

A watercolor splash graphic on the left side of the slide, featuring shades of blue, green, and purple, with a white curved line cutting through it.

# MINDFULNESS FOR FAMILIES

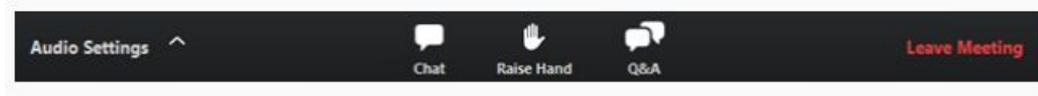
during the pandemic

**ONLINE WEBINAR**



William & Mary  
School of Education

# Zoom Webinar Controls



Select "Panelists and Attendees" to say hi!

Enter your questions for panelists in the Q&A pod.

# 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

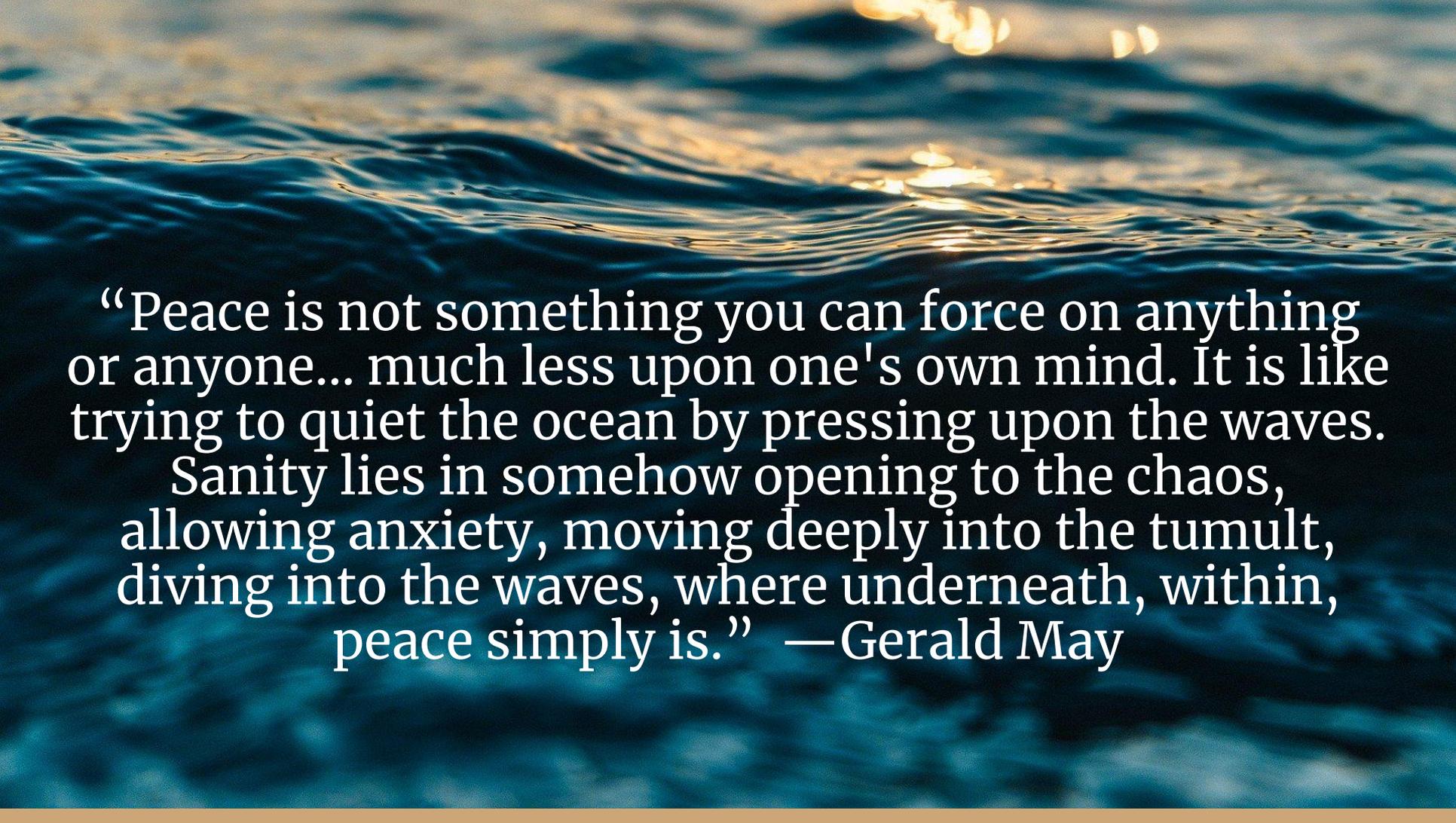


Martha Rouleau,  
Adjunct Lecturer in Mindfulness  
Meditation and Mindfulness Wellness  
Professional, Former Public School  
Educator and Administrator

