

THE MINDFUL EDUCATOR: THEORY AND PRACTICE

Presented by
Dr. Frank Lynott
Dr. Kelly Kingsley
Associate Professors
Peru State College

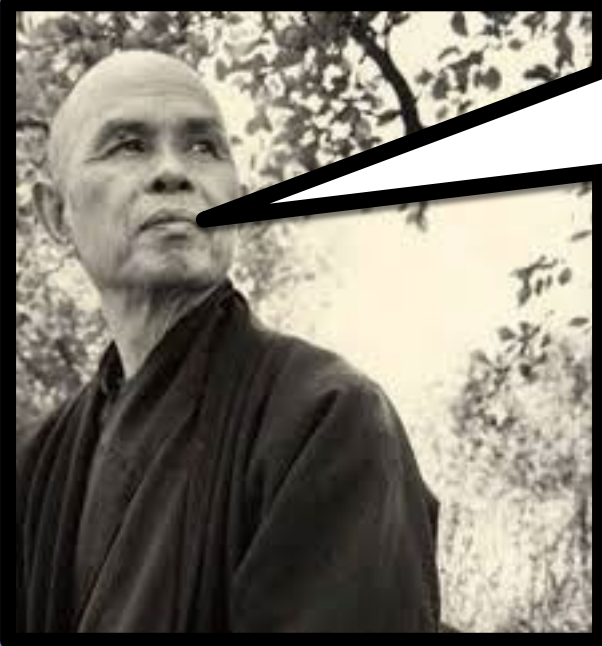


A MINDFULNESS EXPERIENCE



WHAT IS MINDFULNESS?

A mental state of
one's awareness
moment while



“The present moment is filled with joy and happiness. If you are attentive, you will see it.”

Thich Naht Hanh

and be
euthic technique.



**WHAT IS GOING ON
NEUROLOGICALLY**

What does that mean?

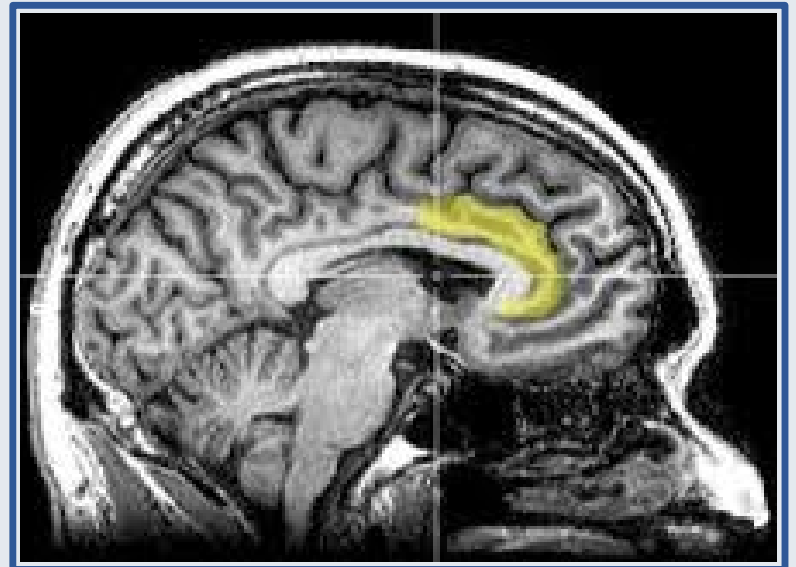
MINDFULNESS PRACTICE LEADS TO
INCREASED REGIONAL BRAIN
GRAY MATTER DENSITY

Hölzel, B. K., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S. M., Gar-
T., & Lazar, S. W. (2011). Mindfulness
practice leads to increases in regional
brain gray matter density. *Psychiatry
Research*, 191(1), 36-43.
<http://doi.org/10.1016/j.psychres.2010.08.006>

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ANTERIOR CINGULATE CORTEX

- Self-regulation
- Direct attention
- Curbs reactions
- Decision making based on experiences



