



Adult Resilience Curriculum (ARC)

Mindfulness

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

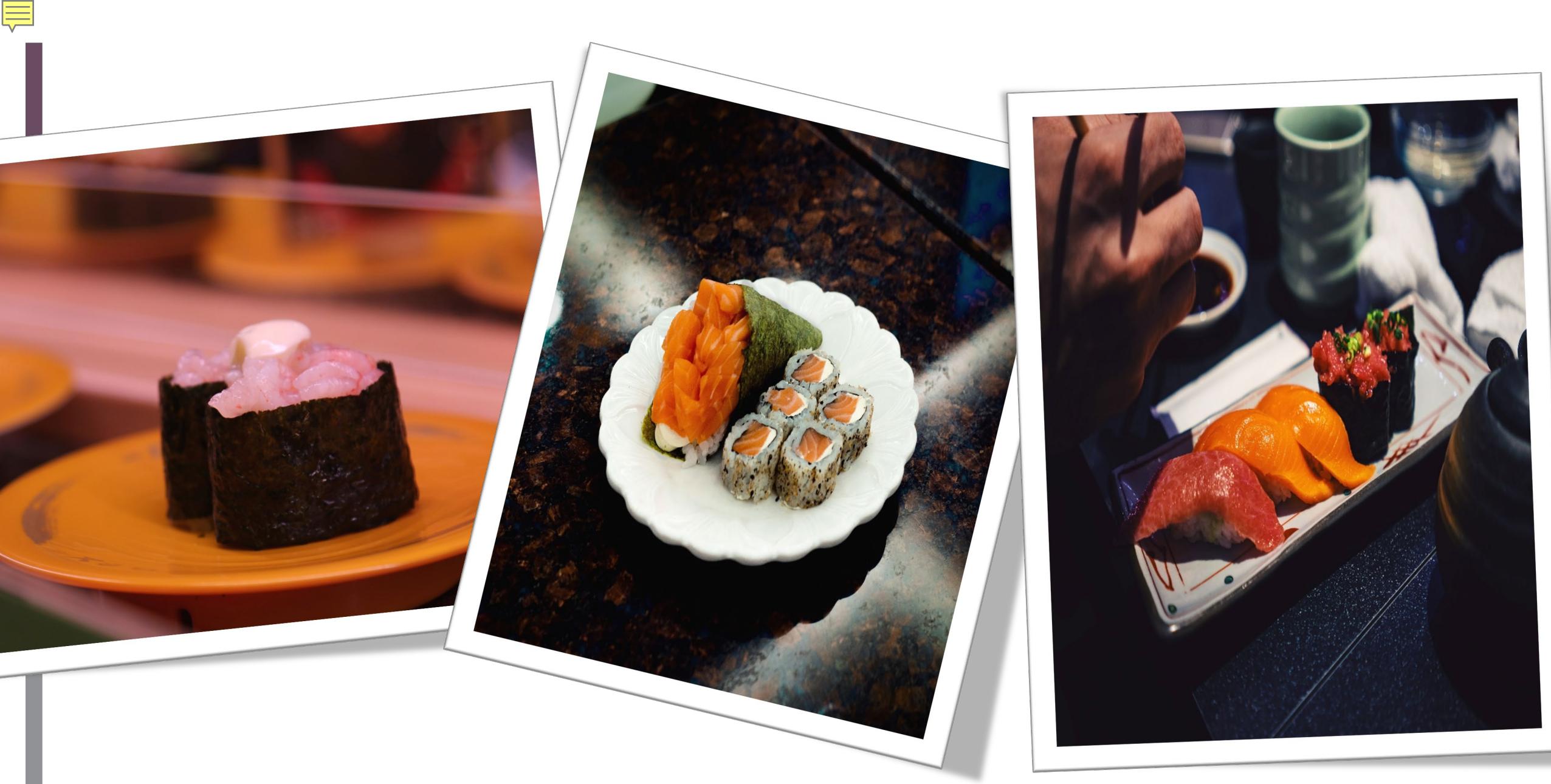
INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

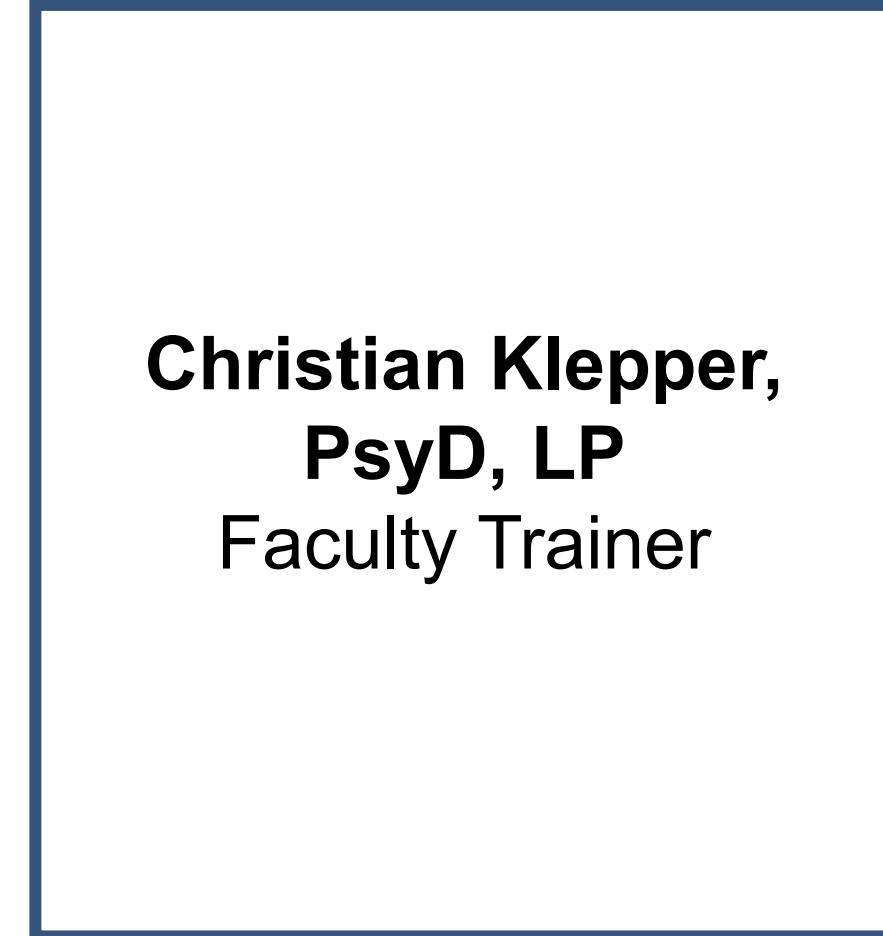
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS







WHO WE ARE



Christian Klepper,
PsyD, LP
Faculty Trainer



WHO WE ARE



**Hannah West,
PhD, BCBA
Regional Trainer**

The background features a close-up view of a modern building's exterior wall. The wall is composed of numerous rectangular panels, each with a different color and a slight angle, creating a textured, geometric pattern. The colors range from bright reds and blues to more muted purples and greys. The lighting suggests it might be dusk or dawn, with the panels reflecting some light.

The Adult Resilience Curriculum (ARC)



0: Introduction to the Adult Resilience Curriculum (ARC)

1: Understanding the psychobiology of stress and well-being (*psychoeducation*)

2: Creating safe and supportive environments (*context*)

3: Clarifying, aligning with, and committing to one's values (*values*)

4: Cultivating awareness through mindfulness-based practices (*mindfulness*)

5: Connecting meaningfully with others (*connection*)

6: Fostering pleasant emotions and experiences (*positivity*)

7: Coping with difficult thoughts, feelings, and experiences (*coping*)

8: Feeling good physically through nutrition, movement, & sleep (*health*)

9: Rejuvenating through relaxation, recreation, and routines (*three R's*)

10: Bringing it all together: A wellness plan for the future (*wellness plan*)

The ARC Modules



MODULE 4:

Cultivating Awareness Through Mindfulness-Based Practices



Mindfulness

Define the difference between mindfulness and mindlessness.

Know the elements of mindfulness and be able to apply them.

Our Hopes
for Today

Evaluate the effectiveness of mindfulness strategies in the moment.