# 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?

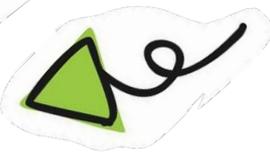
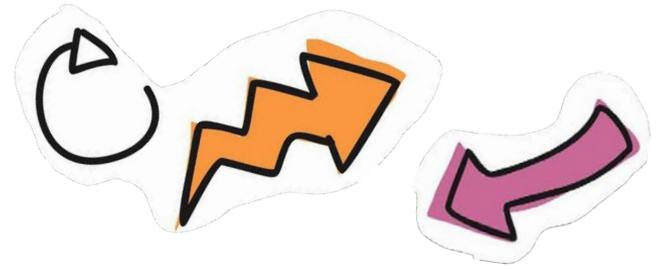
Family stress:

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

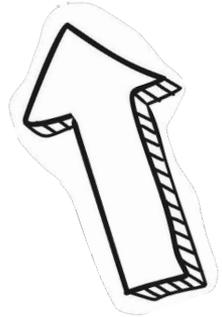
When our values get all out of whack



# 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

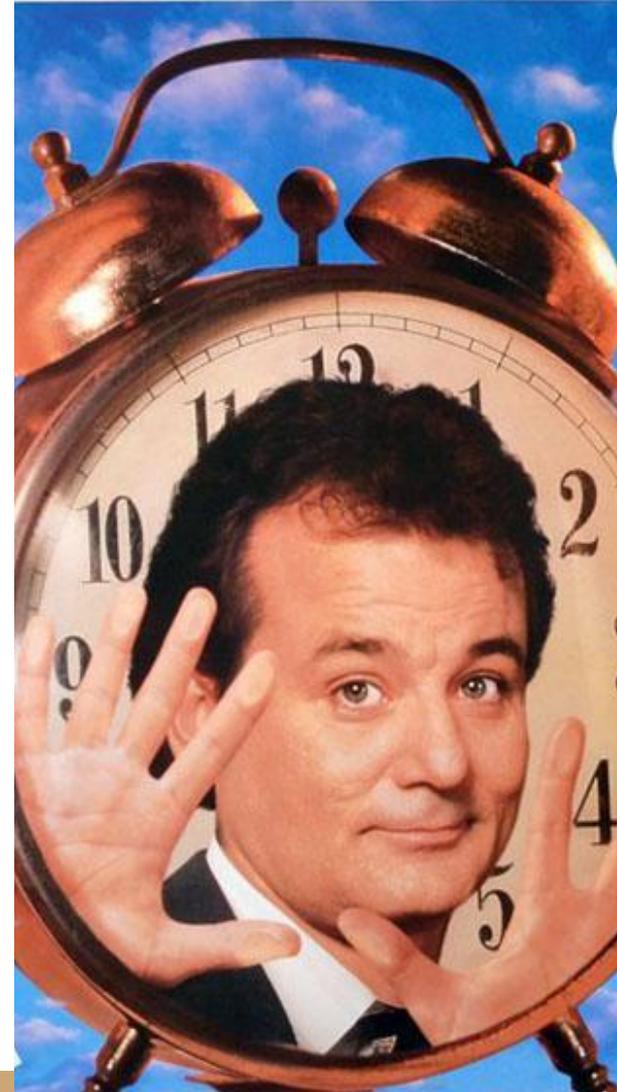
Mindwandering associated with negative mood  
(especially focused on past)

