

EDUCATOR WELLNESS PLENARY

High School PBIS Symposium Fall Session, November 5, 2020

**“Cultivating Your Well-Being” with
Mindfulness Meditation & Authentic Communication**

to maintain our resilience so that we can keep doing the work with care, energy, and compassion

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Normalizing a Culture of Wellness

- ▲ Multi-tiered Systems of Support (Link to Presentation)
- ▲ Outcomes, Systems, Practices, Data
- ▲ Coming soon: Adult Wellness Brief (National TA Center on PBIS)

What does the research say?

- ▲ Schools that prioritize staff wellness demonstrate positive staff interactions, a shared commitment to student success, and an increased sense of warmth. (Bradshaw, et al., 2008)
- ▲ However, teachers who experience occupational stress tend to demonstrate a lack of emotional support and negative interactions with students, producing additional stress for at-risk students (Hamre, & Pianta, 2005; Oberle & Schonert Reichl, 2016).

Stress in the Workplace *www.stress.org (The American Institute of Stress)*

- ▲ Highly personalized phenomenon
- ▲ Severity of job stress depends on the magnitude of the demands that are being made and the individual's sense of control or decision-making latitude he or she has in dealing with them
- ▲ Scientific studies based on this model confirm that workers who perceive they are subjected to high demands but have little control are at increased risk for negative health implications

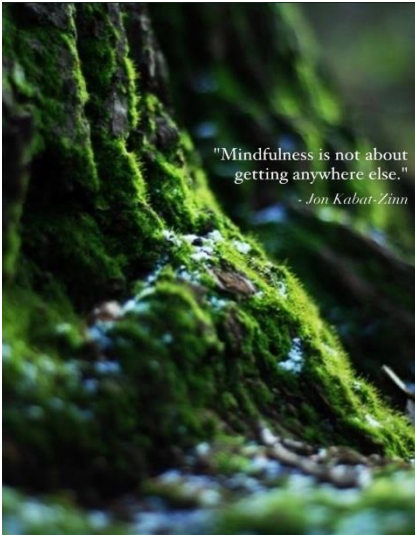
Cultivating Your “Well-Being” *(Center for Healthy Minds www.centerhealthyminds.org)*

Four Pillars of a Healthy Mind

Dahl, C.J., Wilson-Mendenhall, C.D., and Davidson, R.J. (2020)
The Plasticity of Well-being: A Training-based Framework for the Cultivation of Human Flourishing.

AWARENESS	CONNECTION	INSIGHT	PURPOSE
<p>Awareness is the experience of being fully present and attuned to what is happening in the moment. As opposed to being distracted or absorbed in an activity. <i>Mindfulness</i> is the heighten state of awareness of what is going on in one's environment, mind and body. <i>Attention and Self-Awareness</i> supports us with noticing emotional triggers and self-regulation.</p>	<p>Connections is about widening the circle of healthy, connected relationships. The quality of our relationships impact the quality of our work. awareness of healthy relationships with people we care about and with people we may not even like or know. <i>Appreciation, Compassion and Authentic Communication</i> are qualities and skill sets required for healthy connections.</p>	<p>Insight is having a deep understanding of how our mind works, becoming familiar with our thoughts and emotions, and noticing how our beliefs and expectations shape our experience. The practical skills that encourage insight help us to become flexible in how we adapt and relate to changing circumstances. This fluid sense of self, in turn, cultivates wellbeing, increases resilience, and fosters transformative realizations about the nature of the mind, relationships, and experience.</p>	<p>Purpose is what motivates, inspires, and drives us in life. Realizing and acknowledging what gives you meaning, and purpose is important. If deep down something is important to you, but you ignore that feeling, “Think about what gives your life meaning. Do what makes you happy or makes you fulfilled, and make sure to save time for it. It may help you to start your day thinking about your purpose in life, or thinking about what gives your life meaning when trying to refocus after a stressful or unpleasant experience.”</p>

Cultivating AWARENESS: Mindfulness Meditation Practice



"Mindfulness is not about getting anywhere else."
- Jon Kabat-Zinn

MINDFULNESS

Mindfulness pioneer Jon Kabat-Zinn defines mindfulness as the "awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally." Mindfulness meditation is rooted in Buddhism and dates back over 2,500 years. A national survey reports that over two million Americans practice mindfulness (American Mindfulness Research Association, 2017). The practice is now taught secularly all over the world.

In the west, we can struggle with our approach to practicing mindfulness, thinking that there is a goal to achieve or progress to make. We often look for confirmation that we are getting "good at meditating." However, practicing mindfulness is about being okay with wherever we are, and seeing and accepting reality as it actually is. Mindfulness is simply a noticing. It is the practice of focusing our attention on the present moment and becoming intimately familiar with the nature of mind, coupled with open and unbiased awareness.

THE SCIENCE BEHIND MINDFULNESS

Ninety percent of our activity happens beneath conscious awareness, which means that even though we assume we have some control over how we think, feel, and behave, science tells us it's not so straightforward. The science behind mindfulness is based in neuroplasticity, meaning that the brain is plastic and can be reshaped throughout our lives by our experiences and our thoughts. When we get caught up in cycles of anxious, negative thoughts, we get better at thinking anxious, negative thoughts. Similarly, when we repeat positive behaviors, we develop new habits of mind, new wirings of the brain, so it is possible to effectively rewire the brain by the habits we form. Practicing mindfulness trains the mind to focus attention on reality as it is from a de-personalized perspective.

WHY PRACTICE MINDFULNESS?

