



# Adult Resilience Curriculum (ARC)

## Mindfulness












# WHO WE ARE



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# WHO WE ARE



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Regional Trainer





# The Adult Resilience Curriculum (ARC)

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# The ARC Modules

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*)



**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.

Evaluate the effectiveness of mindfulness strategies in the moment.

Our Hopes  
for Today

# Value



Be a  
supportive  
friend



# Action

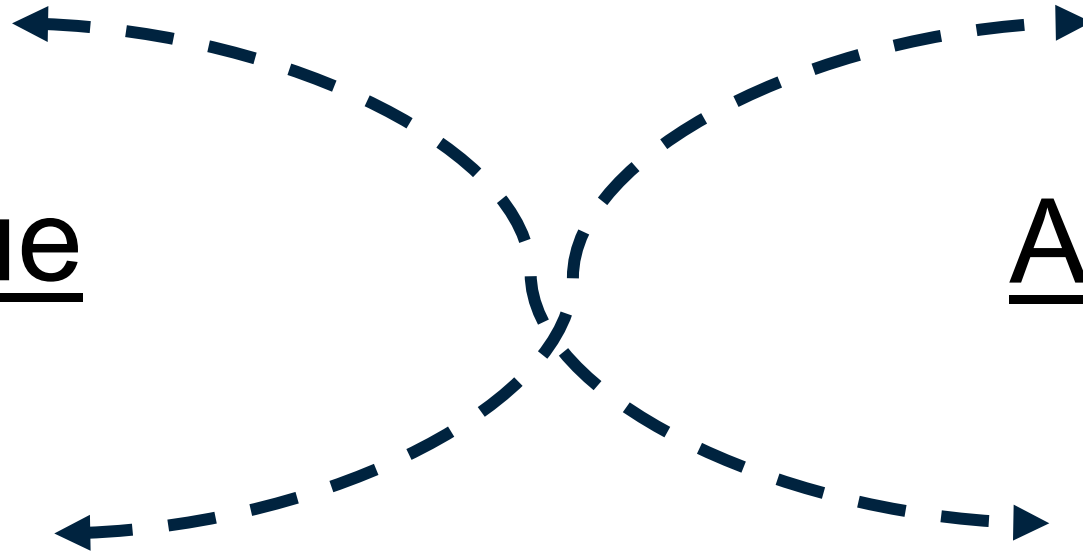
Showing interest  
in their passions  
even if you do not  
care as much