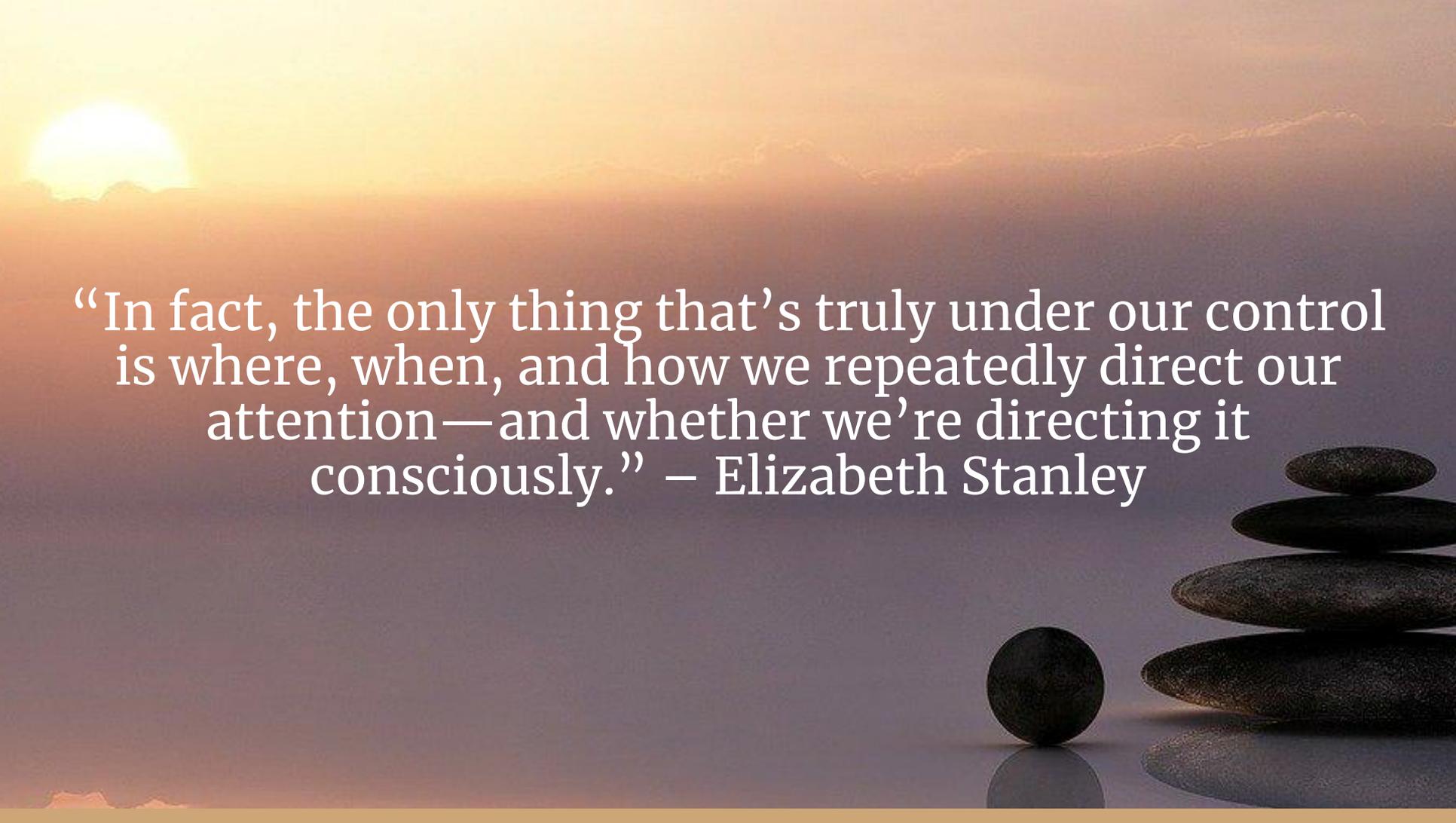
Difficulty concentrating and focusing

Striving

Looking for control

Soothing (e.g., numb those negative feelings,  
silence the inner critic)



A serene background image featuring a bright sun on the left side, partially obscured by a thin layer of clouds, creating a warm, golden glow. On the right side, there is a stack of five dark, smooth, rounded stones, with a single stone placed to its left. The stones are reflected on a dark surface below them.

