



Reflective Notes for
Interrupt Unhelpful Habits
Through Mindfulness Practices That Work!

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Today's objectives

- Learn the benefits of mindfulness practices for educators.
- Understand how unhelpful habits are formed and how mindful practices can help interrupt a habit loop.
- Learn and experience several mindfulness exercises.
- Create a Committed Action Plan.

INTENTION SETTING

Take a moment to reflect on why you became an educator.

Think about the values that motivated you.

Then, set your intention for your time here today.

My intention for today:

Definitions of Mindfulness

- “Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”
 - Jon Kabat-Zinn

Three fundamental processes:

- Forming intention
- Paying attention
- Adjusting your attitude

(Shapiro, Carlson, Astin, & Freedman, 2006)

Mindfulness, as a practice, features two different types of attention:

Focused attention

- Before a staff meeting, a principal anchors her attention on the sound of a chime or the feel of the air entering her nostrils as she breathes.

Open awareness

- To calm himself after a difficult interaction with a parent, a teacher practices open awareness by observing a body sensation, such as a chill or a sneeze passing through him, and then by noticing a loud car drive by his classroom.
<https://ggie.berkeley.edu/my-well-being/mindfulness-for-adults/>



How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg

<https://youtu.be/vzKryaN44ss>

Practicing Mindfulness

What Skills

- Observe
 - Wordless watching
- Describe
 - Put words to experience
- Participate
 - Jump in and do

How Skills

- Nonjudgmentally
 - Not “good” nor “bad”
- One-mindfully
 - One thing in the moment
- Effectively
 - Do what works

Notes:

Practicing Mindfulness (Linehan, 2015) What Skills	
Observe	Pick up a rock and notice all the details Listen to music. Notice the space between the notes. The taste of a mint in your mouth. The urge to avoid someone or something. Is it tense in your body?
Describe	Find things in nature What a person is doing I feel X, and my thought are Y
Participate	Dance Sing Fully immerse yourself in a conversation

Practicing Mindfulness (Linehan, 2015) How Skills	
Nonjudgmentally	“See, but don’t evaluate as bad or good. Just the facts.” Effective/ineffective vs. good/bad “When you find yourself judging, don’t judge your judging.”
One-mindfully	Just this moment, just this task Let go of distractions Refocus attention
Effectively	“Be mindful of your goals” “Focus on what works” Be willing

How can you practice your how and what skills? What routine activities will you try?



Mindful Aotearoa Program in New Zealand eight-week mindfulness in schools program designed for New Zealand school children in years 2 to 8. <https://youtu.be/awo8jUxlm0c>

Promising results in initial pilot found statistically significant increases in student wellbeing:

- increased calmness
- improved focus and attention
- enhanced self-awareness
- helped with conflict resolution and the development of positive relationships
- **reduced stress for teachers.**

Video Notes:

Benefits of Mindfulness Practices for Educators

Increased focus	Feel better	More adaptable	Better Mental Health Outcomes
Increase in awareness, focused attention, and working memory capacity.	Greater well-being and self-compassion as well as an increase in positive emotions.	Increase in both emotion regulation and resilience	Reported decrease in burnout, stress, anxiety, and depression
Improved Physical Health	Better Relationships with Students	Overall, More Effective Teachers	
Better sleep quality and lower blood pressure	Report more likely to positively evaluate students with challenges and that they have a greater tendency to forgive them	Help teachers to navigate the sense of “time pressure” they feel in their classrooms while enhancing their sense of efficacy in the classroom—which can positively influence teaching effectiveness	

https://ggie.berkeley.edu/my-well-being/mindfulness-for-adults/#tab__2

Two feet, One Breath Mindfulness Exercise

For the next minute, feel your feet on the ground and take a few deep breaths, feeling the sensations of breathing. To stay focused on the exercise, you might even repeat to yourself, “two feet one breath.”

Ideas for Educators

- Focused attention
 - Paying attention to the simple, ordinary experience of breathing
- Intention setting
 - Reflect on your “why”
- Emotion journaling
 - The facts, physical sensations, thoughts
- Positivity Journal
 - Positive experiences, gratitude, and appreciation
- Centering
- Mindful walking
- Self-Compassion

- Loving Kindness Meditation

Insight Timer <https://insighttimer.com/>

Calm App <https://www.calm.com/>

Headspace <https://www.headspace.com/>

Which app will you choose?