Value

Be a
supportive
friend



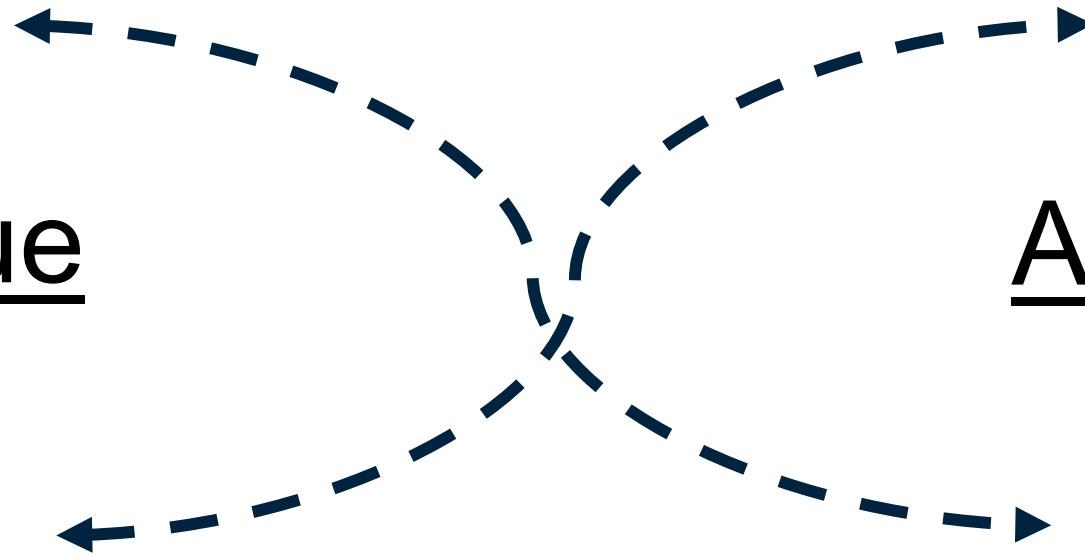
Action

Showing interest
in their passions
even if you do not
care as much



Value

Action





Mindfulness

Value ← - - - → Action



Mindfulness Components

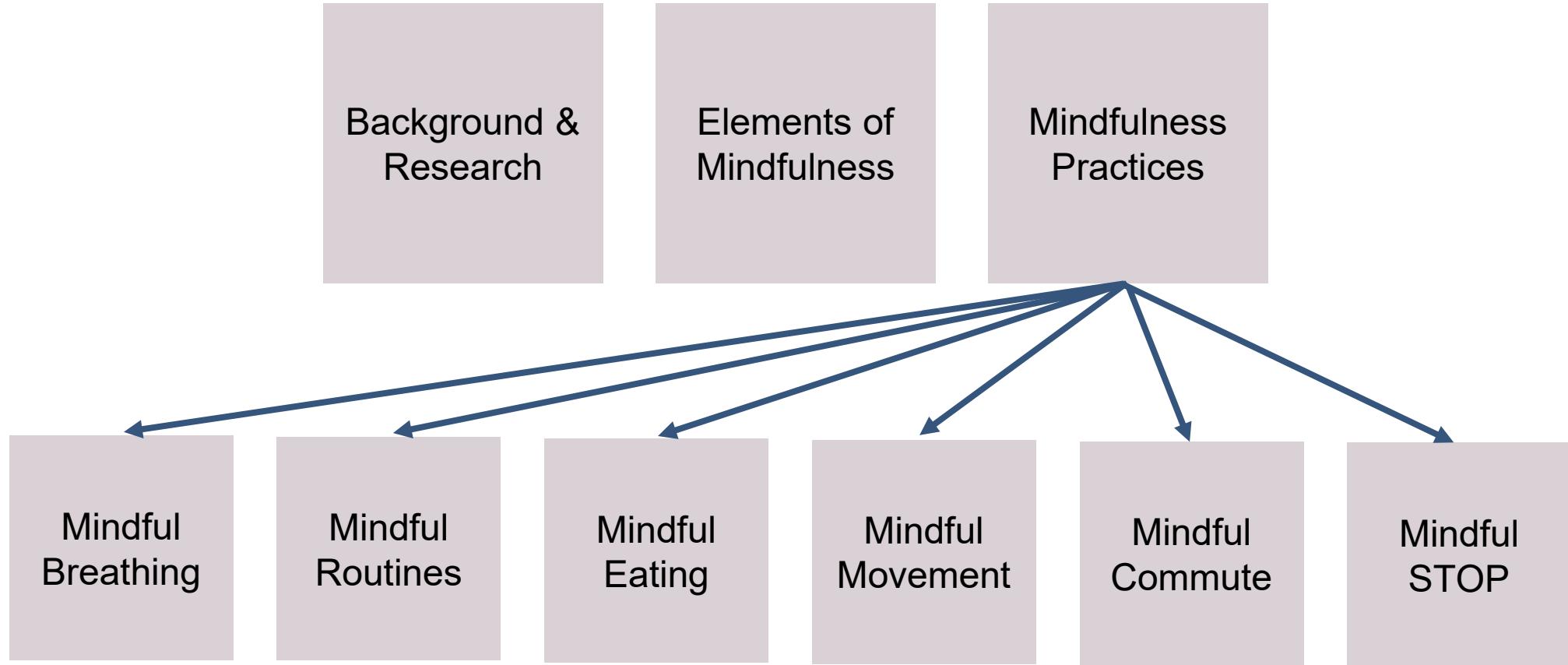
Background
& Research

Elements of
Mindfulness

Mindfulness
Practices



Mindfulness Components



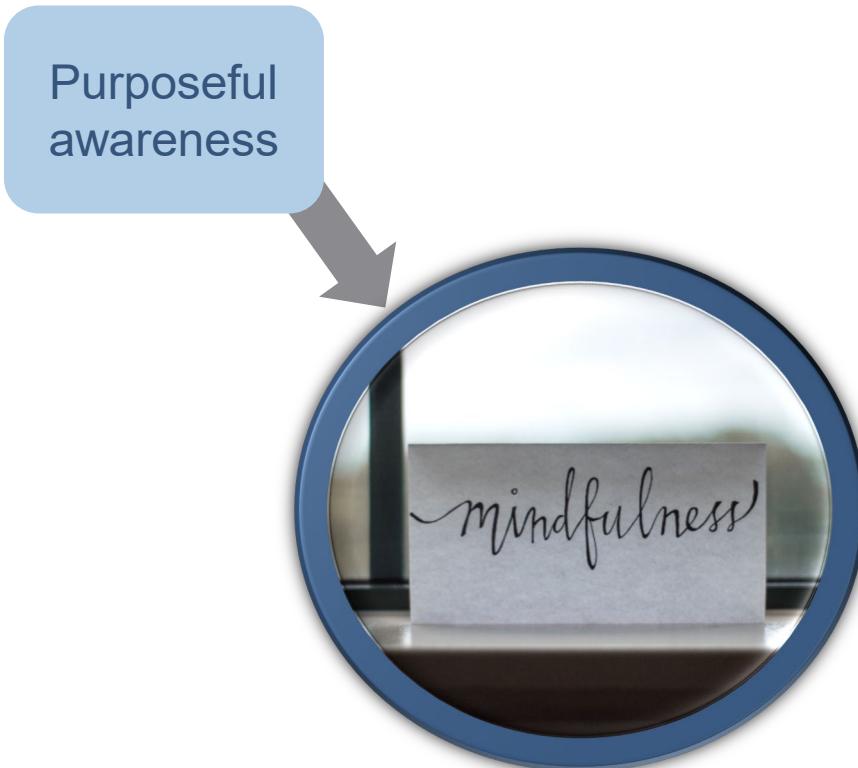


Mindfulness

“ Paying attention,
on purpose, in
the present
moment, and
non-judgmentally.”