“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

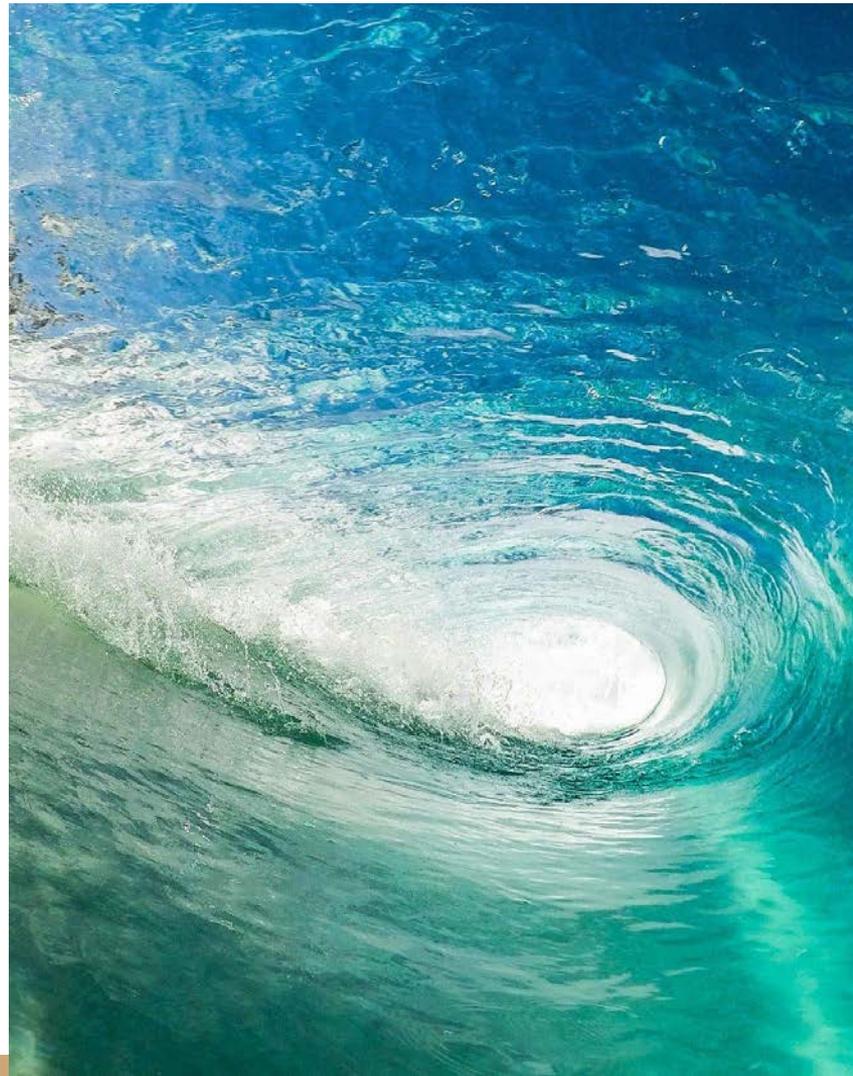
- Awareness of the present moment
- Non-striving
- Non-judging
- Acceptance

“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

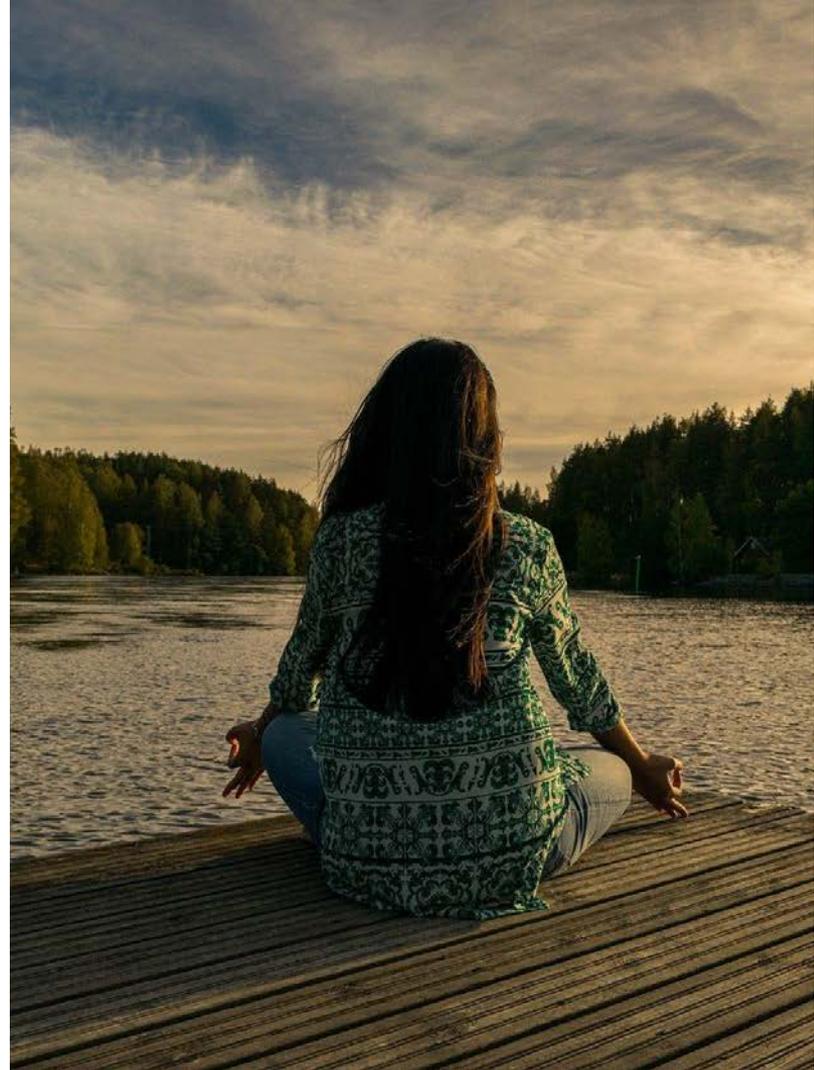
There has been a line of fairly consistent research on the effectiveness of meditation for reducing anxiety, stress, treating phobias and excessive anger.