Brief Review

1. Many different definitions of mindfulness
2. What and How skills of mindfulness practices
3. Two features of mindfulness practices: focused attention and open awareness
4. Many ways to practice mindfulness in daily routines
5. Many benefits to mindfulness practices for educators

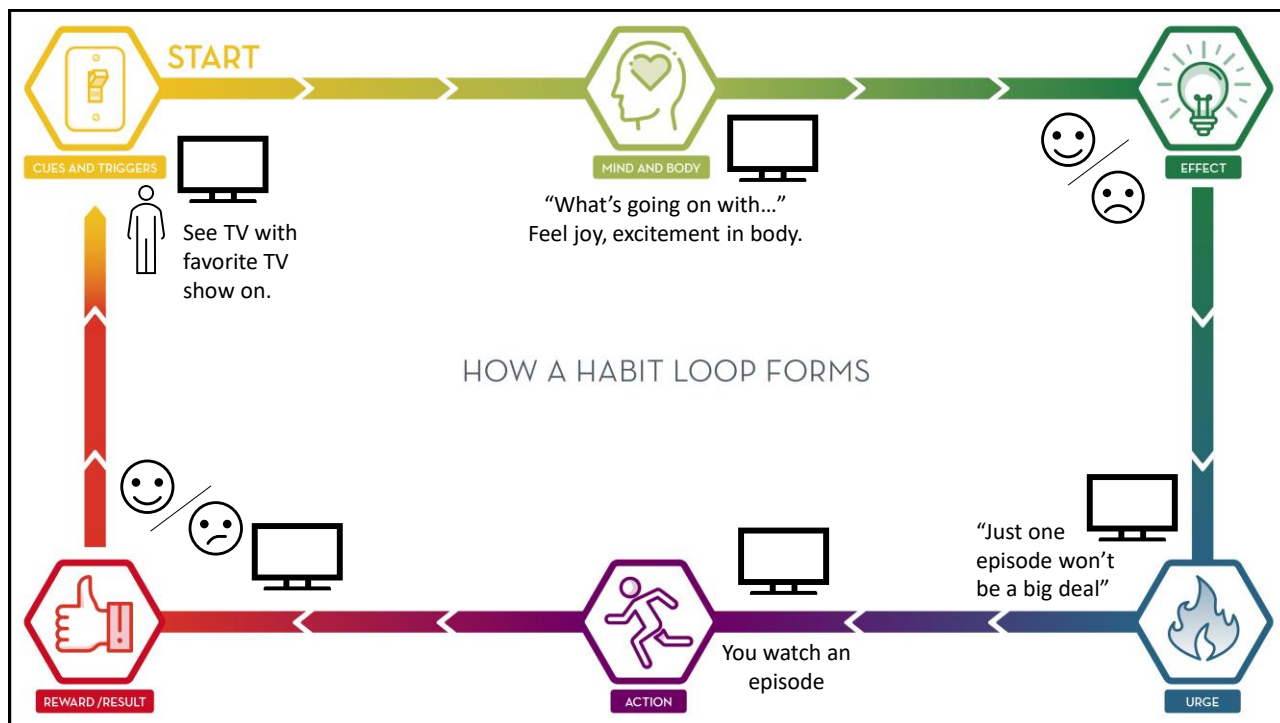
SEE POWERPOINT SLIDES FOR HABIT LOOPS

HOW A HABIT LOOP FORMS

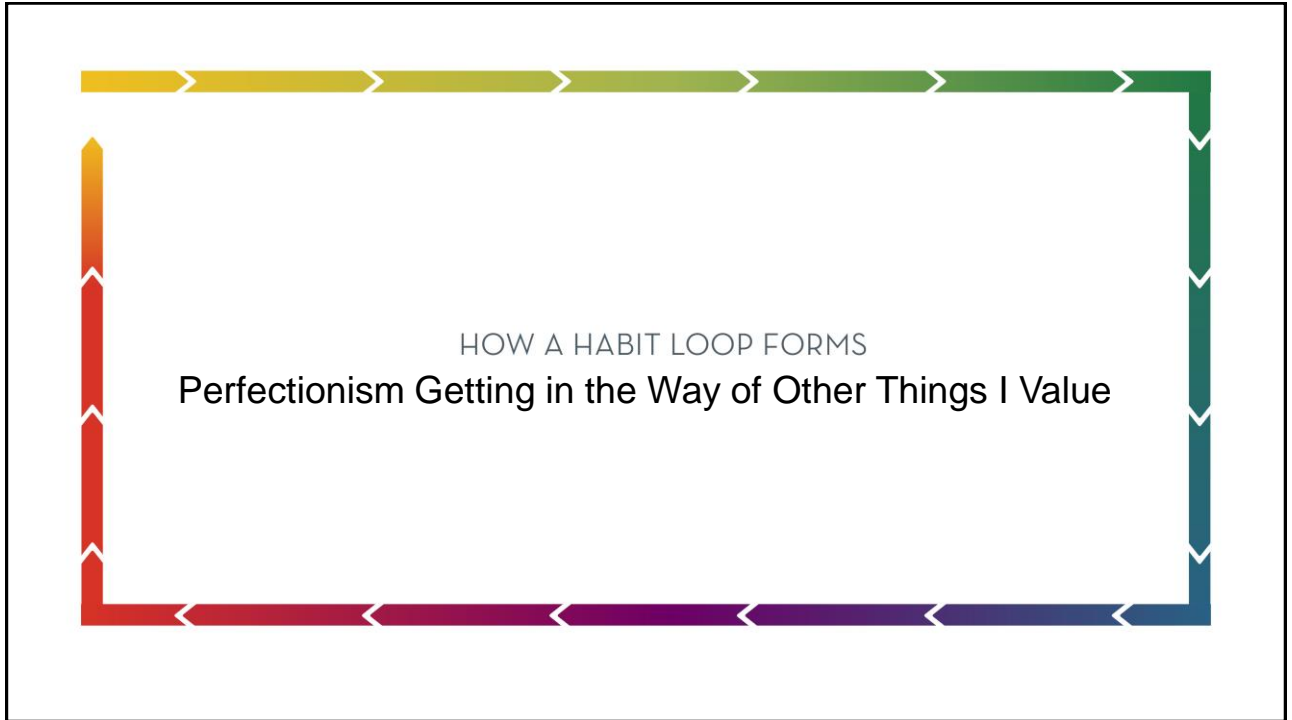
Too Much TV Watching Getting in the Way of My Other Values

Dr. Judson Brewer's work *The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits*