- Jon Kabat-Zinn

Mindfulness



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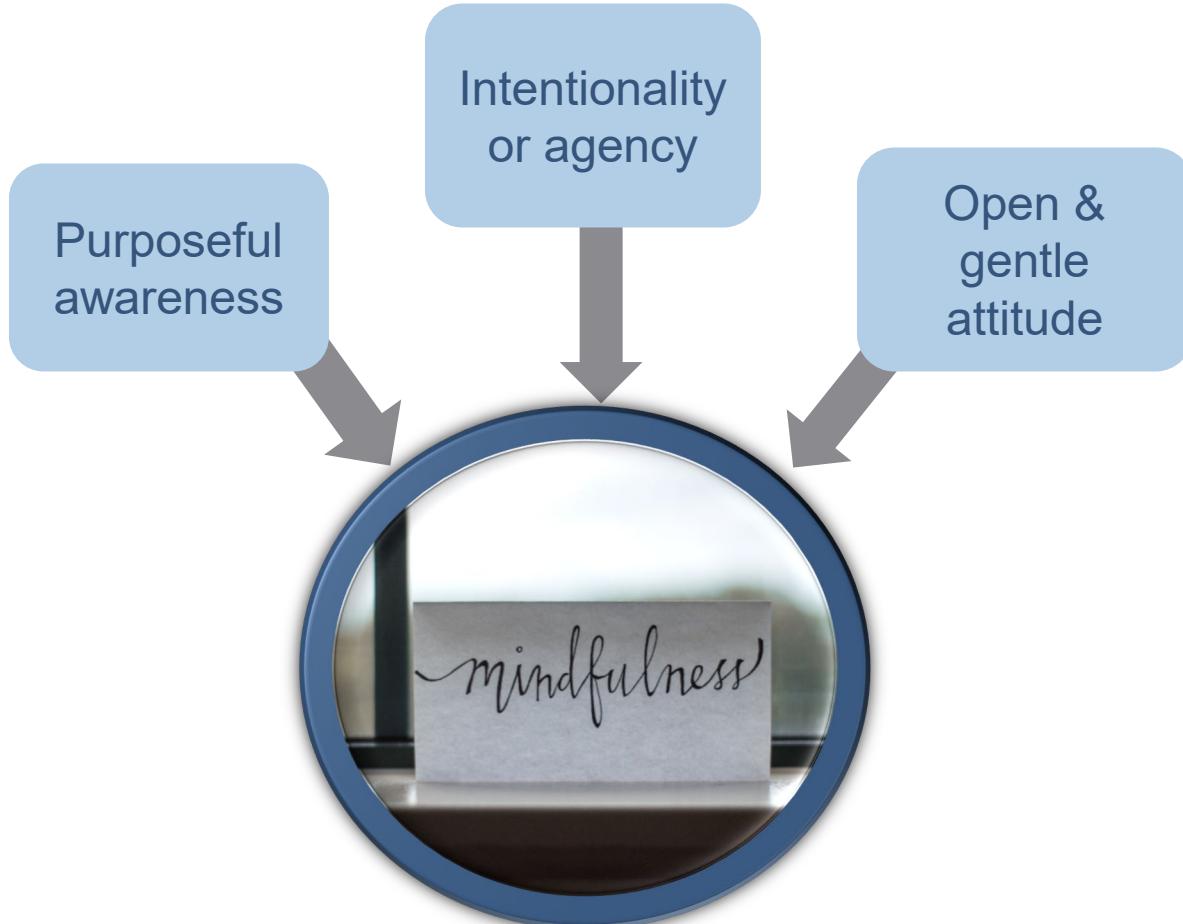
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Mindfulness



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Mindful vs. Mind Full

Mind Full



Stuck in past or worried
about future

Mindful vs. Mind Full



Purposefully present



Stuck in past or worried
about future

Mindful vs. Mind Full



Purposefully present

Intentional decision-making



Stuck in past or worried about future

Operating on “autopilot”

Reactive snap decisions

Mindful vs. Mind Full



Purposefully present

Intentional decision-making

Fully experience what you are doing

Brain gets a break from endless chatter



Stuck in past or worried about future

Operating on “autopilot”

Reactive snap decisions

Trying to multitask and missing what's important

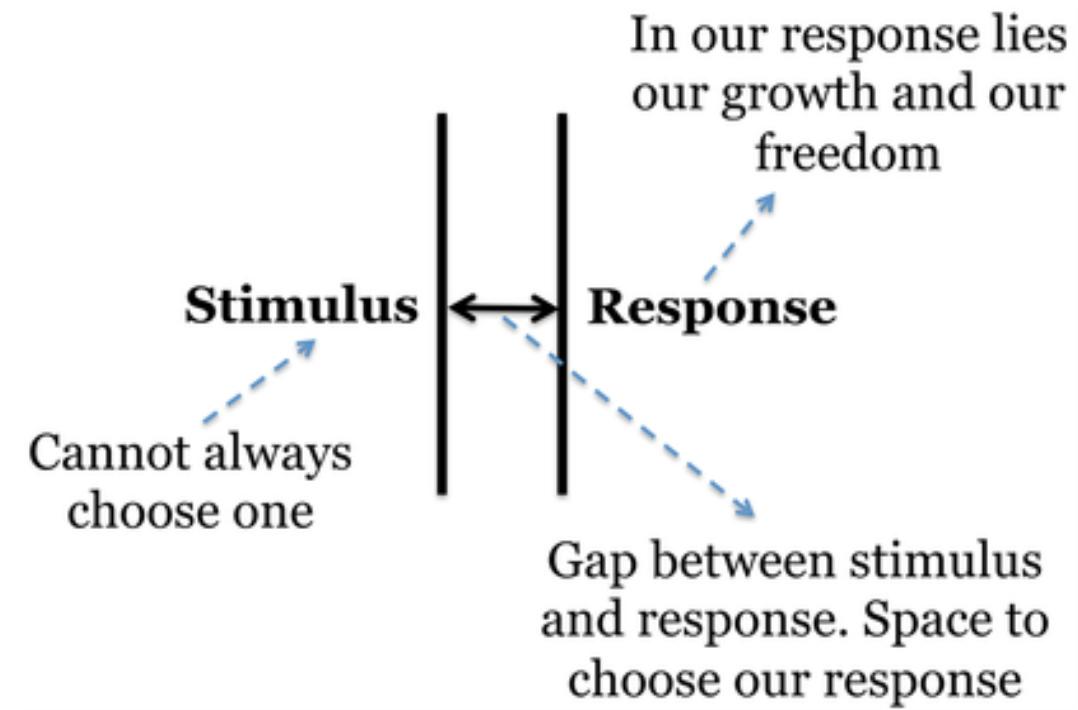
Continue feeling stressed



“

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

Vicktor E. Frankl



Your Brain on Mindfulness

Prefrontal Cortex

essential in focusing, analysis, short-term memory and decision-making

Hippocampus

cognition, learning, memory and the regulation of emotions

Amygdala

human “fight or flight” mechanism; responsible for generating feelings of fear, anxiety and stress