The benefits of mindfulness meditation are many, and while it can be a life-changing practice, it's not a magic pill. The more consistently you practice, the more you'll benefit. Many people experience improved sleep quality, more clarity, stability, and resiliency of mind, and higher creativity and productivity across their lives. Over time, you may find that mindfulness becomes effortless as you naturally incorporate it into all you do.

MINDFULNESS MEDITATION IN 3 STEPS

1) Take Your Seat

Sit in a dignified yet relaxed posture with a long spine, strong back and soft, open front. If you are crossed legged on a cushion on the ground, be sure to have your hips above your knees. If you are sitting in a chair, be sure to align your ankles with your knees and keep your back away from the back of the chair. You should be self-supported with your core lightly engaged. Settle into your seat for a moment and relax your shoulders back, down, and away from your ears. Place your hands palms down along your thighs. The chin is even with the ground and tucked in slightly. Your eyes should be open with a soft, downward gaze about four to six feet on the ground in front of you. You're not shutting down awareness of the space around you, but you can relax your focus somewhat. There is a feeling of containment, of taking your seat and reducing your sphere of activity.

2) Place Your Attention on the Breath

Having settled your body, begin to pay attention on your breathing – in and out. This is a natural breath; you are not controlling or manipulating your breath in any way. Just ordinary breathing. Place your attention on the felt sense of the breath cycling through the body.

3) Label Thoughts as Thinking

When thoughts arise notice that you are thinking and say to yourself, "thinking." Label all thoughts, feelings, sensations, emotions, and narratives with this one word: "thinking." Return to placing your attention on the breath. Whenever you notice your mind has wandered, say "thinking" and return to the breath.

Cultivating CONNECTIONS: Authentic Communication

Authentic and compassionate communication improves the quality of our relationships by:

- ▲ Deepening emotional connections
- ▲ Transforming judgement and criticism into understanding and compassion
- ▲ Listening so others are really heard
- ▲ Getting what you want more often without using demands, guilt or shame
- ▲ Finding the heart of conflict and disputes quickly

Nonviolent Communication www.cnvc.org



Using Nonviolent Communication techniques (*Marshall B. Rosenberg, PhD., 2015*), we learn to develop a vocabulary of feelings and needs that helps us more clearly express what is going on in us, and understand feelings and needs that helps us more clearly express what is going on in others, at any given moment. When we understand and acknowledge our needs, we develop a shared foundation for much more satisfying relationships.

NVC Process:



Clearly expressing how I am without blaming or criticizing.	Empathically receiving how you are without hearing blame or criticism.
OBSERVATION	
1. What I observe (see, hear, remember, imagine, free from my evaluations)"When I (see, hear)..."	What you observe (see, hear, remember, imagine, free from my evaluations)"When you (see, hear)..."
FEELINGS	
2. How I feel (motion or sensation rather than thought) in relation to what I observe. " I feel..."	How you feel (motion or sensation rather than thought) in relation to what I observe. " You feel..."
NEEDS	
3. What I need or value (rather than a preference, or a specific action) that causes my feelings "because I need/value".	What you need or value (rather than a preference, or a specific action) that causes your feelings. "because you need/value".
REQUESTS	
Clearly requesting that which would enrich my life without requesting.	Empathically receiving that which would enrich your life without hearing any demands.
4. The concrete actions I would like taken: "Would you be willing to...?"	The concrete actions you would like to take: "Would you like...?"

FEELINGS INVENTORY

FEELINGS WHEN YOUR NEEDS ARE SATISFIED

<p>AFFECTIONATE compassionate friendly loving open-hearted sympathetic tender warm</p> <p>ENGAGED absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated</p> <p>HOPEFUL expectant encouraged optimistic</p>	<p>CONFIDENT empowered open proud safe secure</p> <p>EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy, invigorated, lively passionate, surprised vibrant</p>	<p>GRATEFUL appreciative moved thankful touched</p> <p>INSPIRED amazed awed wonder</p> <p>JOYFUL amused delighted glad happy jubilant pleased tickled</p> <p>EXHILARATED blissful, ecstatic, elated, enthralled, exuberant, radiant, rapturous, thrilled,</p>	<p>PEACEFUL calm clear-headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene tranquil trusting</p> <p>REFRESHED enlivened, rejuvenated renewed, rested, restored, revived</p>
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FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED

<p>AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p> <p>ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient, irritated</p> <p>ANGRY enraged, furious, incensed, indignant, irate, livid ,outraged, resentful</p> <p>AVERSION animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed,</p>	<p>CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p> <p>DISCONNECTED alienated aloof apathetic bored cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn,</p> <p>DISQUIET agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled</p>	<p>EMBARRASSED Ashamed chagrined flustered guilty mortified self-conscious</p> <p>FATIGUE beat, burnt-out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out</p> <p>PAIN agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful</p> <p>SAD depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy-hearted hopeless melancholy unhappy, wretched</p>	<p>TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out</p> <p>VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky</p> <p>YEARNING envious jealous longing nostalgic</p>
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NEEDS INVENTORY

<p>AUTONOMY choice freedom independence space spontaneity</p> <p>CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support to know & be known to see & be seen to understand & be understood trust warmth</p>	<p>PHYSICAL WELL- BEING air food movement/exercise rest/sleep safety shelter touch water</p> <p>HONESTY authenticity integrity presence</p> <p>PLAY joy humor</p> <p>PEACE beauty communion ease equality harmony inspiration order</p>	<p>MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self- expression stimulation to matter understanding</p>
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Nonviolent Communication Worksheet

Observe the **Facts** of the situation.

What is happening without your judgments about it?

Get in touch with your **Emotions**.

Where are they in your body? State these feelings.

Clarify Your **Needs**.

Become clear about what you value. What are your priorities right now?

Make a **Request**.

Must be realistic and doable, appeals.