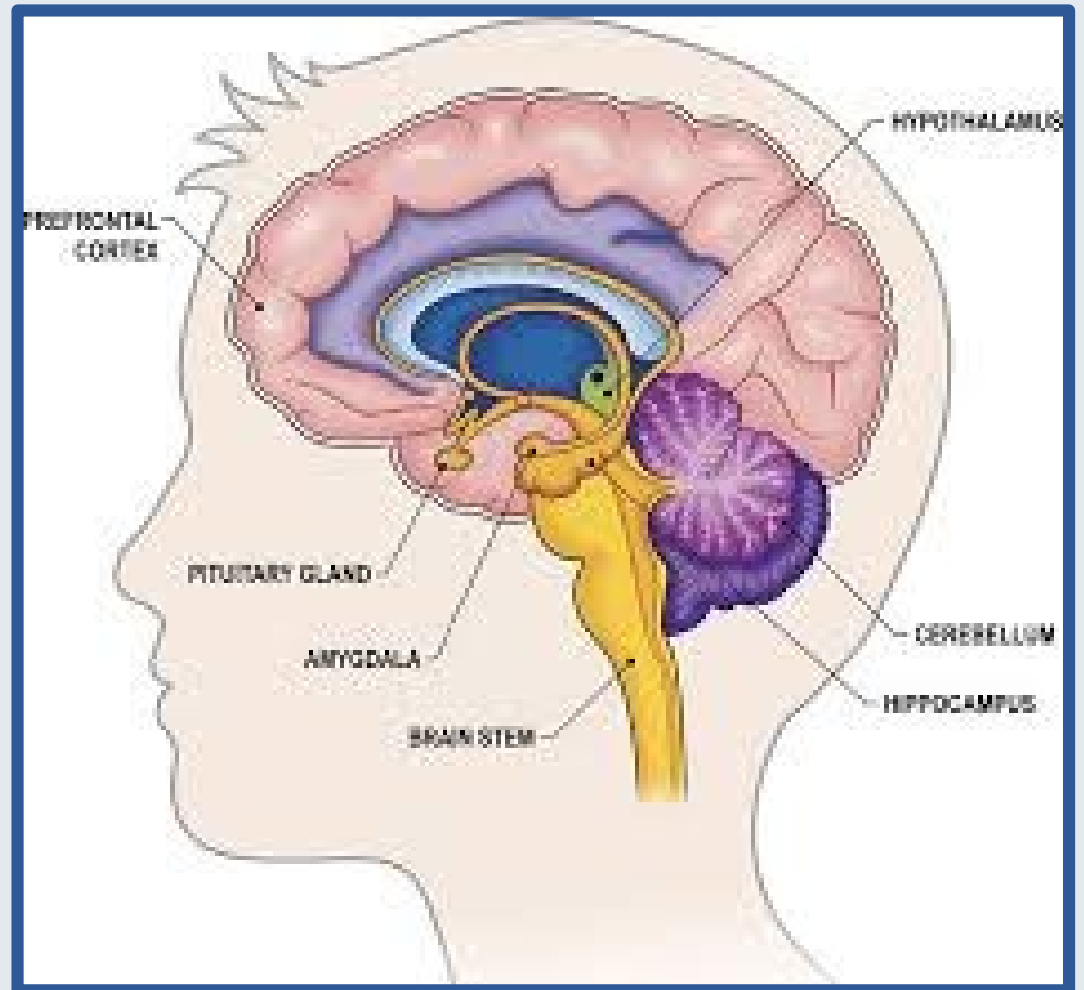
HIPPOCAMPUS



**SO SIZE DOES
MATTER!!!!!!**

MINDFULNESS AND THE LIMBIC SYSTEM

The structures and interacting areas of the **limbic system** are involved in motivation, emotion, learning, and memory.



ANOTHER MINDFUL EXPERIENCE

Limbic Coloring



STRESS

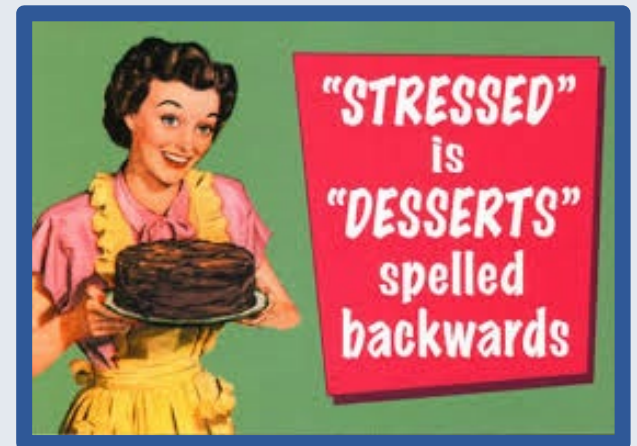
Imbalance between demands and perceived abilities to meet those demands for situations in which success is important



HEALTHY STRESS

A natural part of life,
including childhood.

- Children and adults alike need to be challenged in order to grow and develop.



TOXIC STRESS

In the modern education system,

Toxic stress occurs when life's demands consistently outpace our perceived ability to cope with those demands.



TOXIC STRESS STUDENTS

- impairs attention

-

Even more troubling, prolonged exposure to childhood toxic stress has lifelong impacts on mental and physical health.



TOXIC STRESS PARENTS

can lead to parenting
that are not
new
Exposure to parental stress in early childhood
has been shown to impact gene
expression even years later in adolescence.