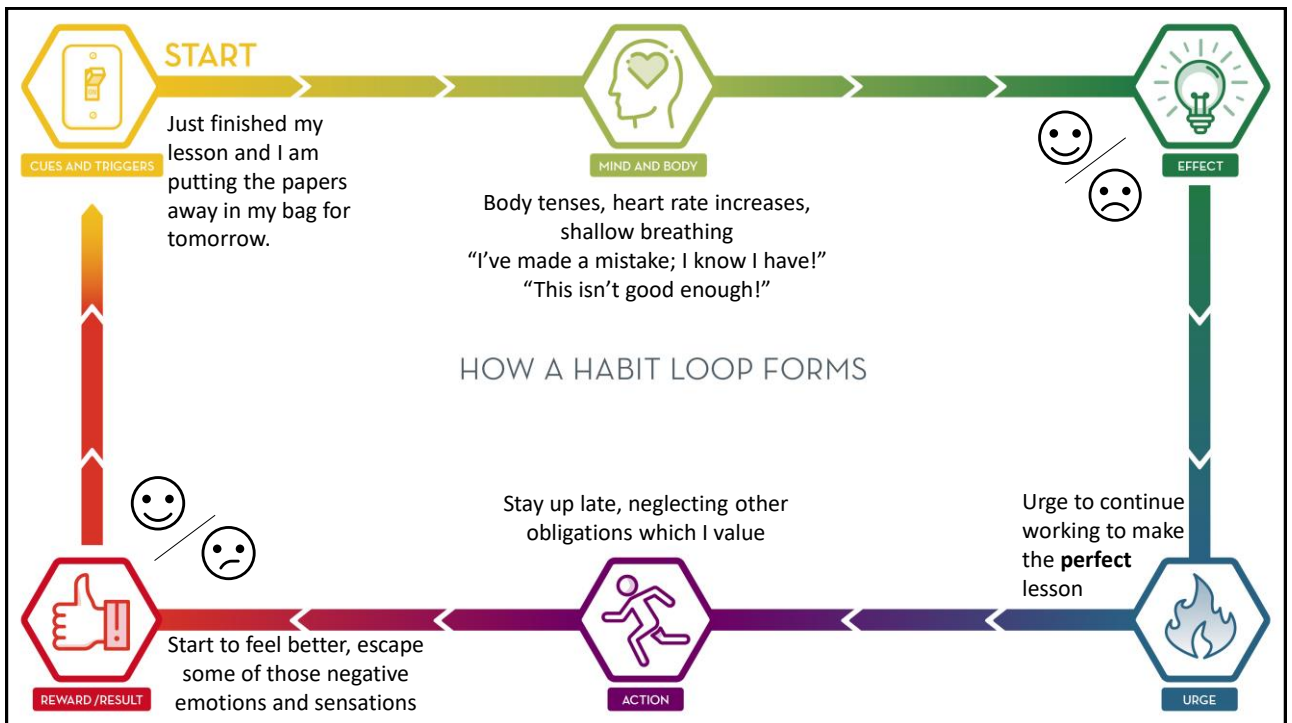
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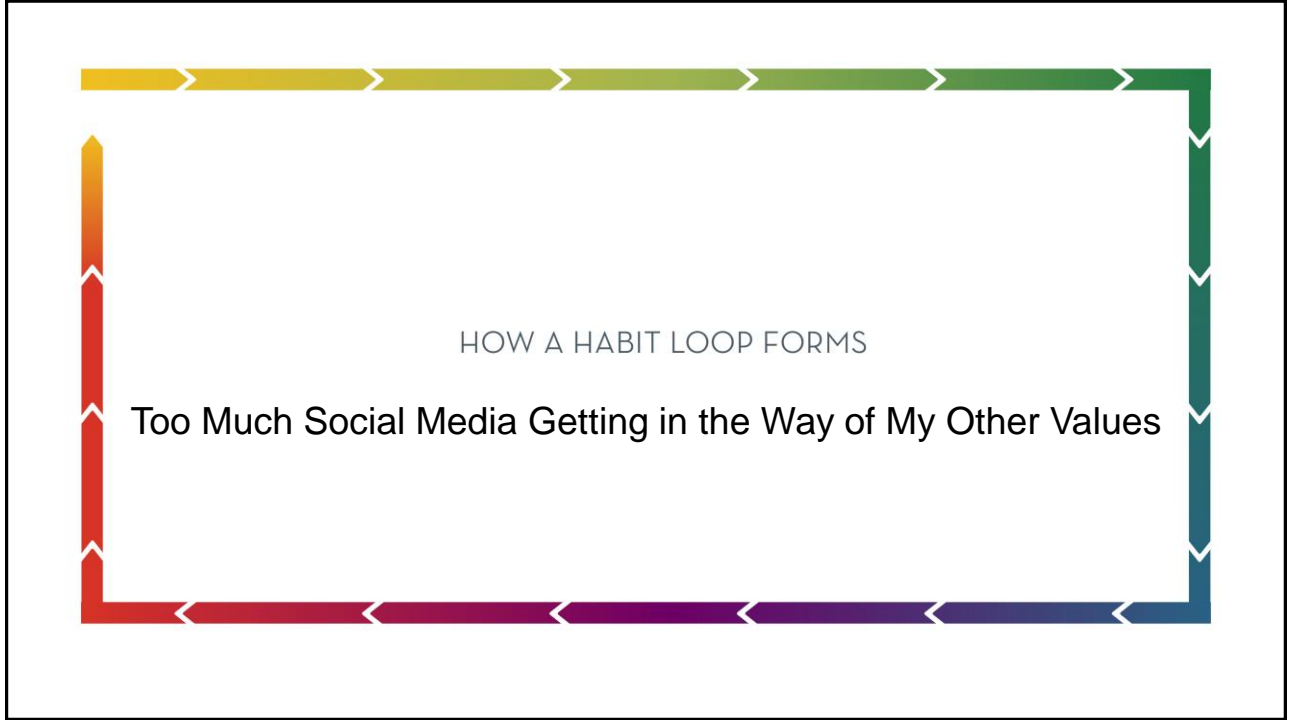