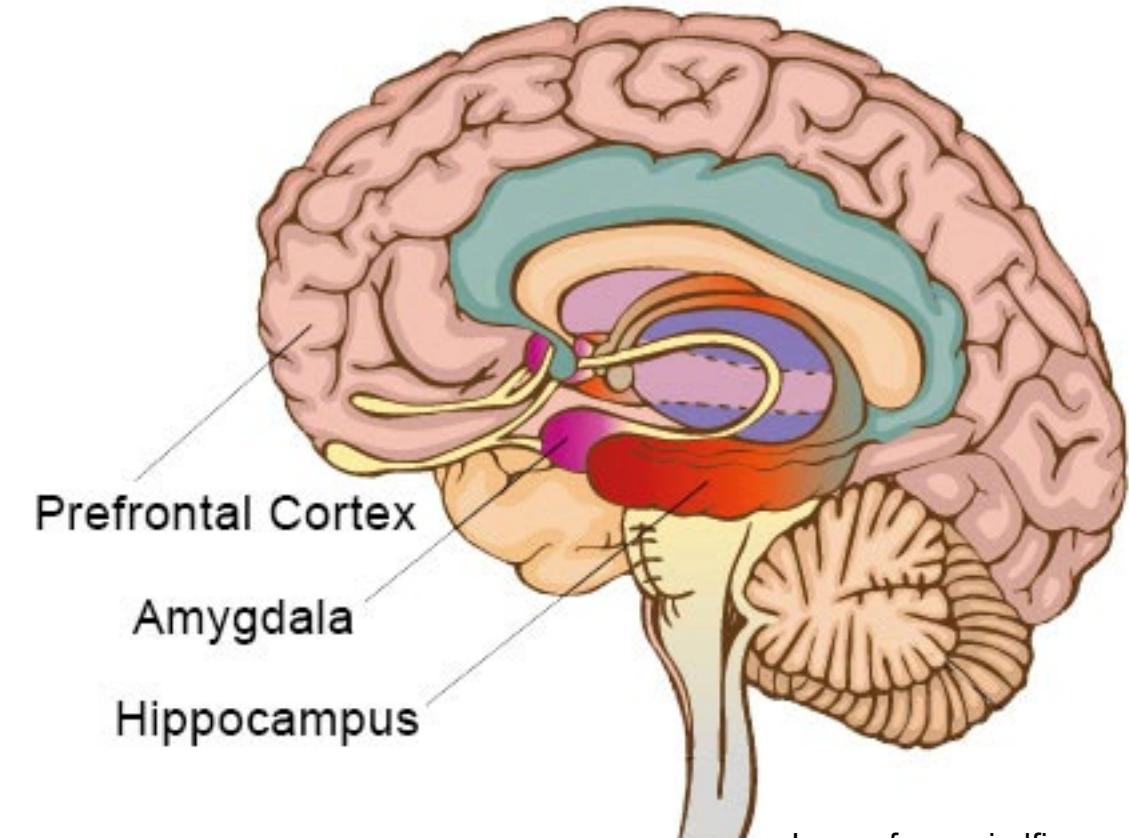


Image from mindfio.com

Mindfulness Practices

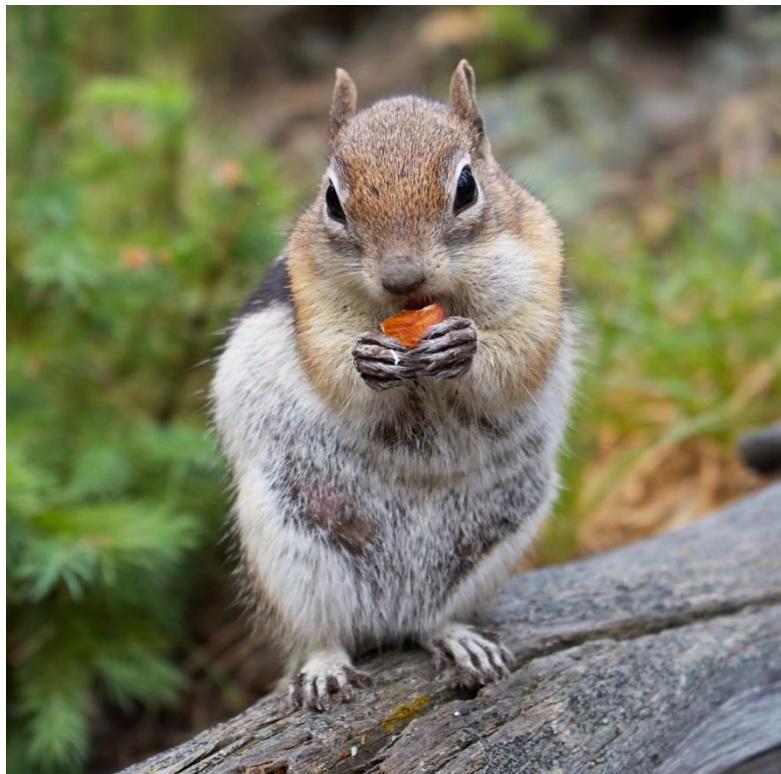
The simplest way to practice mindfulness is in the things that you already do!



