fills himself with good.”

Buddha
Family

Managing Energy as opposed to Time

Organization and Structure

Choice for all

Personal Space and Cues

Brain Likes and Seeks Novelty

Purposeful changes in routine

Fun and Laughter

Blank Slate to Begin Again
Breathing Activities

Breathing Buddy
Candle
Hot Soup
Bunny Breath
Sunshine Breath
Hibernating Bear
Elevator
Scrunch and Let Go

Sitting Still Like a Frog
Teenagers

- Model Mindfulness
- Understand Mood
- Brain Facts
- Positive Encouragement
- Apps
- G.U.T
- OKAY Zone
Resilience is Ordinary... Not Extraordinary
Resources

Lee-Anne Gray: *Self-Compassion for Teens*

Richard Emmons: *Gratitude Works!*

Susan Kaiser Greenland: *Mindful Games*

Rick Hanson: *Hardwiring Happiness*

Goldie Hawn: *10 Mindful Minutes*

Patricia Jennings - *Mindfulness for Teachers*

Jon Kabat-Zinn - *Wherever You Go, There You Are*

Daniel Siegel, M.D. - *The Whole Brain Child*

Eline Snel - *Sitting Still Like a Frog*

Dzung X. VO. M.D. - *The Mindful Teen*

Kara Willet - *Breathe like a Bear*

Kristen Race: [https://mindfullifetoday.com/](https://mindfullifetoday.com/)

*CARE for Educators*: [https://createforeducation.org/care/](https://createforeducation.org/care/)

*Susan Kaiser Greenland*: [https://www.susankaisergreenland.com/](https://www.susankaisergreenland.com/)

*Mindful Schools*: [https://www.mindfulschools.org/](https://www.mindfulschools.org/)

*Greater Good Science Center*: [https://greatergood.berkeley.edu/](https://greatergood.berkeley.edu/)


*Happiness Lab*: [https://www.happinesslab.fm/](https://www.happinesslab.fm/)

*APPs*: *Smiling Minds, Insight Meditation Timer, Headspace, Calm, Stop, Breathe, and Think*

*Barbara Fredrickson - Top 10 Positive Emotions*: [https://www.huffpost.com/entry/what-are-the-top-10-posit_b_203797](https://www.huffpost.com/entry/what-are-the-top-10-posit_b_203797)
Q&A