

# LEADING WITH MINDFULNESS

Karen Wood

Superintendent

[kwood@barnegatschools.com](mailto:kwood@barnegatschools.com)

[Karenwoodedu.wordpress.com](http://Karenwoodedu.wordpress.com)

[@karenwoodedu](https://www.instagram.com/karenwoodedu)

[@woodbtsd](https://www.instagram.com/woodbtsd)

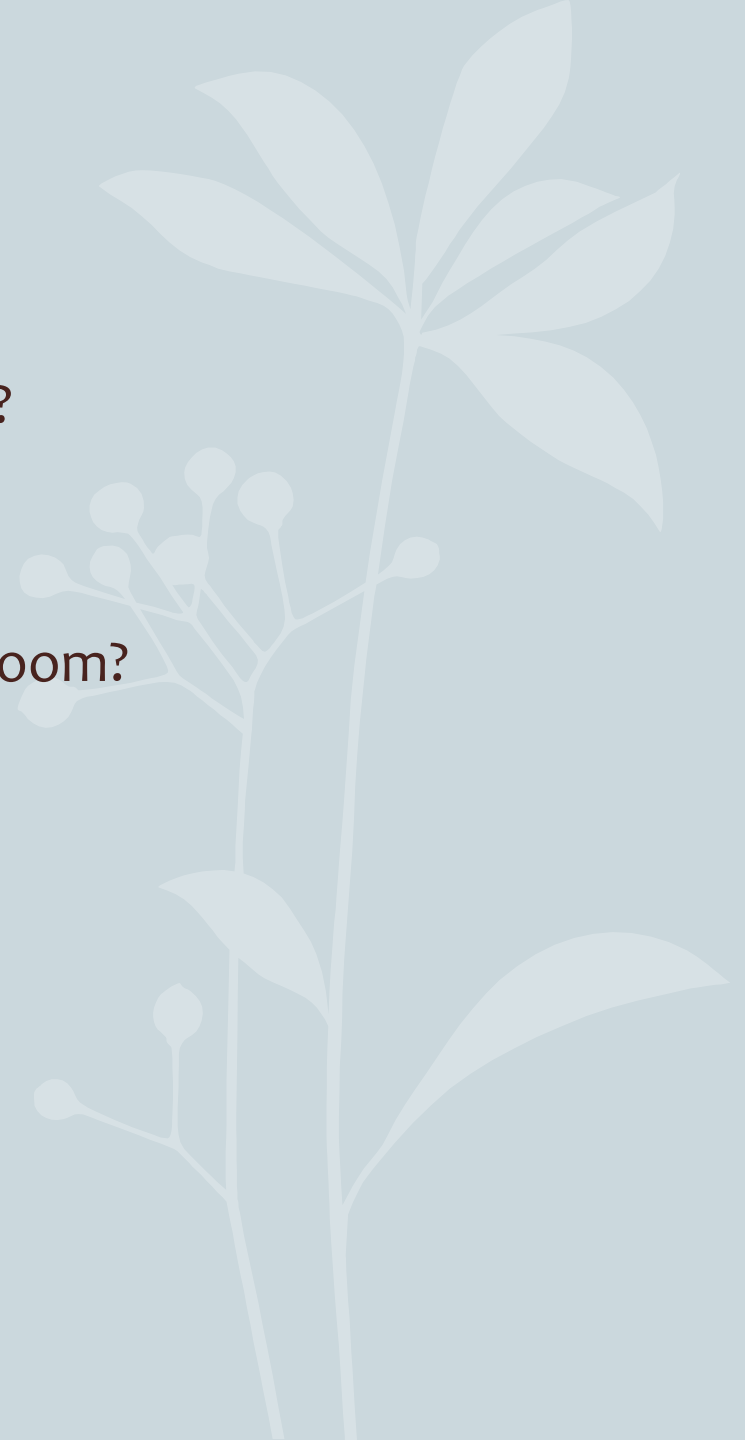
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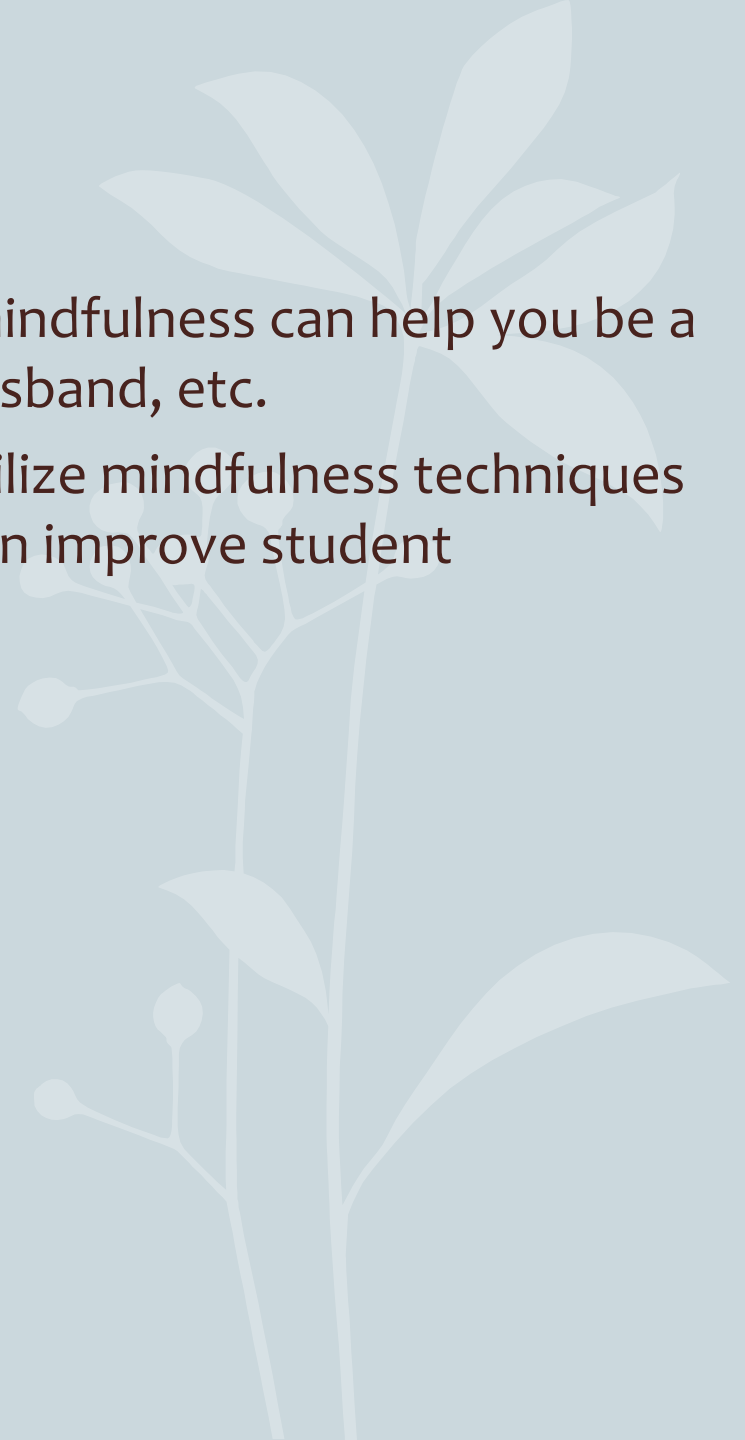
# Intro

