

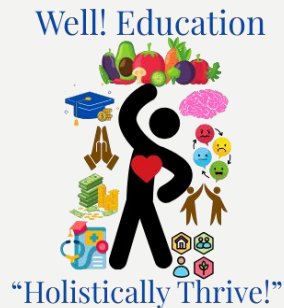
USING MINDFULNESS PRACTICES TO BUILD RELATIONSHIPS AND SUPPORT FAMILY WELLNESS

**BY
STEPHANIE HUMPHREY**



Stephanie Humphrey

- Founder and Executive Director of Be Well! Connection™
- RYT-200 w/Yoga Alliance
- M.Ed. in Social Emotional Learning, Mindfulness and Yoga
- 300-hour Transformative Teaching and Leadership Certification
- Ordained Minister
- Published Author
- B-K Licensed Educator



Learning Outcomes:

- Understand the research and benefits of Mindfulness.
- Participate in mindfulness practices you may easily incorporate into family and community engagement programming.
- Strategies to invite and encourage families and the school community to join in.
- Receive mini mindfulness lessons.
- Receive resources to support learning in mindfulness practices.

COLLECTIVE BREATHS





WHAT IS MINDFULNESS/ MINDFULNESS MEDITATION?

Mindfulness is awareness of one's internal states and surroundings. Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.

Simply Put

Mindfulness is to be fully present, aware and accepting of your mood, feelings and thoughts at any given moment.

Meditation is intentional focus on a specific thought or idea. Regular meditation cultivates mindfulness in such a way that it becomes a part of your wellness routine.

Mindfulness Meditation

Meditation is intentional focus on a specific thought or idea. Regular meditation cultivates mindfulness in such a way that it becomes a part of your wellness routine.

Benefits of Mindfulness Meditation

- Reduces Rumination
- Decreases Stress and Anxiety
- Improves Focus and Mental Clarity
- Reduces Emotional Reactivity and Impulsivity
- Strengthens Empathy and Compassion
- Enhances Self-Insight and Intuition
- Increases Awareness
- Increases Emotional Regulation
- Promotes Internal Calmness/Still
- Increases Energy
- Strengthens Resilience
- Supports an overall healthy mood and well-being

- [What are the benefits of mindfulness?](#)
- [23 Amazing Health Benefits of Mindfulness for Body and Brain](#)

Benefits of Mindfulness Meditation Based on Stephanie's Research

- Increased stress management
- Improved sleep quality
- Strengthened the ability to navigate unfavorable situations in a healthy way
- Increased self-awareness
- Helped manage stress
- Improved focus
- Increased healthy eating habits
- Increased self-esteem and confidence.
- Improved overall health and well-being
- Lowered blood pressure
- Supports holistic health



Benefits of Mindfulness

- Improved Mood
- Reduced Stress
- Improved Sleep
- Relieves Anxiety
- Increases Energy
- Increases Empathy
- Improved Awareness
- Improves Self-Esteem
- Reduces Depression
- Boosts Focus

MINDFULNESS



TWO WORD CHECK-IN





PARENTING & MINDFULNESS

According to Ashburn Psychological & Psychiatric Services site mindfulness:

- Enhances emotional regulation by teaching families to respond to situations, instead of reacting emotionally and impulsively.
- Promotes a more peaceful family dynamic by teaching the family to be aware .

<https://www.ashburnpsych.com/mindfulness-for-families-cultivating-peace-and-connection/>

According to Great Kids INC

- Found that mindfulness practices promote open, trusting, high quality family relationships that lead to healthy social child development.
- Parents can gain satisfaction and enjoyment in the parent-child relationship (long term) by being aware of and accepting their child's needs, feelings, and emotions.

<https://www.greatkidsinc.org/mindfulness-and-its-role-in-parenting/#:~:text=By%20being%20aware%20of%20and,to%20healthy%20social%20child%20development>

According to Doug Coatsworth, Ph.D., Professor at Colorado State University and his team mindfulness:

- Strong links were found between mindful parenting, positive parenting practices, and positive parent-teen relationships (6th/7th graders) for both mothers and fathers.
- Increases in mindful parenting were tied to less teen aggression, for dads. Fathers also showed greater gains in mindful parenting scores.

<https://www.mindful.org/teens-win-when-parents-practice-mindfulness/>

Mindful Movement



Seated Sun Salutation



BUILDING RELATIONSHIPS WITH MINDFULNESS

STRATEGIES TO INVITE AND ENCOURAGE FAMILIES AND
THE SCHOOL COMMUNITY TO JOIN IN.

Engaging families in mindfulness practices will help enhance family connectedness, build and/or strengthen relationships and increase the overall health and well-being of families and the school community.

Promotes...