Mindfulness Practices

The simplest way to practice mindfulness is in the things that you already do!

- ❖ eating



Mindfulness Practices

The simplest way to practice mindfulness is in the things that you already do!

- ❖ eating
- ❖ hygiene routines



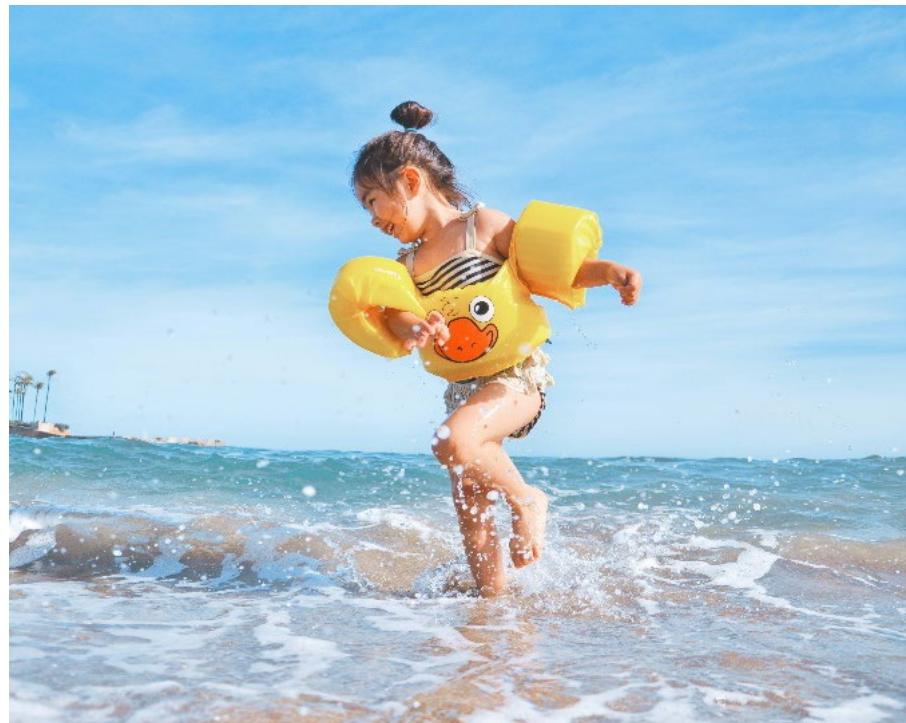
Mindfulness Practices

The simplest way to practice mindfulness is in the things that you already do!

- ❖ eating
- ❖ hygiene routines
- ❖ commuting



Mindfulness Practices



The simplest way to practice mindfulness is in the things that you already do!

- ❖ eating
- ❖ hygiene routines
- ❖ commuting
- ❖ play & movement

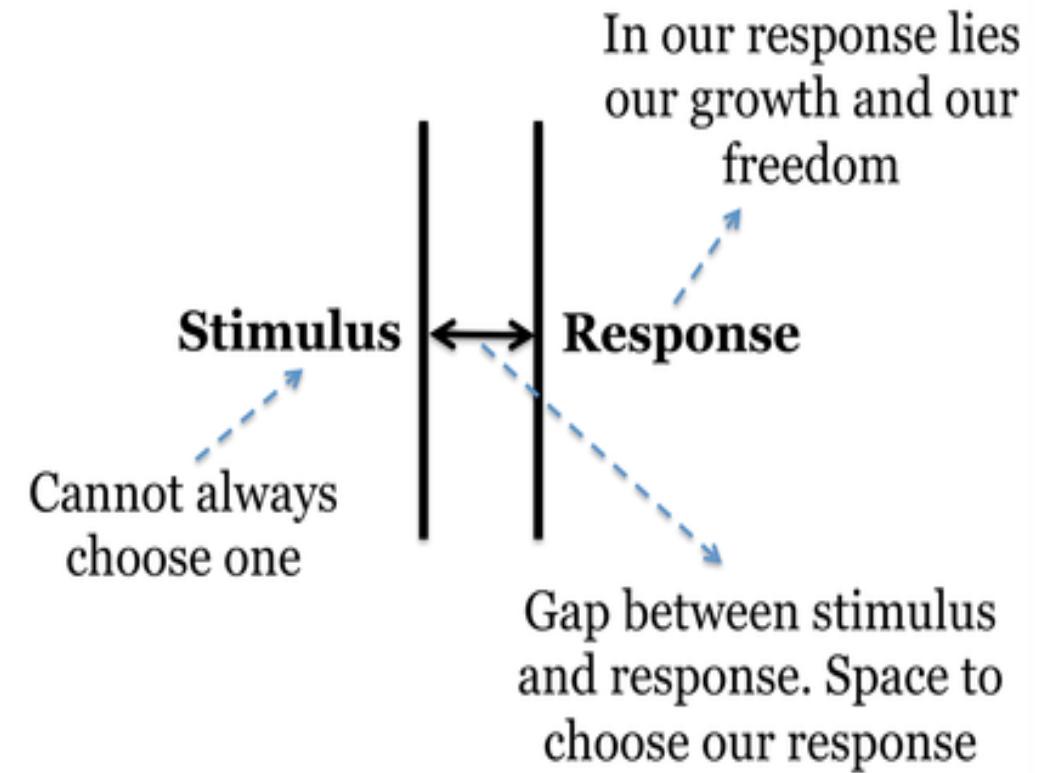
Mindfulness Practices



The simplest way to practice mindfulness is in the things that you already do!

- ❖ eating
- ❖ hygiene routines
- ❖ commuting
- ❖ play & movement
- ❖ BREATHING!!!

