MINDFULNESS

Wendy Harper
MEd, BSN, RN NCSN
Registered Yoga Teacher (RYT) 500
Certified Children’s Yoga Teacher
Relax, Breath and Let Go!

- [https://youtu.be/ltVPj6-5xpo](https://youtu.be/ltVPj6-5xpo)

- A wise physician said: The best medicine for humans is LOVE. Someone asked: What if doesn't work... He smiled and answered: Increase the DOSE.

- A Soren Kierkegaard quote, "Most men pursue happiness with such breathless haste that they hurry right past it."
Many of us, myself included, persistently wear our overstimulation as a badge of honor.

~

Mary Elizabeth Williams
American Writer and Consultant
Objectives

- Define mindfulness and its’ effect on wellness.
- Identify areas in school nursing practice and life to incorporate mindfulness for you and your students.
- Practice 3–5 breathing/body awareness mindfulness techniques.
- Increase awareness of research evidence about mindfulness.
Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.
EXPERIENTIAL

- POSTURE
- RELAXATION
- BODY AWARENESS
- BREATHING
You should sit in meditation for twenty minutes every day – unless you’re too busy; then you should sit for an hour. ~Zen Proverb
Paying attention in the present moment with acceptance and nonjudgment
The doing part! Centering

BODY SCAN
HOW DID IT MAKE YOU FEEL?
Centering is about the present being and non-doing
What it is NOT

- spacing out or escaping
- silencing thoughts
- meditation
- bliss
- a permanent state of awareness
LET’S PRACTICE!
LISTENING WITHOUT RESPONDING

- Choose a partner
- Talker with eyes closed/Listener=time keeper
- Whisper to your partner what you are thinking now: What you hear, see, think, what you did, what you are doing, what you are going to do—about a stream of consciousness
- After 3 minutes, the listener—turn and talk with your partner about what you HEARD
- * Remember CONFIDENTIALITY and do not over share . . .
HOW DID IT MAKE YOU FEEL TO LISTEN WITHOUT RESPONDING?
To listen without judging?
WHAT TAKES US AWAY FROM OURSELVES?
TWITTER–FB–INSTAGRAM, HEADLINES, etc. etc.
WHAT TAKES *YOU* AWAY?
*From being present, from yourself*
Our Body and Mind on Stress

Good Morning
Let the Stress Begin...

I THINK IT'S STRESS!!

OUT SICK
Stress response: fight or flight inflammatory response

- Cardiac: stress hormones — adrenaline, noradrenaline and cortisol — acting as messengers
- Respiratory: hyperventilation or decreased oxygen
- Gastric: stomach, bowel, esophagus, “butterflies”
- Muscular: tension, spasm
- Brain: sympathetic and parasympathetic pathways

Body

Mind

Stress

Emotions

Behavior

headaches
frequent infections
taut muscles
muscular twitches
fatigue
skin irritations
breathlessness

worrying
muddled thinking
impaired judgement
nightmares
indecisions
negativity
hasty decisions

loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension

accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more
Let’s practice!

- Breathe
- Relax
- Feel
- Watch/witness
- Allow
Process with yourself, your partner

TURN and TALK
HOW DID IT FEEL?
Bringing it back to you.

- How would you incorporate this into your nursing practice?
- Your self care practice?
YOUR BRAIN ON MINDFULNESS . . .

- **Beta** waves (14–35Hz): walking, talking, consciousness, judging, compare/contrast

- **Alpha** (8–14 Hz): daydreaming, increased awareness of body, feelings, relaxation

- **Theta** (4–8 Hz): deep meditation, drifting to sleep, loss of time space, creative, insightful

- **Delta** (0.5–4 Hz): deepest state of dream cycle

What does research say:


Mindfulness defined:

- Purposefully paying attention without judgment
WHAT ABOUT STUDENTS?
WHAT TAKES STUDENTS AWAY FROM THEMSELVES?

Friends, SOCIAL MEDIA, ACADEMICS, family, hormones, technology, sports, relationships, dating, activities, life
The Clinic/Health Center as a Healing Space

- YOU know your students
- YOU know your school culture
- The Clinic becomes sacred space for the nurse–patient relationship

Building trust

Being a Listener

Student advocate

Case Study:
A student, whose Mother is in the military and deployed in Afghanistan, is brought to the School Nurse in tears. He brought his Mother’s earrings to school and can not find them. He thinks he left them outside. His Father told him not to touch the earrings.
Sesame Street: Common and Colbie Caillat – "Belly Breathe" with Elmo copyright goes to Sesame Street – the sharing of this video is for educational purposes only and to help children learn the importance of breathing and self-control! (1 minute 56 seconds)

https://www.youtube.com/watch?v=7zxBRBhxboNo
Mindfulness and Students

Why Mindfulness Matters: Academic Achievement

Mindfulness and Academic Achievement:
Because mindfulness is shown to mitigate some of students’ most common impediments to learning, several studies suggest that mindfulness can have a positive impact on academic outcomes.