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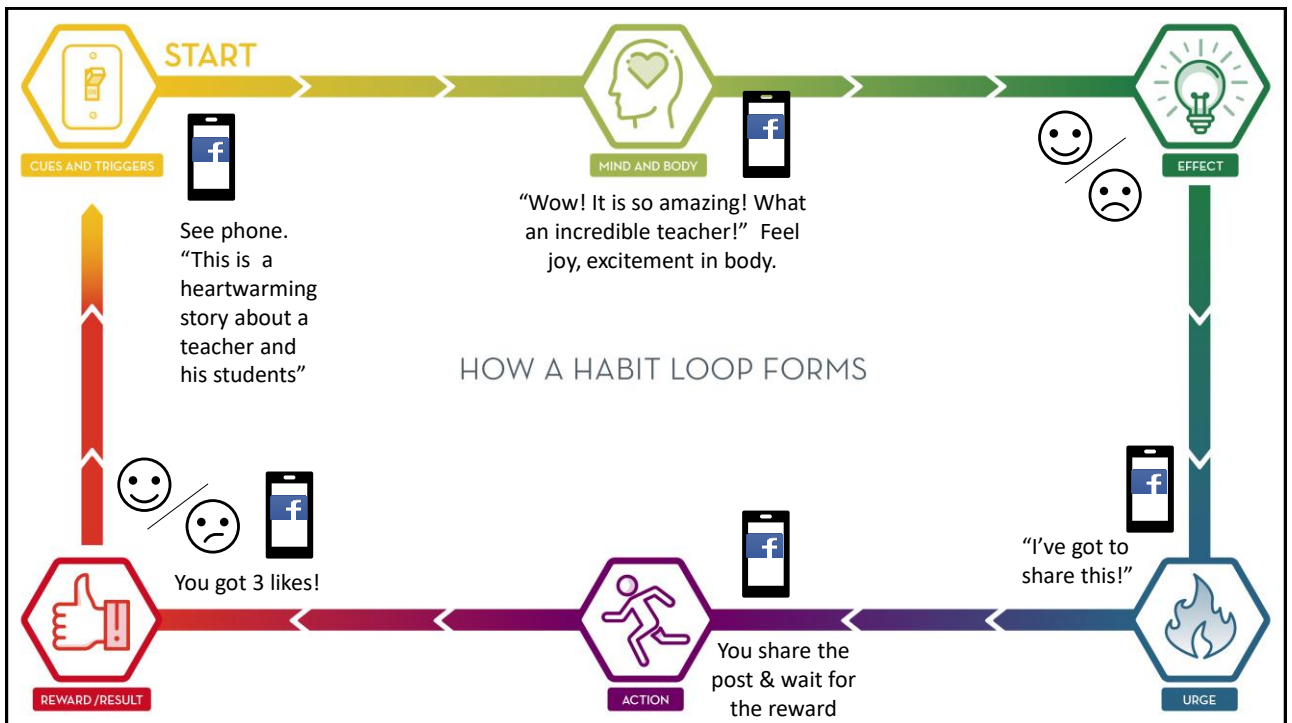