- What is mindfulness?
  - What practices can you use to be mindful?
  - What have I used to be mindful?
  - How can we establish balance?
  - How can we use mindfulness in the classroom?
  - Why does it matter?
- 
- Who's in the room?



# Goals

- Learner will be able to understand how mindfulness can help you be a better teacher, administrator, mother, husband, etc.
- Learner will be able to understand and utilize mindfulness techniques to reduce student anxiety and maybe even improve student achievement!



# Mindfulness defined...

- The quality or state of being conscious or aware of something. “their mindfulness of the wider cinematic tradition.”
- a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Example...



# Why we need Mindfulness: Stress leads to anxiety...

- Healthline (2015) reported...

There is an increasing epidemic of benzodiazepine abuse, and it is very important that these drugs be considered only as a **short-term option for anxiety treatment** until more effective, more useful therapies are initiated.

Drugs do not cure anxiety, but they can help you manage your symptoms while you receive psychotherapy.

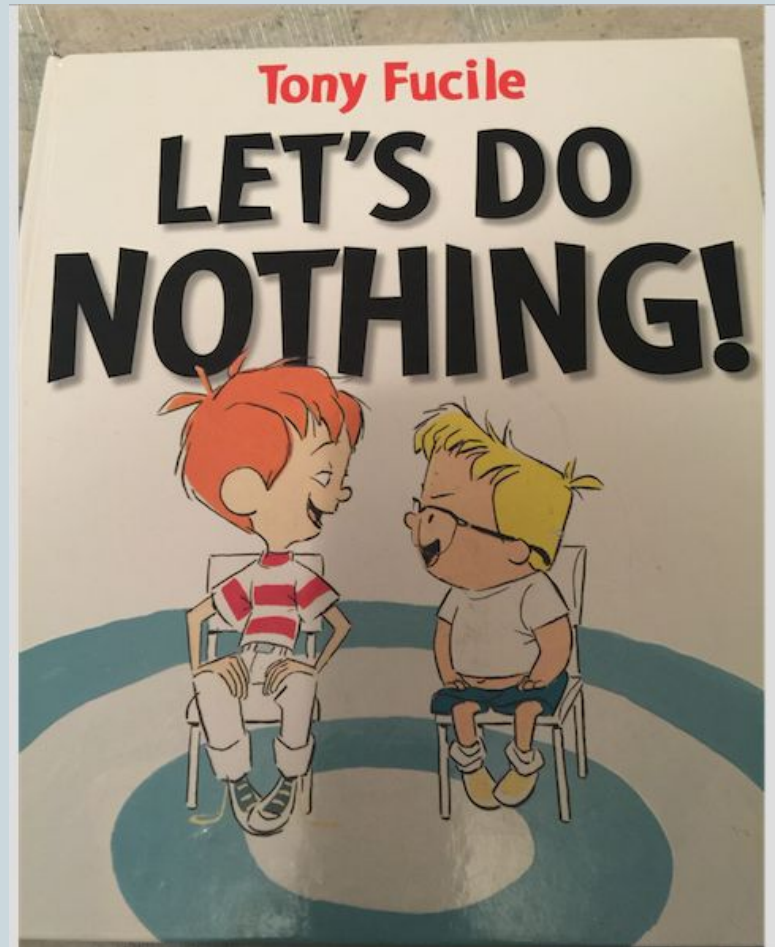


# Let's Do Nothing...

Can we truly do nothing?

## HEADLINES

- Stress levels in America soar by 30% in 30 years ~*Daily News*
- Stress levels increased since 1983, new analysis shows ~*USA Today*
- The most stressed-out generation? ~*Time*
- Why so Many People are Stressed and Depressed ~*Psychology Today* (2012-2016)



# Practices for YOU

- Journaling
- Coloring
- Yoga
- Exercising
- Meditation
- Reflection
- Painting
- Writing
- Set a Timer!
- Walking
- Breathing
- Reading
- Praying
- Breaking bread
- Socializing
  - With family
  - With friends

