

Parent Series Presents:

An Introduction to Mindfulness

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You have arrived.

About Me

- M.Ed. Rutgers University
- Teaching in Montgomery for 11 years
- Responsive Classroom
- Children's Yoga Certification 2014
- Mindful Schools courses since 2015
- Mindfulness in the classroom since 2013
- Mindfulness at the Mariposa Foundation DR
- Goal 1.3 Strategic Plan (SEL)

Check In

- What do you know about mindfulness?
 - What is mindfulness?
 - I know the basics, but I'm interested in learning more.
 - I have my own practice.
- What are you hoping to learn today?

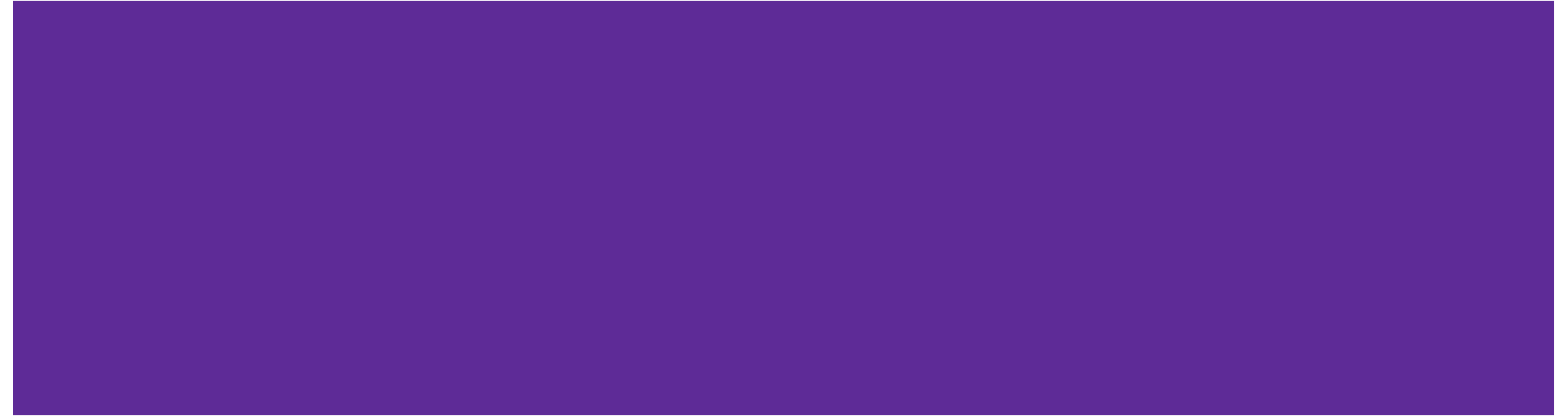
What will we learn today?

- What mindfulness is and is not
- Why is mindfulness important?
- How can I use mindfulness?

Have you ever?

- **Been listening to music and were so lost in it that you had few thoughts?**
- **Watched the sunset in awe of the natural beauty?**
- **Laughed out loud and felt it in your face or even felt a tear?**

What is mindfulness?



“Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally.”

Jon Kabat-Zinn

What Mindfulness is NOT

- A religion
- Silver bullet
- Pushing out thoughts or feelings



UNLESS THE MOMENT IS UNPLEASANT,
IN WHICH CASE I WILL EAT A COOKIE

Why Mindfulness?

“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”

- Victor Frankl, Man's Search for Meaning

What's the difference?



Autonomic Nervous System

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graph TD; A[Autonomic Nervous System] --> B[Sympathetic system]; A --> C[Parasympathetic system];
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Sympathetic system

