Mindfulness

Presenters

Jen Dirga, MSW, LICSW
Director of SEL
jdirga@pa.org

John Grund, MSW, LCSW
Owner of Grund and Associates, LLC
Upcoming Related Content:

- **Mindfulness for Educators Workshop**
  Over the course of eight Thursdays from 4-6 pm, participants will be introduced to mindfulness practices for educators and be presented with activities and strategies that can be implemented at home or in the classroom.

  - Winter workshops begin January 11th | Beverly, MA
  - Fall workshops begin September 27th | Beverly, MA

- Email [registration@pa.org](mailto:registration@pa.org) for more details and to register
Mindfulness

John Grund, MSW, LCSW

• Owner of Grund and Associates LLC, a partner in Full Value Communities LLC, and a Project Adventure contract trainer

• Facilitating workshops in Adventure Based Counseling for over twenty-five years

• MBRS Program at UMASS, Mindfulness-Based Cognitive Therapy, Forgiveness and Compassion Programs at Stanford University, and he is a recent graduate from the Nalanda Institute’s Contemplative Psychotherapy and Compassion program in New York City
Mindfulness

Jen Dirga, MSW, LICSW

• Director of Social and Emotional Learning at Project Adventure

• Program Manager, trainer and coach for a SEL program through the Wellesley Centers for Women at Wellesley College and piloted the mindfulness work for educators through Open Circle

• Mindfulness facilitator trained in MBSR and published articles on trauma-sensitive practices and mindfulness

• Presented at numerous conferences on SEL, childhood trauma and mindfulness
Mindfulness means paying attention in a particular way: on purpose in the present moment, and nonjudgmentally.

-Jon Kabat-Zinn, Ph.D
Mindfulness

3 Minute Breathing Space

• Awareness
• Gathering
• Expanding
Mindfulness

Essential Questions:

• What is mindfulness and the benefits of a mindfulness practice?

• How does mindfulness align experiential learning and engaged presence?

Webinar Goals:

• To define mindfulness and the overall benefits on health and emotional well being

• To introduce practices for self and students

• To align foundational concepts to mindfulness teachings
Mindfulness

Stress negatively impacts:

• attention and memory

• mental and physical health

As stress increases performance often decreases.

Mindfulness practices and meditation have been linked to physical, cognitive and emotional well-being.
Mindfulness

Impact of mindfulness:

• Increases positive affect (decreases negativity and anxiety)
• Improves working memory
• Increases cognitive flexibility
• Improves attention
• Benefits relationships
• Improves immune system
Mindfulness

Full Value Contract

• Be Here
• Be Safe
• Be Honest
• Set Goals
• Let Go and Move On
## Mindfulness

<table>
<thead>
<tr>
<th>Full Value Contract</th>
<th>Five Principles of Mindfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Project Adventure</strong></td>
<td><strong>George Mumford</strong></td>
</tr>
<tr>
<td>Be here</td>
<td>Mindfulness</td>
</tr>
<tr>
<td>Be safe</td>
<td>Concentration</td>
</tr>
<tr>
<td>Set goals</td>
<td>Insight</td>
</tr>
<tr>
<td>Be honest</td>
<td>Right effort</td>
</tr>
<tr>
<td>Let go and move on</td>
<td>Trust</td>
</tr>
</tbody>
</table>

George Mumford

Five Principles of Mindfulness

- Mindfulness
- Concentration
- Insight
- Right effort
- Trust
Mindfulness

Zone of Proximal Learning

- **Comfort Zone:**
  - Safe & Secure
  - Place to Recharge
  - Potential Boredom
  - Apathy

- **Stretch Zone:**
  - Effort Required
  - Fully Engaged
  - Optimal Learning Zone
  - Relaxed Alertness

- **Panic Zone:**
  - Limited Processing Ability
  - Poor Decision Making Ability
  - Freeze, Flight, or Fight Mentality
  - “Back to Comfort Zone” Mentality
Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Victor Frankl
Mindfulness

Experiential Learning Cycle

- **EXPERIENCING**
  - Concrete Experience
  - “Action!”

- **ACTING**
  - Active Experimentation
  - “Now What?”