Value

Action





Value ← - - - - - → Action

Mindfulness





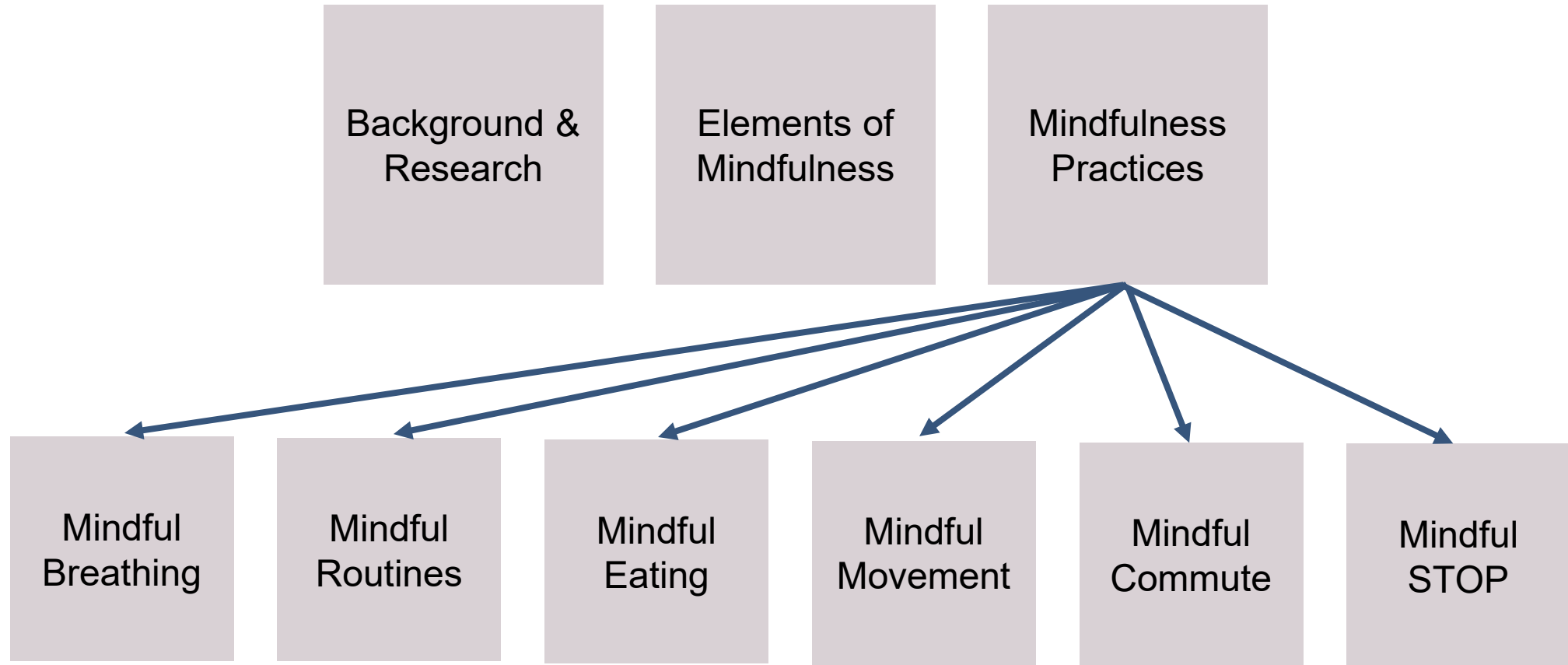
# Mindfulness Components

Background  
& Research

Elements of  
Mindfulness

Mindfulness  
Practices

# Mindfulness Components







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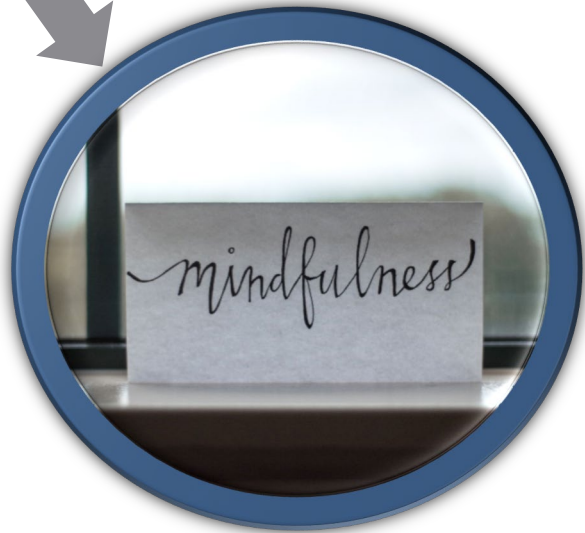
# Mindfulness