TOXIC STRESS TEACHERS

- decreased productivity and creativity
- frustration
- 40-50% of 1-5 year teachers leave the profession.
- turnover rate of over 10%



6 REASONS WHY TEACHER LEAVE THE PROFESSION

1. Challenging work conditions
2. Not enough support
3. Not enough respect
4. Testing and Data Collection
5. Time commitment
6. Low pay

(American Federation of Teachers, 2017 Survey,)

Chart 1

ALWAYS: 23 PERCENT

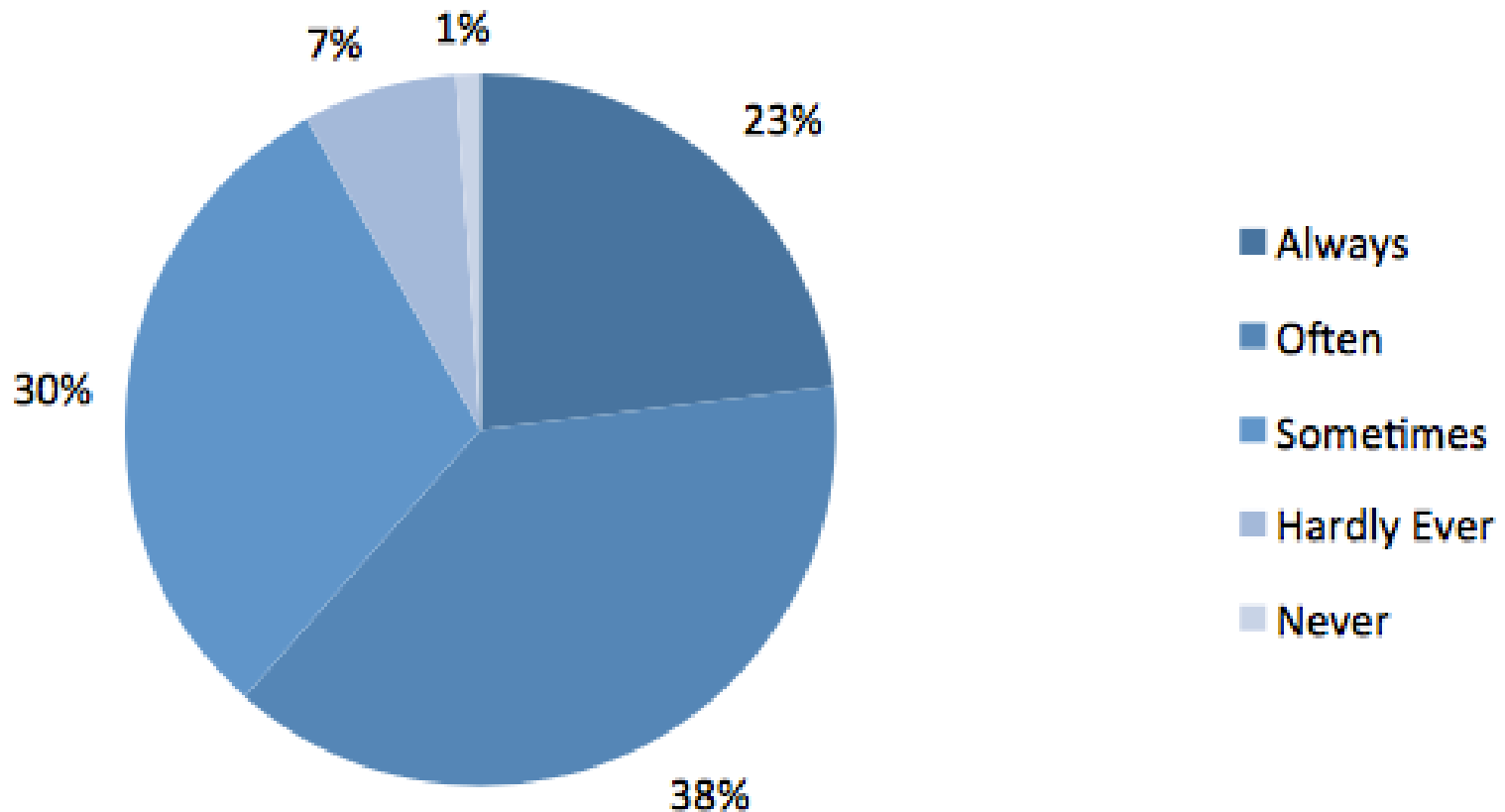
OFTEN: 38 PERCENT

SOMETIMES: 30 PERCENT

HARDLY EVER: 7 PERCENT

NEVER: 1 PERCENT

How often is work stressful?