- **THINKING**
  - Form Abstract Concepts and Generalizations
  - “So What?”

- **REFLECTING**
  - Share Observations
  - “What Happened?”

- **Challenge By Choice**
- **Full Value Contract**
- **Goal Setting**

- Other Settings
Mindfulness
Mindfulness in Schools – The 3 New R’s

• Reflection – focus on ourselves
• Relationships – tuning into others
• Resilience – understanding the larger world
## Mindfulness

<table>
<thead>
<tr>
<th>Full Value Contract</th>
<th>Wellness Concepts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be here</td>
<td>Meditation and Mindfulness</td>
</tr>
<tr>
<td>Be safe</td>
<td>Physical and emotional well being</td>
</tr>
<tr>
<td>Be honest</td>
<td>Integrity, trust, and values</td>
</tr>
<tr>
<td>Set goals</td>
<td>Intention into action</td>
</tr>
<tr>
<td>Let go and move on</td>
<td>Acceptance and forgiveness</td>
</tr>
<tr>
<td>Care for self and others</td>
<td>Empathy and compassion</td>
</tr>
</tbody>
</table>
Mindfulness

Being Here

“Attention is the rarest and purest form of generosity.”

Simone Well
## Mindfulness

<table>
<thead>
<tr>
<th>Full Value</th>
<th>Emotional Intelligence Competencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be here</td>
<td>• Emotional Self-Awareness • Organizational Awareness • Optimism</td>
</tr>
<tr>
<td>Be safe</td>
<td>• Self-Control • Influence • Inspiration</td>
</tr>
<tr>
<td>Be honest</td>
<td>• Self-Confidence • Accurate Self-Assessment • Transparency</td>
</tr>
<tr>
<td>Set goals</td>
<td>• Achievement • Initiative • Change Catalyst</td>
</tr>
<tr>
<td>Let go and move on</td>
<td>• Adaptability • Conflict Management • Teamwork and Collaboration</td>
</tr>
<tr>
<td>Care for self and others</td>
<td>• Developing Others • Service • Empathy</td>
</tr>
</tbody>
</table>
Mindfulness

Kinnelon Full Value School Community
Mindfulness

SEL = Mindfulness and Full Value Contract

• Training self-care for teachers
• Direct service to students
• Curriculum based teachings
Mindfulness

We must educate our children for civic participation at every level, so that they and we come to see more committed, generous, and heroic actions as part of everyday life, not just a reaction to crisis. We must prepare our children for the tests of life, not a life of tests.

-Dr. Maurice Elias, Rutgers University
Mindfulness

Simple Practices for Students:

• Arm twist- breathe in
• Blowing bubbles/ Pinwheel/ Birthday Candles
• Chime
• Slowly breathing in and out (inhale count to four- exhale very slowly)
• Slowly raising arms up and down (breathing)
Mindfulness

Simple Practices for Educators:

- Chair yoga
- Mindful walking
- Mindful eating
- Body scan (breath as anchor)
- Gratitude Journal: 3 things daily
Mindfulness

Q & A
Expand your learning with Project Adventure’s workshops

**Mindfulness for Educators**
- Jan 11-Mar 1  Beverly, MA

**Social & Emotional Learning Through Adventure**
- Jan 25-26  Boston, MA
- Mar 8-9  Danvers, MA

**Positive School Climate & Shared Leadership**
- Aug 15-16

**Adventure in the Classroom**
- Mar 10-11

Email [registration@pa.org](mailto:registration@pa.org) for more information and to register.
Mindfulness

Resources

• Quick Classroom Exercises to Combat Stress
  www.mindfulschools.org/resources/explore-mindful-resources

• https://www.edutopia.org/article/mindfulness-resources

• Center for Mindfulness
  https://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/

• Benson-Henry Institute for Mind Body Medicine
  http://www.massgeneral.org/bhi/

• https://www.mindful.org/

• https://www.garrisoninstitute.org/

• https://greatergood.berkeley.edu/
Mindfulness

Thank you!

To learn more

Client Services  978.524.4554

Email  info@pa.org

Website  www.pa.org