- Awareness
- Self-Acceptance
- Awareness of Self and Others
- Vulnerability
- Connection
- Forgiveness
- Empathy
- Grace
- Gratitude

When to Practice

- *Title I Nights
- *FACE Events
- *PTO/PTSO
- *Other School-wide events
- *District Events

Promote Wellness Days:

- *Flyers, QR Codes, All-calls, Email or text messaging, Class Dojo, Infinite Campus, Rooms, etc.
- *Stream sessions via YouTube or Google Meet
- *Begin a school or district wide wellness podcast
- *Record a few practices with a willing families and add video to the District, Student Services, FACE Websites, etc.
- *Give families information about the practices during events.

Wellness Days:

- *Mindfulness Monday or Move It! Monday
- *Time Out Tuesday or Time to Mind
- *Well Wednesdays
- *Think It Through Thursday
- *Fun Friday or Free Choice Friday

Attitude of Gratitude



**MINI MINDFULNESS
PLANS TO INCORPORATE
INTO FAMILY AND
COMMUNITY
ENGAGEMENT
PROGRAMMING.**



Mindfulness Practices we engaged in during this presentation to help you craft your lesson.

- *Collective Breaths
- *Positive Affirmations
- *Two-Word Check-in
- *Mindful Movement
- *Attitude of Gratitude

Mini Lesson Components

- *Start with a theme (Gratitude, Inclusion, etc.).
 - *Decide on positive words, phrases, quotes that connect with the theme.
 - *Purpose of practice
 - *Competency
 - *Social Emotional Purpose
 - *Complete Practice
 - *Reflection Question(s)
-
- *The next several slides include mini-lessons for our practices today.
 - *All practices are adapted from Breathe for Change.

Mini Lesson One

3 Collective Breaths Mindfulness Practice

Theme:
Beginnings

Quote:
The visionary starts with a clean sheet of paper and re-imagines the world.
-Malcom Gladwell

Purpose
To settle group in and for closing a mindfulness practice

Competency
Brings self-awareness and social awareness

Social Emotional Purpose
Reduces stress, enhances awareness, focuses the mind

3 Breaths Mindfulness Practice Mini-Lesson cont.

Practice

- 1) I invite you to find a comfortable position (seated or standing).
- 2) Place your hands on your heart, or one hand on your heart and the other on your belly.
- 3) Focus your gaze or gently close your eyes.
- 4) Take three deep breaths in and out, letting go of any tension with each exhale.

Reflection Question

- 1) How do you feel after taking your 3 breaths?
- 2) How did the practice change how you feel?
- 3) How might you use 3 collective breaths to support you in life?

Mini-Lesson Two

2 Word Check In Mindfulness Practice Mini-Lesson

Theme:
Beginnings

Quote:
Be the change you wish to see in the world.
–Mahatma Gandhi

Purpose
To settle group in and for closing a mindfulness practice

Competency
Brings self-awareness and social awareness

Social Emotional Purpose
Enhances emotional awareness, promotes authenticity, builds community

2 Word Check In Mindfulness Practice Mini-Lesson cont.

Practice

- 1) I invite you to find a comfortable seat.
- 2) I invite you to close your eyes if you feel safe or you may soften your gaze.
- 3) Connect to your breath; observing each inhale and exhale.
- 4) On your next breath, notice how you feel.
- 5) Do you feel happy, sad, frustrated, sleepy (you may name more, if you wish).
- 6) As you notice how you connect to how you feel in this moment, decide on 2 words that describe how you feel.
- 7) To close this practice, we will now give space for you to share your 2 words with the community (give time for the group to share).

2 Word Check In Mindfulness Practice Mini-Lesson cont.

Reflection Questions

1. How did it feel to connect with your feelings?
2. What was it like sharing your two words with the group (or community)?
3. What was it like hearing everyone else share their two words?
4. Would you be willing to use this practice with your family (or with your students, staff meetings, etc. / choose language for yourself)?

Mini-Lesson Three

Weather Report Mindfulness Practice Mini-Lesson

Theme

Creativity

Quote

Creativity is contagious. Pass it on. –Albert Einstein

Purpose

Settle-in

Competency

Self-awareness; Social Awareness

Social Emotional Purpose

Enhances emotional awareness and vocabulary; builds community

Weather Report Mindfulness Practice Mini-Lesson cont.

Practice

1. I invite you to find a comfortable seat.
2. Place one hand on your heart and the other on your belly. You can focus your eyes on a point in front of you, or gently close them.
3. Let's take 3 collective breaths to settle in together.
4. Now, let's take a moment to check in on how we are feeling by doing an internal weather report! As you continue to breathe, I invite you to think about the type of weather you are feeling inside your mind and body right now (e.g., sunny and hot, gloomy but warm, cloudy).
5. Once you have finished taking your internal weather report, gently open your eyes if they're closed.
6. Now, let's take turns sharing our internal weather report so we may welcome in all the types of weather present here today!