# 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)

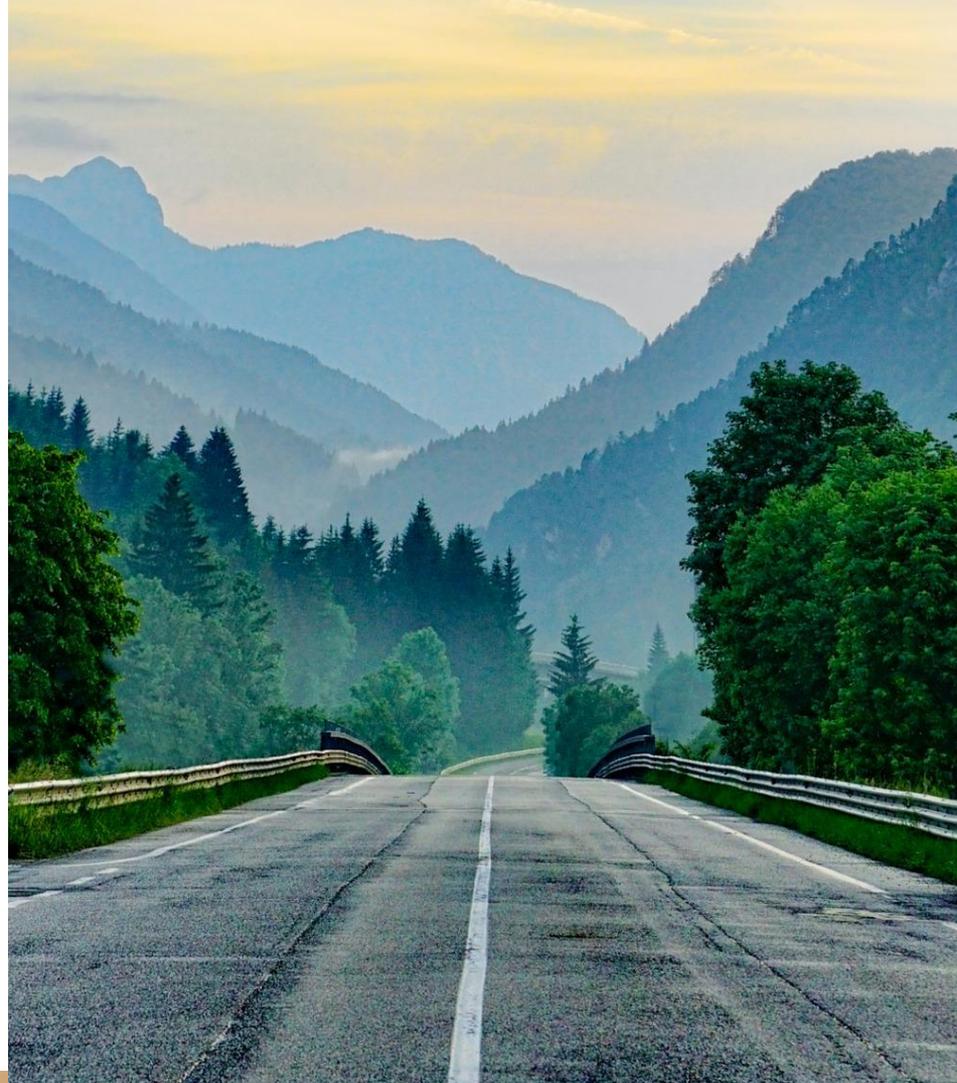
**Meditators** showed a unique pattern of reaction to stress: They reacted immediately and showed the typical fight or flight reaction but then **rapidly recovered**.