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

- Jon Kabat-Zinn

# Mindfulness

Purposeful  
awareness



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

- Jon Kabat-Zinn

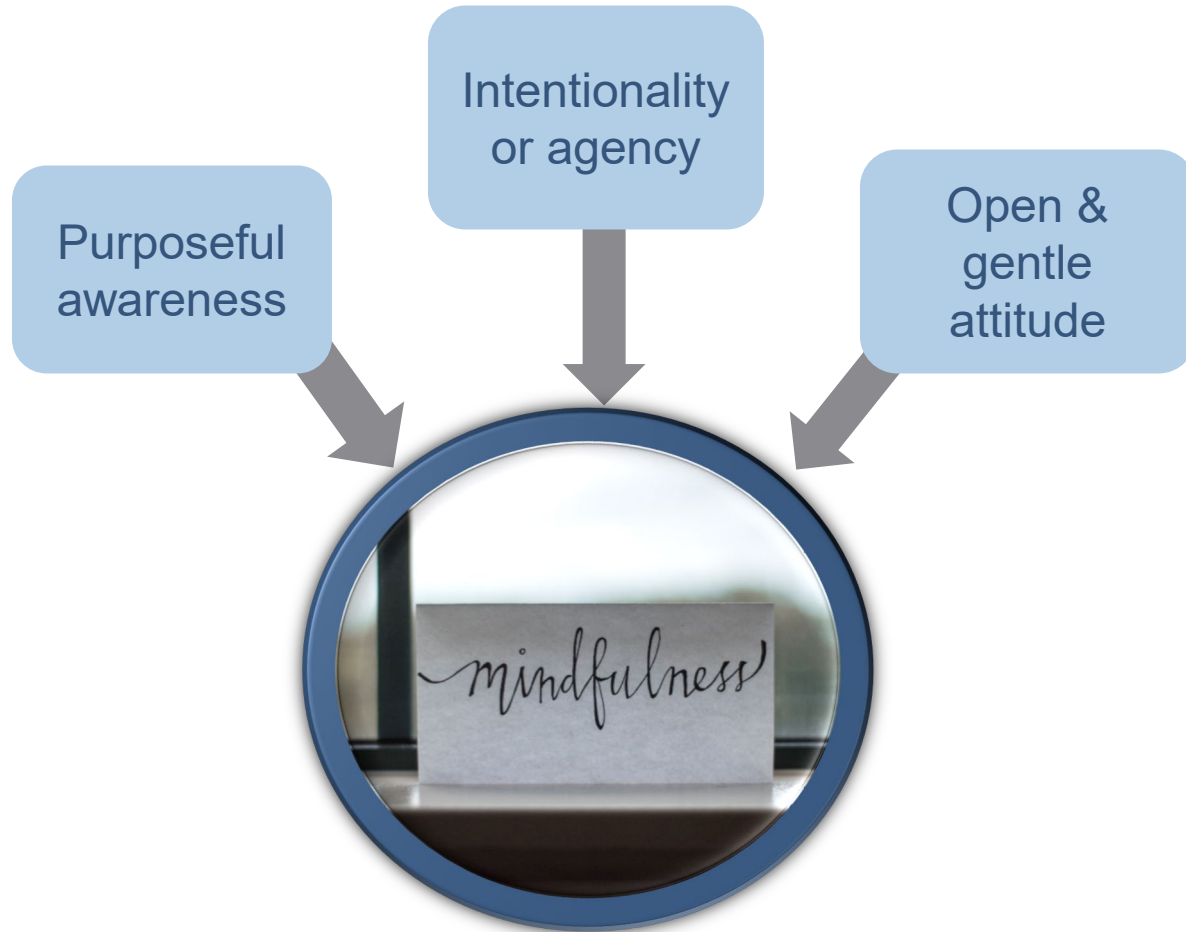
# Mindfulness



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

- Jon Kabat-Zinn

# Mindfulness



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

- Jon Kabat-Zinn





# 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

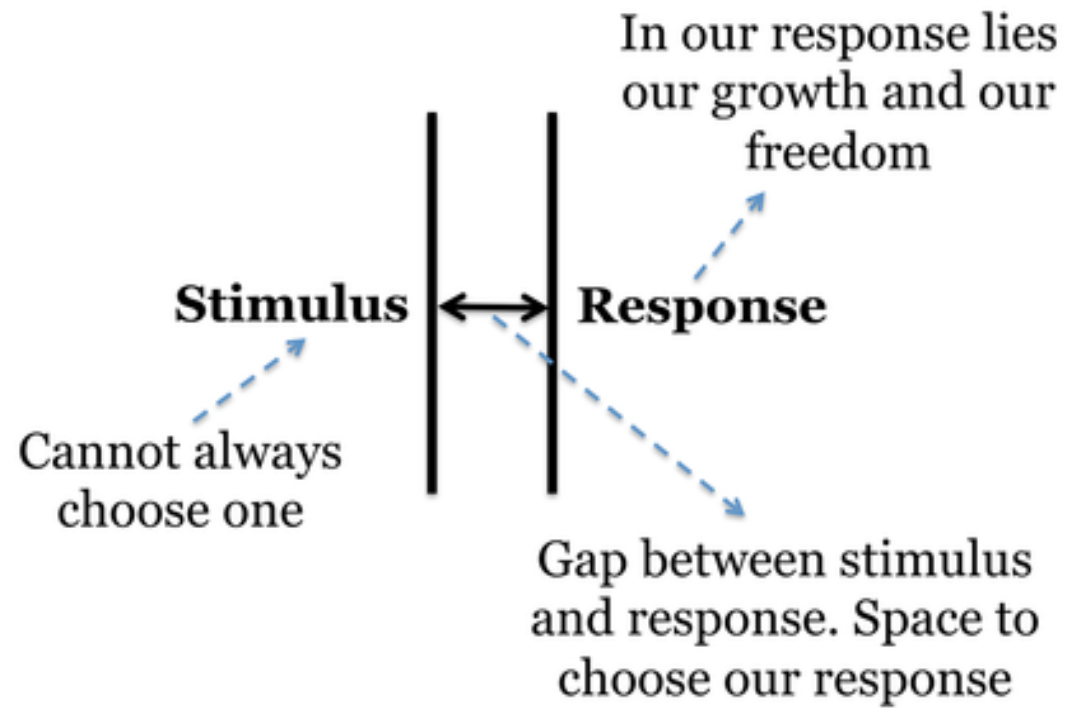


“

**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.**

”