Mindful STOP



Mindful STOP



Stay what you are doing
Take a few deep breaths
Observe your inner experience
Pause & proceed purposefully

Mindful STOP

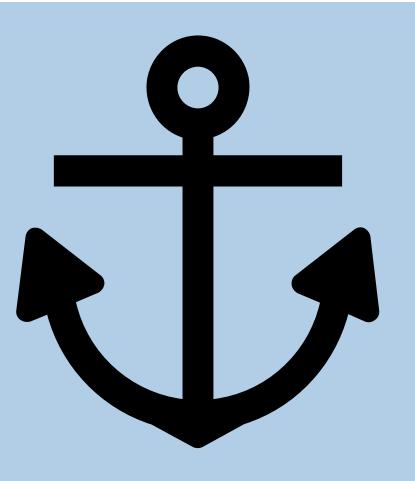


LET'S APPLY IT TOGETHER!

Let's do an activity called
Dropping an Anchor.

Use as a physical and cognitive
strategy for difficult moment.

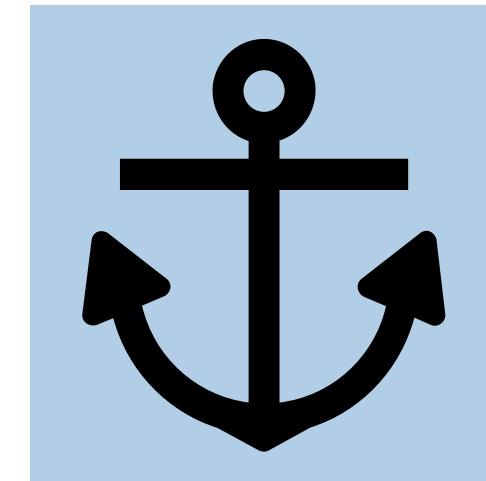
1. Follow along with the prompts.
Practice first with a “light” thought.



Drop an Anchor



Drop an Anchor



Adults who practice mindfulness experience...



Lower rates of
stress, anxiety &
depression



Greater life
satisfaction &
wellbeing



More self-
compassion &
empathy



Better
relationships with
friends & family



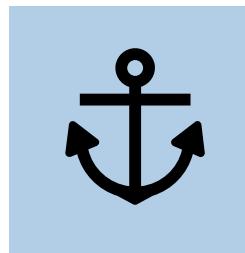
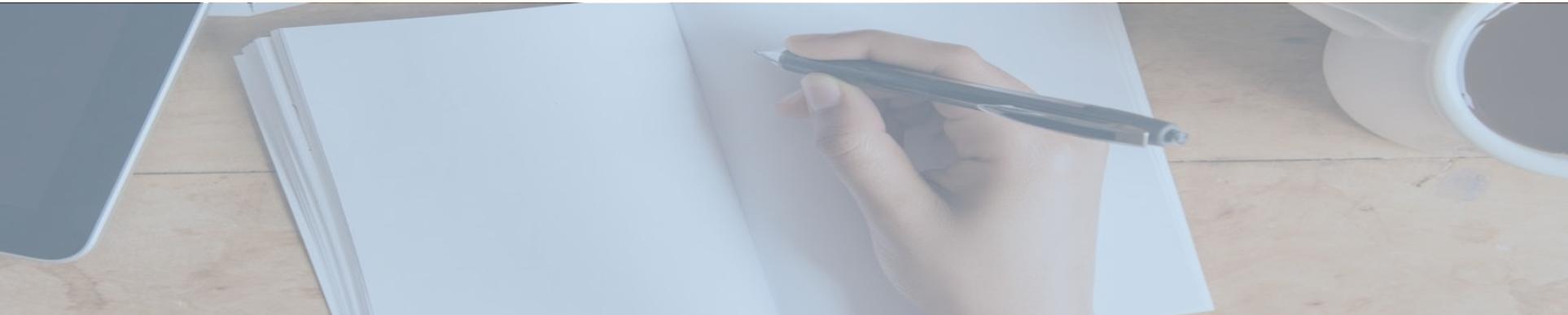
Higher ratings of
job performance



