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- MBSR Teacher, UMASS Medical, 2015
- Yoga Calm Certified Trainer, 2015
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Introduction to Mindfulness

Agenda

- Mindfulness:
  - What is it?
  - Why be Mindful?

- Benefits of Mindfulness

- Neuroscience

- Breath Awareness

- Body Scan

- Mindful Movement
Mindfulness

“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn
Showing Up: All In

In the eye of the hurricane

Getting into the Zone

Openness
Peace, Calm, Stillness
Focused Attention
Patience
Creating space

Thinking about Thinking

The Present Moment
Taking a breath
In the Flow

Non-judging Awareness
Curiosity
Here & Now

Impartial witness/spectator
Coming back to your Senses

Watching & Observing
Medical Visits:

- Estimated 60-80% of Dr. visits = Stress Related Concerns (Rosch, 1997)

- Migraines, insomnia, high blood pressure, heart attacks, heart disease, anxiety disorders, & depression.
What’s at School?

- Lack of Focus
- Emotionally Dysregulated
- Anxious
- Impulsive
Benefits of Mindfulness:

- Decreased Stress & Anxiety
- Supports Management of Chronic Pain
- Enhances Attention & Executive Functioning
- Improves Emotion Regulation
- Increased Empathy & Understanding of Others

(Hozel et. al 2011)
Anderson Cooper’s Mindful Experience: 60 Minutes
Executive Functioning

Helps you execute:

● Attention & Focus
● Behavior
● Emotion Regulation
● Planning, Organizing, Thinking & Writing
All About the BRAIN

Hippocampus

Amygdala

Pre-Frontal Cortex (PFC)
A FLIPPED LID

FIGHT

FLIGHT

FREEZE
All about the PAUSE

“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 Frankl
George Mumford: On the Pause

“Respond from the center of the hurricane, rather than reacting from the chaos of the storm.”

School Findings

- Increase in Attention
- Increase in Social Skills
- Decrease in Anxiety
- Decrease in ADHD Behaviors

(Napoli, 2005; Saltzman, 2011)
Mindful Practices

“It’s all about being in the moment. All we have is the moment. There’s no past, there’s no future...it’s the moment. That’s it”

-----jazz legend, Sonny Rollins

● Breath Awareness
● Mediation
● Body Scan
● Mindful Movement
● Mindful Eating
● LovingKindness Meditation
● Gratitude Practice
Mindfulness in ISD 728
KARE 11 NEWS visits HASSAN Elem.

Cool in our schools
Mindful Apps

- Apps:
  - Stop, Breathe & Think
  - Calm
  - Sitting Still: Mindfulness App for Teens
Books to get you started...

- “Teaching Mindfulness Skills to Kids and Teens” edited by Christopher Willard & Dr. Amy Saltzman, 2015

- “The Way of Mindful Education: Cultivating Well-Being in Teachers and Students” by Daniel Rechtschaffen, 2014

- “Mindfulness for Teachers: Simple Skills for Peace & Productivity in the Classroom” by Patricia A. Jennings, 2015

- “The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time” by Dzung X, VO, MD 2015
Mindful Athletes:


Resources