Viktor 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

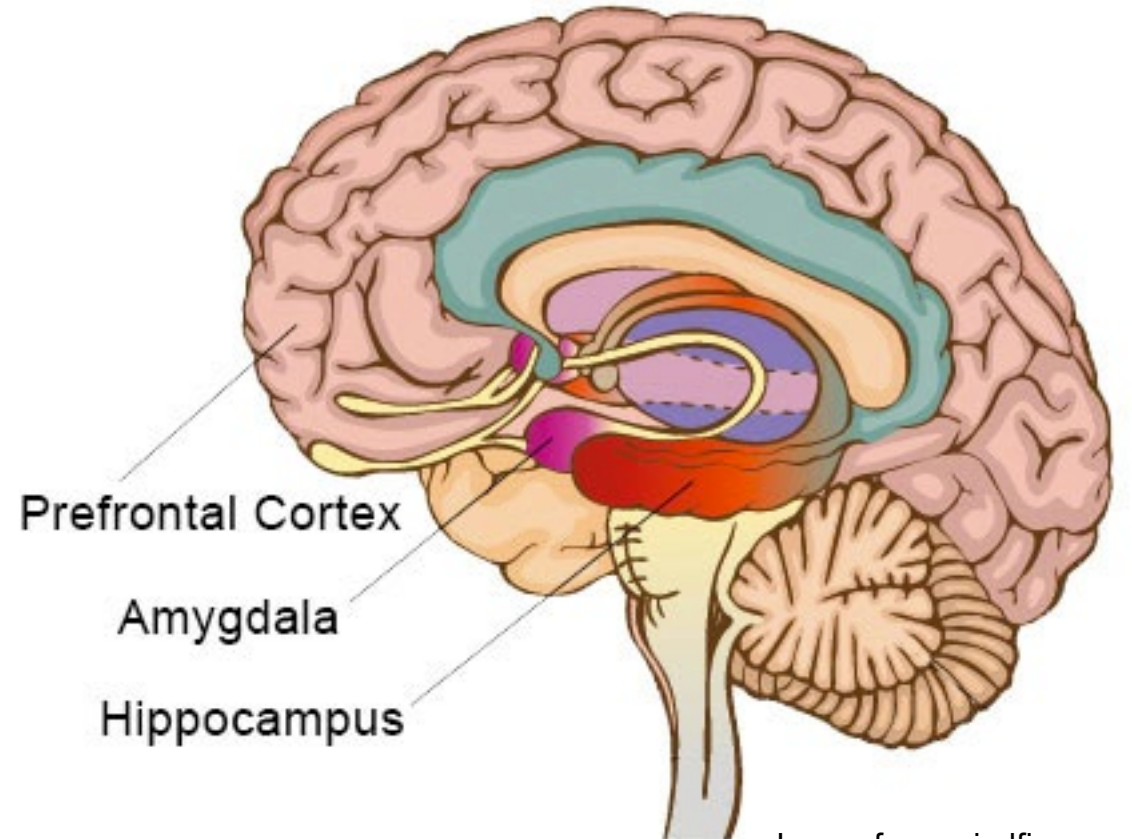


Image from mindfio.com



# 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

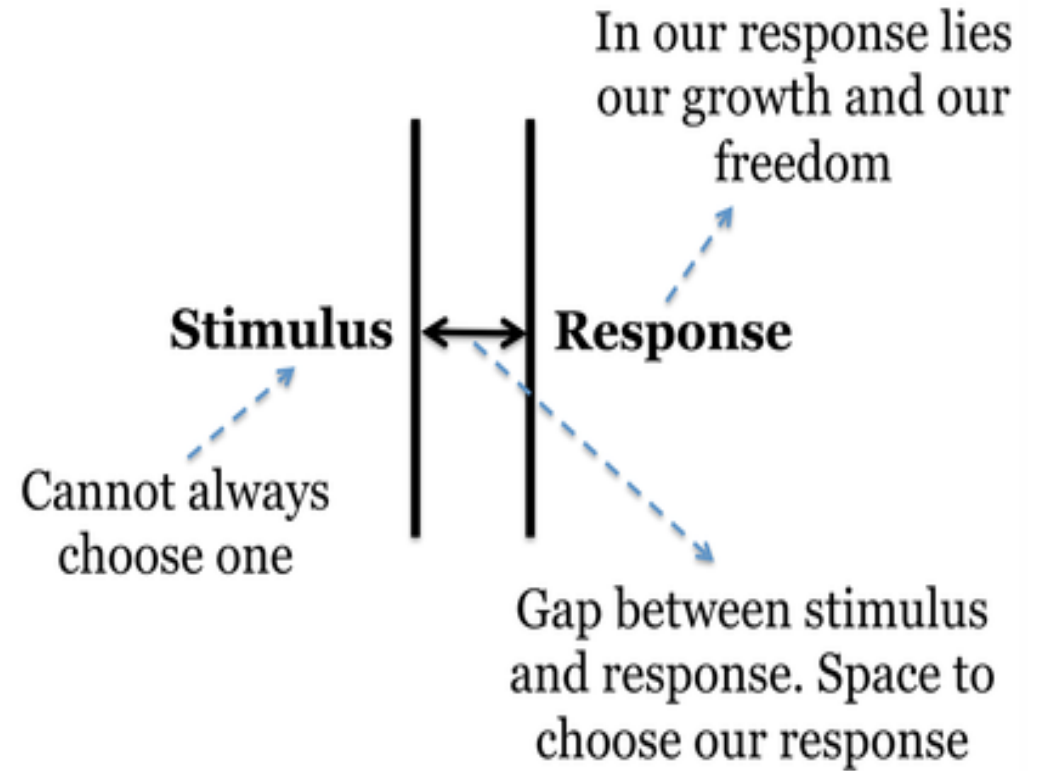


The simplest way to practice mindfulness is in the things that you already do!

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



# Mindful STOP



# Mindful STOP



**S**top what you are doing

**T**ake a few deep breaths

**O**bserve your inner experience

**P**ause & proceed purposefully

# Mindful STOP

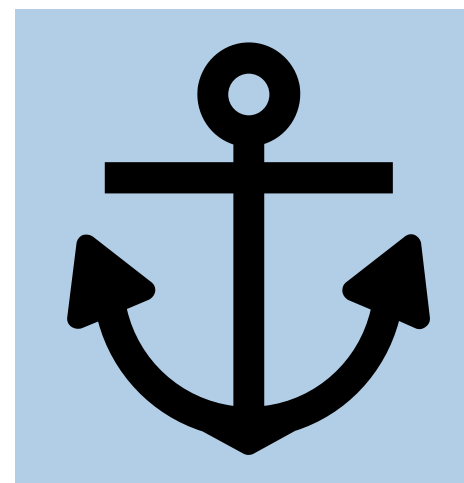


## LET'S APPLY IT TOGETHER!

Let's do an activity called  
Dropping an Anchor.

Use as a physical and cognitive  
strategy for difficult moment.

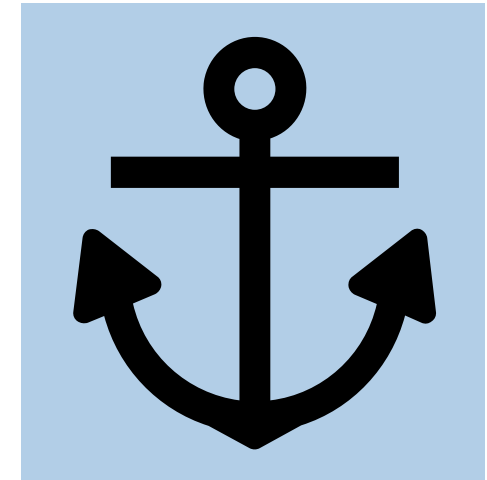
1. Follow along with the prompts.  
Practice first with a "light" thought.



# 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

# Recommendations



- ✓ Complete activity



# Recommendations



- ✓ Complete activity
- ✓ Teach an activity

# Recommendations



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