- Improved cognitive performance and engagement
- Decreased stress and depression symptoms

Mindfulness Presentation: Transforming Education accessed at https://www.slideshare.net/TransformingEducation/mindfulness-presentation-77313820
For your students: PRACTICE . . .

- CALMING BREATH TECHNIQUE
- TIP OF THE TONGUE TO THE ROOF OF THE MOUTH
- STOP–LOOK at the person–LISTEN
Practice to do with students

Group Activity #2: Mindfulness and Reactivity

This visual offers an excellent illustration of how mindfulness can impact behavior. Take a moment to consider it, and then try the activity below.

**THINK-PAIR-SHARE:**

1. Take a minute or so to think of an experience you’ve had in the classroom (or elsewhere) when you reacted in a way that you later regretted. Share it with your partner, trying to use the language from the diagram: “The stimulus was ____ and my reaction was ____.”

2. Now imagine how things might have unfolded differently if you had been more mindful before reacting. Take four or five minutes to discuss with a partner or small group, then share out in the large group.
METTA (LOVING, KINDNESS) PRACTICE

Think of someone who is:

1. A role model, happy, positive
2. Neutral
3. Someone who gets on your last nerve . . .
More tools in your tool box

- H = Hungry
- A = Angry
- L = Lonely
- T = Tired
- S = Stressed

Each one of these five physical or emotional conditions, if not taken care of, leaves an individual vulnerable.
More MINDFULNESS Techniques

- Walking mindful meditation (lift-place-step)
- External meditation (watching the environment without attachment)
- Negative thought/happy thought replacement
Remember to:

- Pay attention
- Be in the moment
- Don’t judge
- PRACTICE!
- BE
MINDFULNESS TIPS FOR NURSES

Mindfulness For Nurses Handout


Mindfulness for Nurses Mindfulness Tips for Nurses

1. Take five minutes before you leave the house to gently release any tension by doing some gentle stretches or concentrating on your breathing. Allow your breath to settle in the belly—expanding it like a balloon on the inhale and deflating on the exhale.

2. When you are getting into your car or walking to your train or bus, concentrate on slowing your breath and breathing from your belly.

3. Use red lights and stop signs as reminders to loosen your grip on the steering wheel and slow your breathing.

4. When you arrive at work, take a few moments to be aware of any muscle tension. Allow yourself to breathe into the tension, breathing in warmth and relaxation and breathing out any pain or tightness.
5. Use your breaks to truly relax, rather than getting coffee or chatting with co-workers. Try using your breaks to be by yourself, perhaps taking a short walk outside or off your unit, or finding a quiet spot to simply close your eyes and be present in the moment.

6. Choose to S.T.O.P. S=stop; T=take a breath; O=observe your mind and body; P=proceed with your tasks. Try to do this before entering a patient’s room; allow yourself to be more centered and aware.

7. Spend one lunch a week eating mindfully and silently. Slow your eating down and become aware of all the senses—sight, sound, taste, smell and touch.

8. At the end of the workday, acknowledge and congratulate yourself for what you have accomplished and try not to focus on what you have not done.
9. Practice mindfulness on the way to your car or other transportation. Become aware of the temperature, sounds, smells or sights. Bring your awareness to your breathing, allowing it to settle again in the belly. Release any neck or shoulder tension as you proceed towards home.

10. When you arrive home, change out of your work clothes to acknowledge your transition to another role. Make time to be by yourself for 5–10 minutes to be quiet and still before beginning your next full-time job at home.
References

  Volume: 22 issue: 8, page(s): 572–583
- Mahon, M. A. , et al. Nurses' perceived stress and compassion following a mindfulness meditation and self compassion training
- December 1, 2017 https://doi.org/10.1177/1744987117721596
- Mindfulness Presentation: Transforming Education accessed at https://www.slideshare.net/TransformingEducation/mindfulness–presentation–77313820
Research continued


MORE CLASSROOM INFORMATION

Want to Know More?

Additional Resources on Mindfulness

- Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (Book)
- Headspace (Meditation Platform)
- Greater Good Magazine
- Mindful Eating Lesson Description
- Mindful Listening - MINDUP (Prek-2)
  Mindful Listening - MINDUP (6-8)

Partner with an Outside Organization

- MINDUP (Curricula for Educators)
- Calmer Choice (Massachusetts-Based Prevention Program for Schools)
- Learning to BREATHE (Curriculum)
- CARE for Teachers (PD Course)

Additional Resources on Social-Emotional Learning

- Transforming Education toolkit on Growth Mindset (Free PD Resources)
- Transforming Education toolkit on Self-Management (Free PD Resources)
- Transforming Education toolkin on Self-Efficacy (Free PD Resources)
- A National Teacher Survey on How Social and Emotional Learning Can Empower Children and Transform Schools (Article)
- Smart Hearts: Social and Emotional Learning Overview (Video)
- The Heart-Brain Connection: The Neuroscience of Social and Emotional Learning (Video)
More mindfulness

- https://www.youtube.com/watch?v=awo8jUxlm0c
Peaceful warrior–Remember to be!
Breathing . . .