**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.

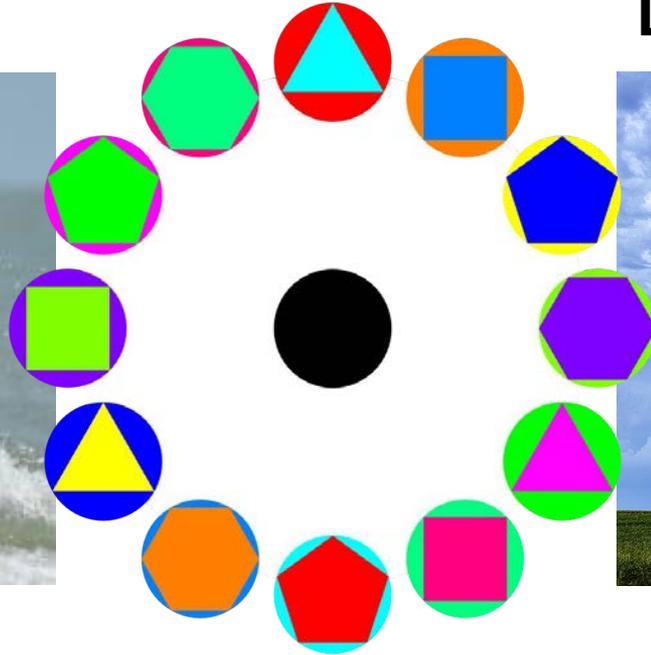


# Strategies to Foster Mindfulness

Martha Rouleau



## Surfing the Waves



## Leaning into the Wind

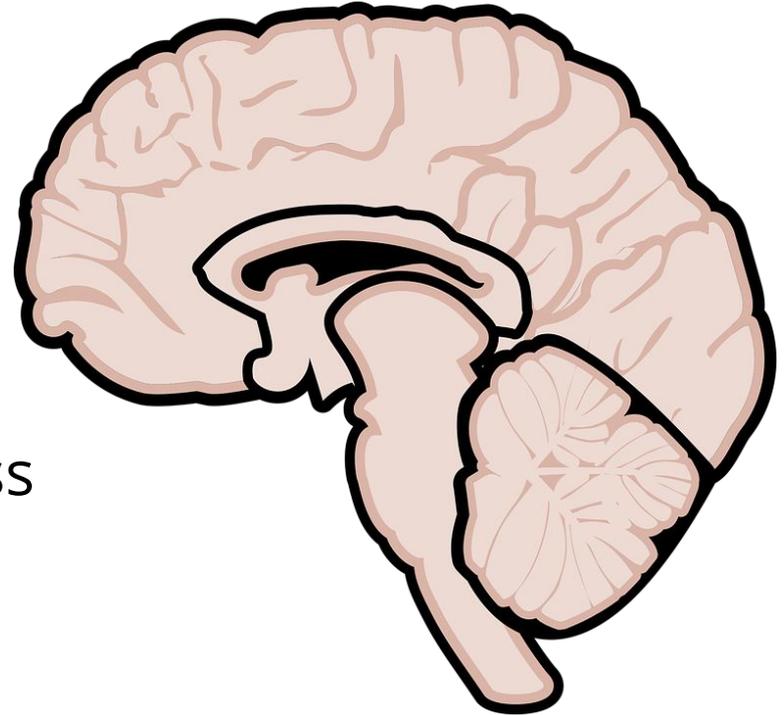


**Standing Equally Near to All Things**

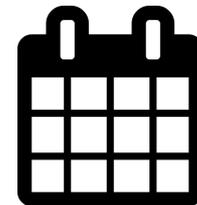


# Helpful Attitudes to Live Mindfully

- 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

.b



*“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



# Nature: The Long and Short View



# 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/>

CARE for Educators: <https://createforeducation.org/care/>

Susan Kaiser Greenland: <https://www.susankaisergreenland.com/>

Mindful Schools: <https://www.mindfulschools.org/>

Greater Good Science Center: <https://greatergood.berkeley.edu/>

Daniel Rechtschaffen: <http://danielrechtschaffen.com/>

Happiness Lab: <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