Weather Report Mindfulness Practice Mini-Lesson cont.

Reflection Questions

- 1) How is your internal weather report now different from earlier today?
- 2) How might we support ourselves when our internal weather report is gloomy or stormy?
- 3) How might we support each other when our internal weather reports are gloomy or stormy?

Mini-Lesson Four

Mindful Movement Mindfulness Practice Mini-Lesson

(Sun Salutation – Arms only)

Theme

Beginnings

Quote

You can't use up creativity. The more you use, the more you have.

-Maya Angelou

Purpose

Mindful Movement

Competency

Self-awareness; Self-management

Social Emotional Purpose

Energizes the body, releases tension, strengthens the mind

Mindful Movement Practice Mini-Lesson cont.

Practice

- 1) I invite you to sit about half-way on your chair or you may slide closer to the edge (you can also have the group stand up tall by placing both feet flat on the floor).
 - 2) Relax your shoulders down your back and lengthen your spine.
 - 3) Bring your hands to heart center and connect to your breath.
 - 4) Inhale, reach your arms up towards the sun.
 - 5) Bring your palms together and to you heart center.
- *Repeat movement as many times as you wish.
- 6) After the final round, bring your palms to heart center and focus on how your body feels.
 - 7) Let's close this practice with 3 Collective Breaths.

Mindful Movement Practice Mini-Lesson cont.

Reflection Questions

- 1) How do you feel after practicing Sun Salutations with your arms only?
- 2) Did you notice any shifts did in your body and mind?
- 3) When would be a helpful time for you to draw on this mindful movement practice?

Mini-Lesson Five

Attitude of Gratitude Mindfulness Practice Mini-Lesson

Theme:

Gratitude

Quotes:

Miracles happen all the time. We're here aren't we? – Marilyn Nelson

Feeling gratitude and not expressing it is like wrapping a present and not giving it. – William Arthur Ward

Purpose

Settle in, Breath Awareness, Focus, Relaxation

Competency

Self-awareness; Self Management

Social Emotional Purpose

Promotes self-connection and abundant mindset

Gratitude Mindfulness Practice Mini-Lesson cont.

Practice

- 1) I invite you to settle into a comfortable position. Bring one hand to heart, and the other over that hand, and connect to your breath.
- 2) As you continue to breathe, I invite you to imagine as though you have a treasure chest in your heart with the keys in your hands. I invite you to bring to mind one thing you are grateful for right now. Visualize yourself unlocking the treasure chest, and then place this treasure, this thing or person you are grateful for, and place it in the treasure chest of your heart.
- 3) Now, bring to mind another treasure in your life that you are grateful for. It can be anyone or anything. See this treasure and feel it in your heart. Whenever you are ready, you can place this treasure into the treasure chest of your heart.

*You may repeat this a few more times.

- 4) Now, connect to one final treasure for now, something or someone you are so grateful for. Place this treasure in the treasure chest of your heart. Then, take the keys and close it for now, knowing you can always return to the treasure chest to remind yourself of the many gifts you have in your life.
- 5) Let's seal this practice with an attitude of gratitude by taking 3 Collective Breaths of Gratitude together.

Gratitude Mindfulness Practice Mini-Lesson cont.

Reflection Questions

What treasures are you grateful for right now?

What do you love and appreciate about you?

What are you grateful for about your community?

How did taking on an attitude of gratitude impact you?

How can you take on an attitude of gratitude more in your life?

RESOURCES TO SUPPORT LEARNING IN MINDFULNESS PRACTICES



Mindfulness-enhanced Strengthening Families Program: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127910/>

Breathe for Change Resources: <https://breatheforchange.com/resource-library/>

Edutopia Mindfulness: <https://www.edutopia.org/topic/mindfulness/>

Michigan Collaborative for Mindfulness in Education: <https://www.mc4me.org/resources.html>

Mindful Educators: <https://www.mindful.org/mindful-educators-community/>

Mindful Teachers: <https://www.mindfulteachers.org/blog/practicing-and-teaching-mindfulness>

Zen Works Yoga: <https://www.zenworksyoga.org/printables-for-the-classroom>

Meditation in Schools: <https://www.meditationinschools.org/resources/>

Be Well! Connection™: <https://www.bewellconnection.org/>

For you: Headspace: [Mental Health App for Meditation & Sleep - Headspace](#)

Self-Love
or
Weather
Report



QUESTIONS?



Stephanie Humphrey

Be Well! Connection™

Founder & Executive Director

Info@bewellconnectionnc.org

<https://www.bewellconnection.org/>

Please contact me if you need support!



THANK YOU!