Better sleep and
physical health



Mindfulness Activities



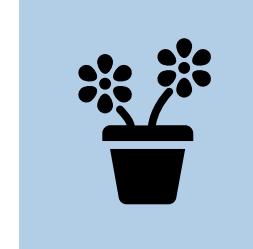
dropping
an anchor



Mindfulness Activities



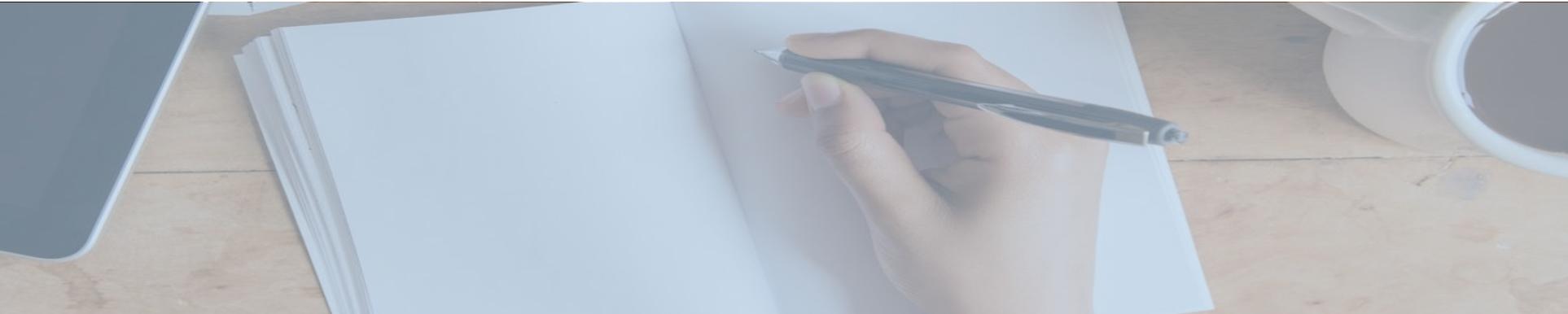
dropping
an anchor



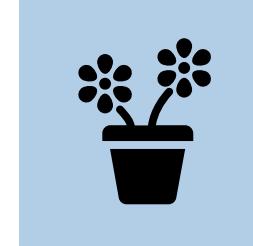
mindful
breathing



Mindfulness Activities



dropping
an anchor

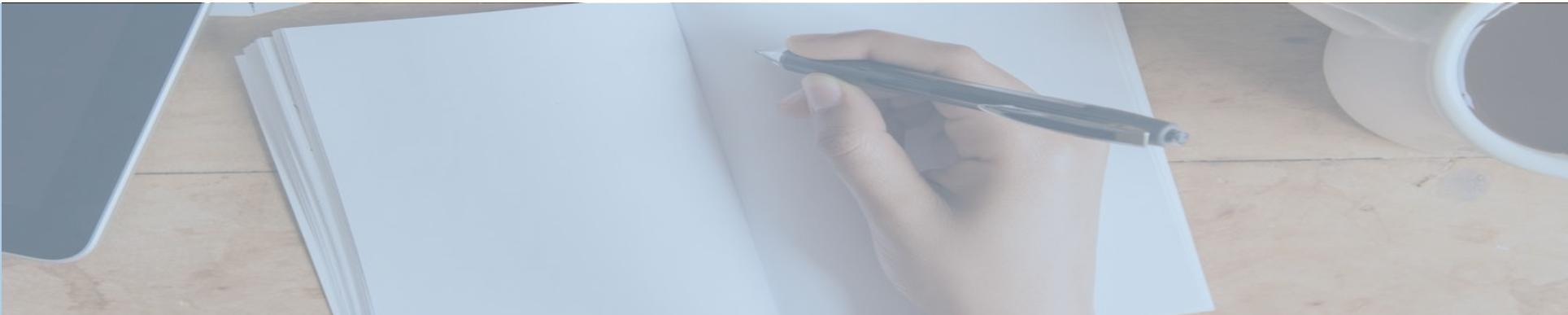


mindful
breathing

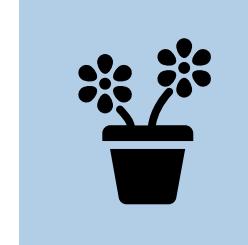


washing a
plate/mindful
chore

Mindfulness Activities



dropping
an anchor



mindful
breathing



washing a
plate/mindful
chore



soles
of the feet



QUESTIONS TO CHECK FOR UNDERSTANDING



- 1 How would you define mindfulness?
- 2 What has research identified as the benefits of practicing mindfulness?
- 3 What are clues that you are being mindful vs. mindless?
- 4 What are different ways you can integrate mindfulness into your day?
- 5 What does it mean to be mindful in the (virtual or physical) classroom?



DISCUSSION QUESTIONS



- 1 In what ways does our culture and current context make mindfulness difficult?
- 2 How did you notice mindfulness affecting your life? What were the positives and challenges?
- 3 One of the biggest difficulties with mindfulness is that there is no correct answer. It simply is about “being.” How well were you able to “be” in a given situation?
- 4 Mindfulness is important for values; it supports our ability to pause and engage with values. But we also have to value mindfulness? How can you support that value and practice?
Mindfulness is considered a core skill in ARC because it is vital to successfully implementing all other components. Look ahead at the later ARC modules. How does mindfulness underpin all those modules?
- 5

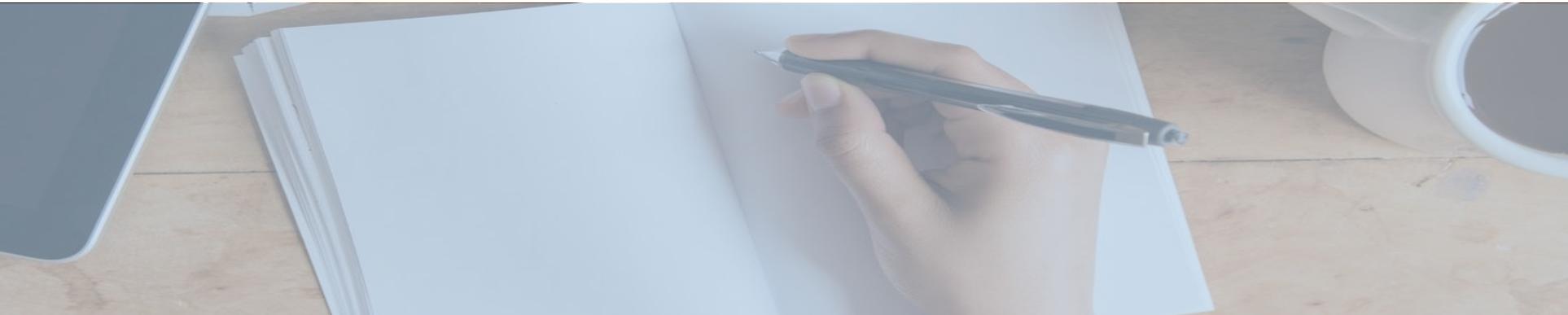
Recommendations



- ✓ Complete activity



Recommendations



- ✓ Complete activity
- ✓ Teach an activity

Recommendations



- ✓ Complete activity
- ✓ Teach an activity
- ✓ Create individual action plan