HOW CAN THIS STRESS BE ADDRESSED?

Research suggests that the employment of Mindfulness techniques can help alleviate stress.

(Prilleltensky, I., Neff, M. & Bessell, A. (2016). Teacher Stress: What It Is, Why It's Important, How It Can be Alleviated. *Theory Into Practice*, 55(2), 104-111.)





nea

NATIONAL
EDUCATION
ASSOCIATION

nea.org

The NEA suggests that the use of mindfulness by teachers can help retrain your mind to see positive rather than negative.

- In turn this is a way to reduce toxic stress

A MINDFULNESS EXPERIENCE

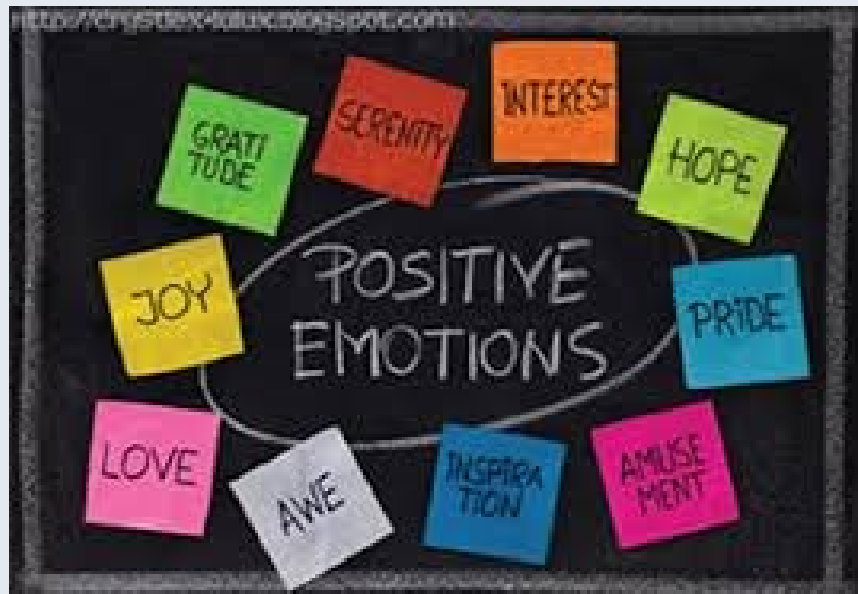


6 WAYS MINDFULNESS CAN HELP TEACHERS



MINDFULNESS HELPS US UNDERSTAND OUR OWN EMOTIONS BETTER

- recognize our emotional patterns
- proactively regulate how we behave
- savor the positive moments in our job



MINDFULNESS HELPS US COMMUNICATE MORE EFFECTIVELY WITH STUDENTS

- You are truly present in the moment with curiosity, kindness, and compassion
- You listen with an open, nonjudgmental heart
- You speak skillfully, generally avoiding lying, harsh language, gossip, divisive speech



MINDFULNESS HELPS US MANAGE STUDENTS WE FIND DIFFICULT

As we observe ourselves engaging in judgment, we become more aware of it in the moment, our mind begins to settle, and eventually our tendency to judge subsides

- If we feel threatened, the behavior is likely a bid for power
- If we feel hurt, the behavior is likely an attempt at revenge
- if we feel discouraged, the student is likely giving up

- helps us respond more appropriately to the underlying issues of our students
- helps us shift from a negative appraisal to a state of compassion.

MINDFULNESS HELPS US SET UP A POSITIVE LEARNING ENVIRONMENT

- helps you develop the skill of paying attention in the present moment
- allowing you to come up with better solutions to problems you see



MINDFULNESS HELPS STRENGTHEN OUR RELATIONSHIP WITH STUDENTS

- we need to be mindful when we see students displaying non-academic attributes such as:
 - helpfulness
 - friendliness
 - creativity
 - problem-solving
 - conflict resolution
- communicate that we value these attributes



MINDFULNESS HELPS US SLOW DOWN

- Slowing down and deliberately pausing for a moment of mindfulness
 - time to ask ourselves how we are feeling
 - what's happening in the classroom
 - what our students need at that particular moment



SOME THING TO PONDER

“If you improve a teacher's self-esteem, confidence, communication skills or stress levels, you improve that teacher's overall effectiveness across the curriculum.”

Elaine MacDonald



21 DAYS OF POSITIVE

SELF-TALK AND

MINI

For 21 days write three positive characteristics, traits or words that describe you. You may only use a term once over the 21 days.

Day 1 Funny Trustworthy Humorous	Day 2 Smart Good Friend Dedicated	Day 3	Day 4	Day 5	Day 5	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

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**Thank you and have a
Mindful Day.**