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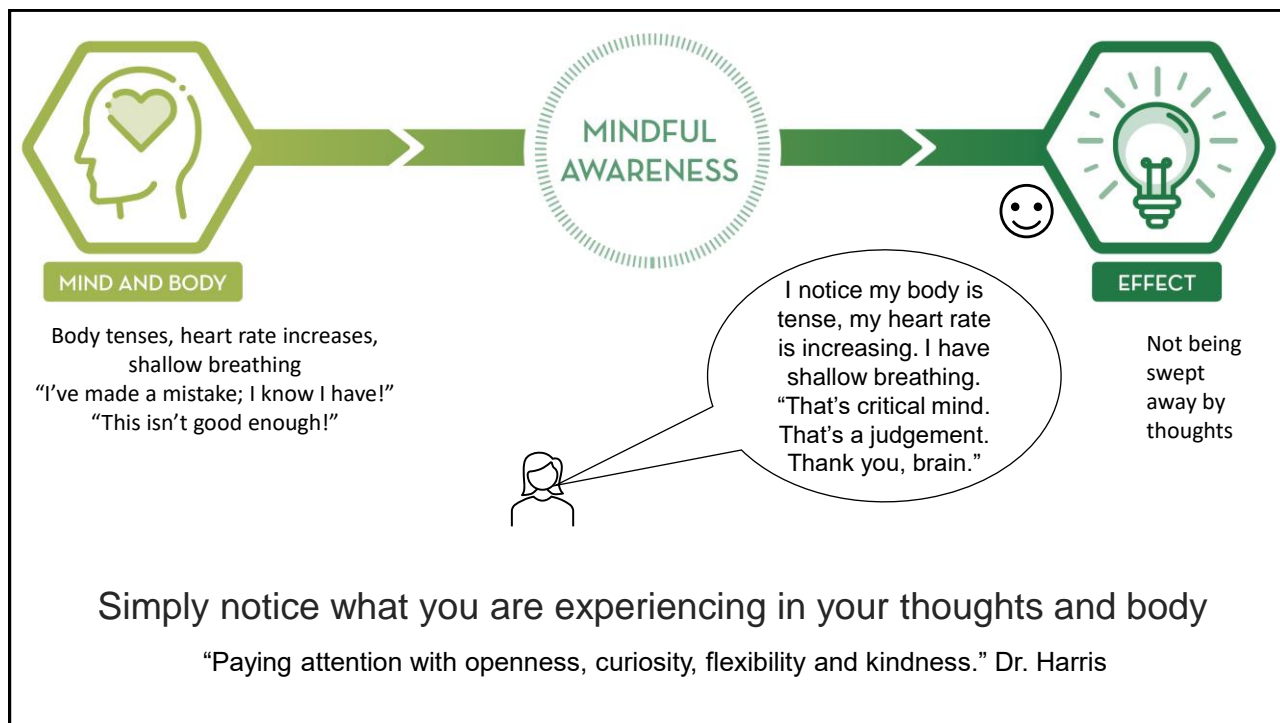
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