Welcome to Session 2

A Mindfulness Approach to Educator Wellness: Developing Acceptance Skills & Strengthen Commitment to Act

Session Guide:

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• Please enter your questions to the host or presenters in the Q&A window only.
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Thank you for joining us today!
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You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.

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The To field will tell you who will receive your message. Be mindful of who you are chatting to.

Your text can only be seen by panelists.
A Mindfulness Approach to Educator Wellness
Developing Acceptance Skills & Strengthen Commitment to Act

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Nurturing Environments Institute

St. John's University
How do I teach online?

What if I fail?

How do I manage my home life and work life while at home?
This is too much work
When will we go back to normal?
I have take action for justice?
For Humans

Just thinking about something can create the same stress response of being chased by a lion.

You may be thinking

When will the quarantine end?

Your body thinks

Increase blood flow to legs
Increase heartrate
Shutting down digestion
Acceptance and Commitment Training

A way to relate to your own experiences in a more flexible way

In order to move towards (take action) the important things in life

Practice (ACT Matrix)
5 Senses

The world of actions

“Outside view”
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
The world of actions

“Outside view”

The world of our mind

“Inside view”

Notice The difference
Moving away from something, getting away

Moving towards from something, getting closer

Notice The difference
Towards

Away

5 Sense

Me Noticing

Mind

Towards
What do you value? What is important to you?

Behaviors you engage in that move you away from what you value.

Thoughts, Feelings, Memories

Behaviors you engage in that move you towards your values.
Towards

What do you value?
What is important to you?

Away

Inside stuff that moves you away from what you value?
Thoughts
Feelings
Memories

Behaviors you engage in that take you away from your values

Behaviors you engage in that move you towards your values

Mind

Me Noticing

What do you value?
What is important to you?
Inside stuff that moves you away from what you value?
- Thoughts
- Feelings
- Memories
- Behaviors you engage in that take you away from your values

Inside stuff that moves you towards your values?
- Work Ethic
- Responsible
- Behaviors you engage in that move you towards your values

Me Noticing
- Getting up late
- Snoozing alarm
- Stress
- Anxiety

5 Sense
Mind
Towards
Away
Inside stuff that moves you away from what you value:

- Thoughts
- Feelings
- Memories

Behaviors you engage in that take you away from your values:

- Stress
- Anxiety

Behaviors you engage in that move you towards your values:

- Getting up on time
- Finishing important tasks
- Keeping our commitments

5 Sense

Mind

Work Ethic

Responsible
Stuck

Moving towards Values
Inside stuff that moves you away from what you value?
Thoughts
Feelings
Memories

Behaviors you engage in that take you away from your values

Behaviors you engage in that move you towards your values

Go to park with close friends
Stress & Anxiety about COVID

Safety & Health
Personal Connection

Me Noticing
Inside stuff that moves you away from what you value?

Thoughts

Feelings

Memories

Behaviors you engage in that take you away from your values

Behaviors you engage in that move you towards your values

Setting up online interactions and ways to connect

Stress

Anxiety

Safety & Health

Personal Connection

5 Sense

Mind

Away

Towards

Me Noticing
Towards Away

Thoughts
Feelings
Memories

Behaviors you engage in that move you towards your values

Social Justice

5 Sense

Mind

Inside stuff that moves you away from what you value?

Sadness, anger, frustration with racial inequality

Me Noticing

Turning off TV/media
Playing video games
Keeping busy in other tasks
Inside stuff that moves you away from what you value?
- Sadness, anger, frustration with racial inequality

Mind

Social Justice

Towards

Behaviors you engage in that move you towards your values
- Protesting
  - Changing rules and structures at universities
  - Using position of power to enact change

5 Sense

Behaviors you engage in that take you away from your values

Me Noticing
Finding your balance

20 ↔ 80
30 ↔ 70
40 ↔ 60

Relief ↔ Satisfaction/Content
## Set Your Own Commitment

### Away moves to reduce
1. 
2. 
3. 
4. 
5. 

### Toward Moves to Increase
1. 
2. 
3. 
4. 
5. 

### Thoughts and Emotions Journal
1. 
2. 
3. 
4. 
5. 

### How will I remind myself of values?

1. Take a deep breath and

2. Bring to mind what you value

3. Compassionately accept what is showing up

4. Notice any unhelpful actions you are engaged in

5. Shift/Commit and take action towards what’s important
What can move us towards our shared values as school?

What do we value as a school?

What internal content and away moves get us stuck?
Key difference here is that we are working towards not just individual psychological flexibility but also towards group psychological safety.

What can move us towards our shared values as school?

How comfortable do I feel in sharing my thoughts on what’s keeping us back?

Will be use this information to move forward?
Working Towards Nurturing Environments
ACT
For Children
Put your mask on first
What do you like?
What do you want?
What's fun?
Who do you like?

Away Moves
“Spleens”

Away

Toward Move
“PAX”

What are some icky things that show up?
Monsters?

What do you like?
What do you want?
What’s fun?
Who do you like?
Psychological Inflexibility

Psychological Flexibility
Towards
Away
5 Sense
Mind

CLASSROOM EXPECTATIONS AND RULES

Specific positively stated rules
“Use a quiet raised hand”

What do we value as a class?
How should we treat one another?
Today we will focus on away moves
Unwanted behaviors
Yucky behavior
“spleens”

Today we will focus on toward moves
Specific Goals
Strategies to help us
Self-monitoring

Today we will practice mindfulness
“What is showing up inside right now”

Afterwards- be mindful of your actions
“away” or “toward”

Give me an example of a feeling
When do you feel that?
What are some thoughts you have with that?

Values and goals
Values board game
PERSPECTIVE TAKING

Outside View

Inside View

Noticing

5 Sense Experience

Behaviors trying to change

Away

Toward

Thoughts/Feelings

Valued Action/Life Domains
## Social Matrix

<table>
<thead>
<tr>
<th></th>
<th>Me</th>
<th>John</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outside View</strong></td>
<td>I stared at my friend</td>
<td>Told me to stop staring, walked away</td>
</tr>
<tr>
<td><strong>Inside View</strong></td>
<td>“I want to get my friend’s attention”</td>
<td>“I don’t feel comfortable when people stare at me”</td>
</tr>
<tr>
<td></td>
<td>&lt;Bored&gt; &lt;Lonely&gt;</td>
<td>&lt;Anxiety&gt;</td>
</tr>
</tbody>
</table>
Situation

Self Monitoring?

Away versus Towards Moves

Away 40%

Towards 60%

Thoughts/Emotions Journal

I got angry

I was scared

My Values

Friendship

Being generous
Questions, Thoughts, Ideas or Comments
Additional Resources

ACT Matrix Cards: https://contextpsy.configio.com/pd/19/matrix-cards
Additional Resources

Full book with ideas for stress management & exercises

Be kinder to yourself.
And then let your kindness flood the world.
-Pema Chodron
THANK YOU

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