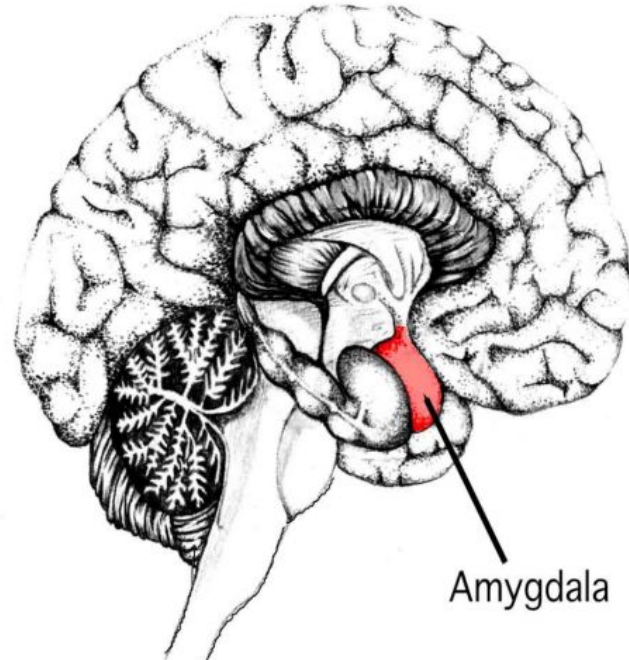
- Heart and blood pressure increases
- Respiration accelerates, blood sugar is released from the liver
- Adrenalin, noradrenalin are released from the adrenal glands.
- **Fight or flight**

Parasympathetic system

- Heartbeat slows
- Blood pressure reduces
- Respiration levels
- Your body experiences visceral responses typical of periods of rest and relaxation.
- **Rest and digest**

The Amygdala

- Emotional center
 - Fight
 - Flight
 - Freeze
- Brain scans
 - Emotion >> Activation
 - Naming >> Deactivation



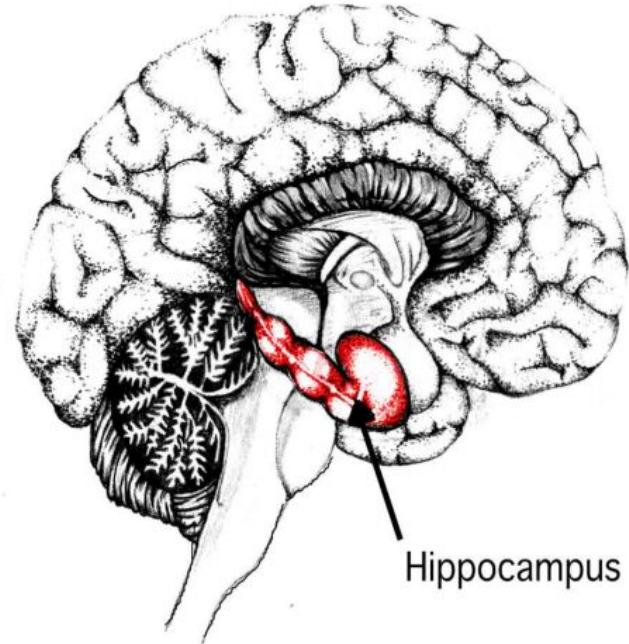
The Prefrontal Cortex

- High level functions
 - List of 9/ high level functioning (Dan Siegel)
 - *Intention to pay attention
 - *Emotional Balance and Regulation
 - *Body Regulation
 - *Intuition – visceral experience



The Hippocampus

- Responsible for memory
- Stress inhibits:
 - Storing information
 - Recalling information



More Research

Some Ways to Practice

- **Formal Practice**
- **Informal Practice**

Formal Practice

- Choose a time
- Find a quiet place
- Set a timer for 5 minutes

Informal Practice

- Notice how you are feeling
- Mindful eating
- Mindful listening
- The color game

Some Things to Support Your Practice

- **Insight Timer**
- **HeadSpace**
- **Calm**
- **10% Happier- book and Podcast**
- **Classes at PCYH and other studios**

Books

Everywhere You Go, There You Are Jon Kabat-Zinn

Radical Acceptance Tara Brach

The Mindful Child Susan Kaiser Greenland

Anything by Dan Siegel, Jon Kabat-Zinn, Christopher Willard, Tara Brach

What supplies do I need?

Always
Question,
Always
Wonder.

The Fresh Quotes

Thank you to the Montgomery Municipal Alliance, Devangi Patel, and Corie Gaylord for sponsoring the Parent Series.

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