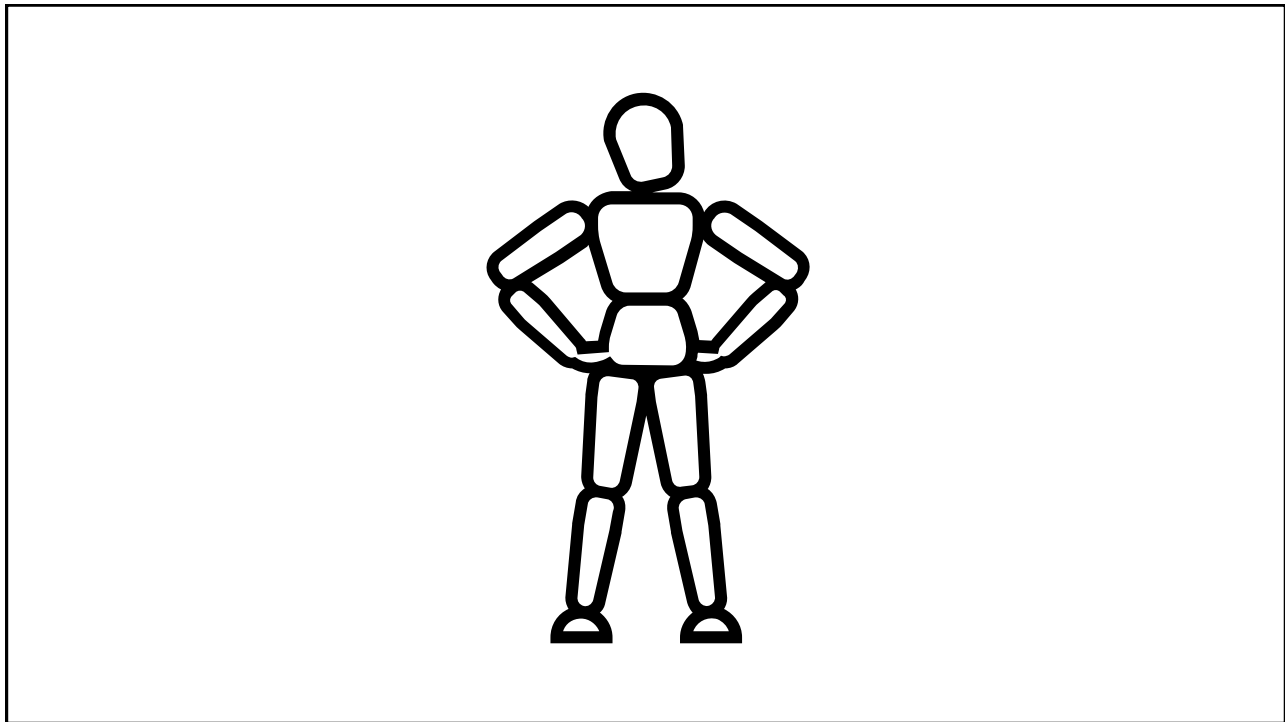
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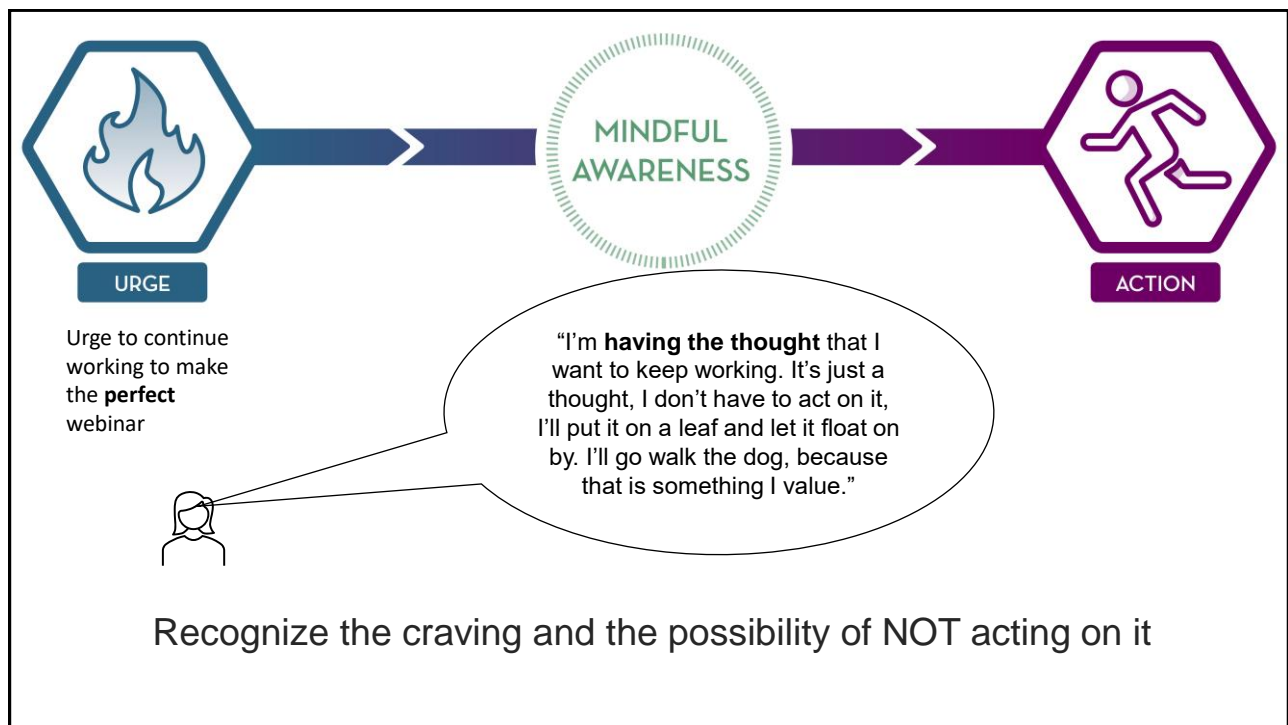
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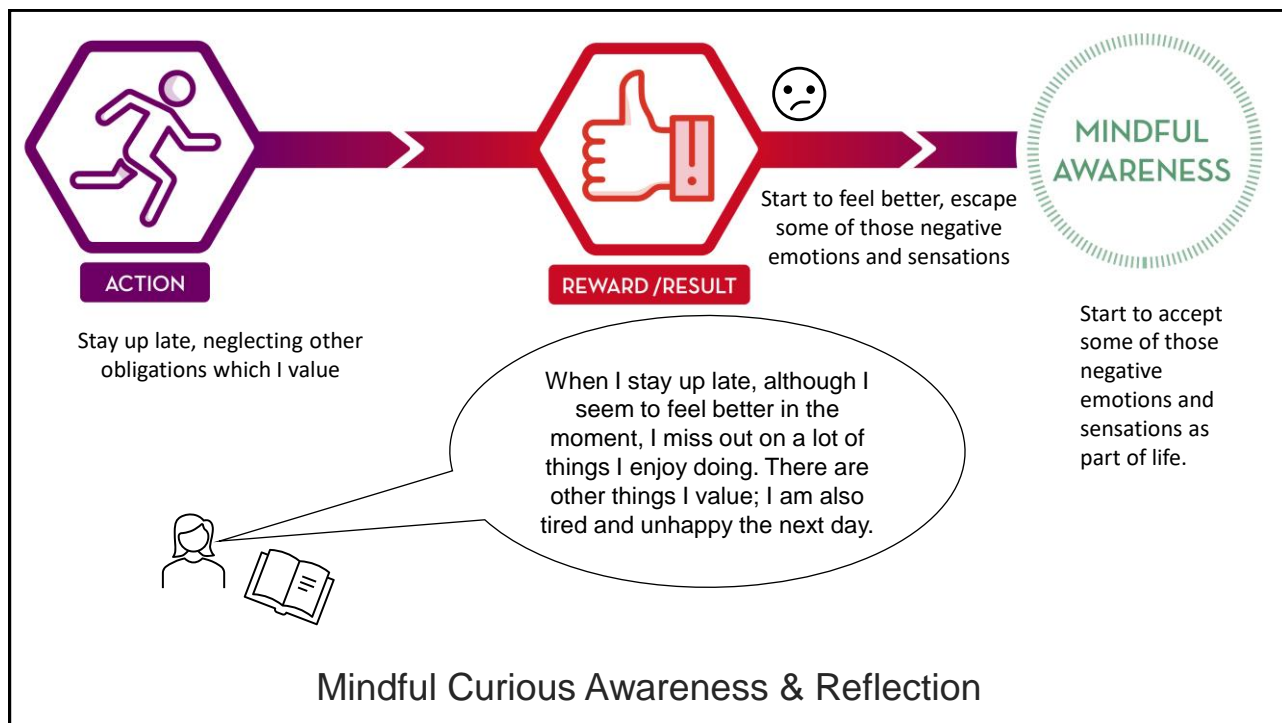


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Self-Management for Habit Change

1. Specify a goal & define a behavior (action) to be changed
 - Decrease TV consumption, TV (2-hrs a day, 2, 1-hour shows)
2. Self-monitor the behavior (action)
 - Count how frequently I watch TV and the duration
3. Set up new triggers (cues) and rewards for your new behavior
 - Keep remote control in a drawer, reward self for using new time constraints
4. Go public with your commitment to change your behavior
5. Get an accountability partner
6. Continually evaluate your progress and adjust if necessary

Adapted from Cooper, Heron, Heward, 2020

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Committed Action Plan

Values (What I care about):
Being an effective and healthy educator.

What do you want? (Goal) *Start a 5-min mindfulness practice to interrupt perfectionism*


What action will get you there? *Downloading Insight Timer app on my phone; listening to a mediation 1 x per week for 5-min*

What gets in the way? *Stress; other people invading my space; time management*

What strategy will get you unstuck?
Using an accountability partner; setting a timer; going public with my commitment; setting up a private space


Level of Commitment to your Goal 0 to 5 **3**

5 = Totally Committed, Going to Start Today! 1 = I'll get around to it, eventually 0 = Not going to do it
If less than 4, what would have to happen to get to a 4 or 5? Is that a goal?



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WE WELLNESS WARRIOR WEDNESDAY



COGNITIVE WELLBEING



WE

WE MINDFUL MONDAY

“We have only now, only this single eternal moment opening and unfolding before us, day and night.”

- Jack Kornfield

WE

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WE

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Resources

Brewer, J. (2017) *The Craving Mind: From cigarettes to smartphones to love – why we get hooked and how we can break bad habits*. Yale University Press.

Linehan, M. (2015). *DBT® skills training and handbook* (2nd ed.). Guilford Publications.

Jennings, P. (2015). *Mindfulness for Teachers: Simple skills for peace and productivity in the classroom*. W.W. Norton & Company.

Meditations and Related Apps

Insight Timer <https://insighttimer.com/>

Hugh Byrne <https://insighttimer.com/hughbyrne>

Calm App <https://www.calm.com/>

Body Scan Meditation <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/> (Greater Good Science Center)

Intention Setting <https://chopra.com/articles/a-guided-meditation-for-setting-intentions>

Leaves on a Stream http://actforpsychosis.com/pdfs/A11_Leaves_on_the_stream.pdf

Leaves on a Stream <https://www.mindfulnessmuse.com/wp-content/uploads/2011/09/Cognitive-Defusion-Exercise-1.pdf> (Dr. Russ Harris)

Mindful Activities for Adults and Children

http://www.healtheducationpartnership.com/resources/Bubbles_Leaves_and%20Worry_Trains_H_EP_2016.pdf

Observe Describe One-Mindfully and Non Judgmentally

https://www.sparksinslp.com/uploads/1/3/6/0/13604797/mindfulness_exercises_1.pdf

Videos

How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg

<https://youtu.be/vzKryaN44ss>

Mindfulness Explained by Kids (www.mindfulautearoa.nz) <https://youtu.be/awo8jUxlm0c>

Other

Meditation 101 for Beginners by Happify <https://youtu.be/o-kMJBWk9E0>

Judson Brewer TED Talk A simple way to break a bad habit <https://youtu.be/-moW9jvvMr4>

Dr. Russ Harris <https://www.actmindfully.com.au/about-mindfulness/>

Jon Kabat-Zinn <https://www.mindfulnesscds.com/>