“Mindfulness Moment”  
Attention to the Breath  
Track # 3



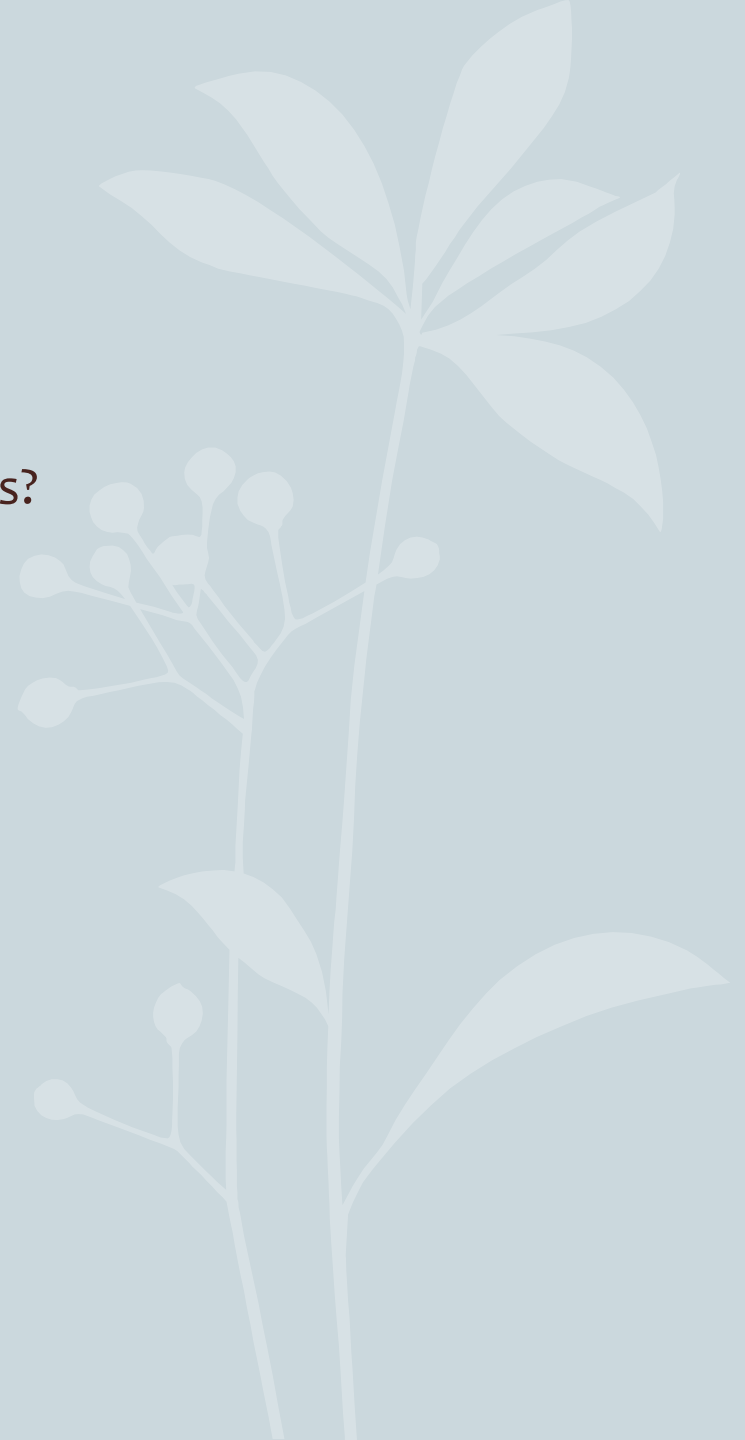
# Attention to the Breath

- Various breathing techniques
- Awareness
- Feel the breath
- Notice it coming in and going out of your body
- [Breathing Technique](#)



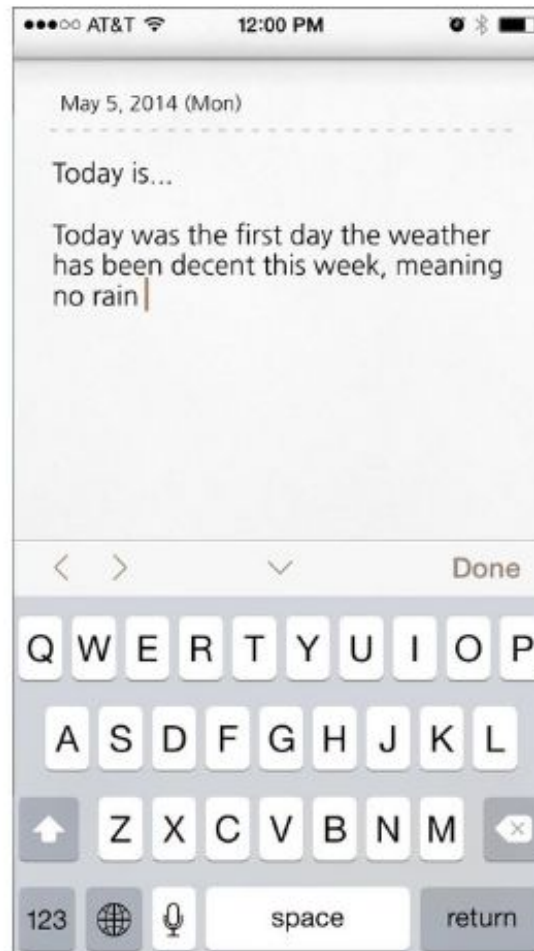
# “Mindfulness Moment”

- It's time to Journal
- Prompt:
  - Why do you want to learn about mindfulness?
  - What are you grateful for?
  - Share (if you wish)



# Journaling

## My Wonderful Days



# Journaling

- The 5 Minute Journal App



# Mindfulness strategies help us...

- “If you teach children to listen to their body’s signals, they will learn from an early age that the body not only does what it is told but also sends out important signals that they can feel.”

*Sitting Still Like a Frog ~Eline Snel*



- [Inside Out](#)

- Acknowledge what the body needs...



# Practices I use...

- Journaling
- Yoga
- Exercise
- Meditation
- Reflection
- Writing
- Music!
- Walking
- Breathing
- Reading
- Praying
- Breaking bread
- Socializing
  - With family
  - With friends

“Mindfulness Moment”  
Surfing, 3 C’s, Serenity

# Learning to Surf...

“The most important step in the process of learning to surf is stopping and observing. Stopping and looking closely at the situation enables you to respond differently to difficult circumstances. Your response can then be less driven by frustration or automatic behavior and can thus be milder and more understanding. You can begin to see that it is not the situation that is causing problems but your reaction to it.”

*~Sitting Still Like a Frog...Eline Snel*



# The Three C's... The Serenity Prayer

- I didn't cause it...
- I can't control it...
- I can't change it...

“God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”



“Mindfulness Moment”

The Pause Button

Track # 5

# Coloring

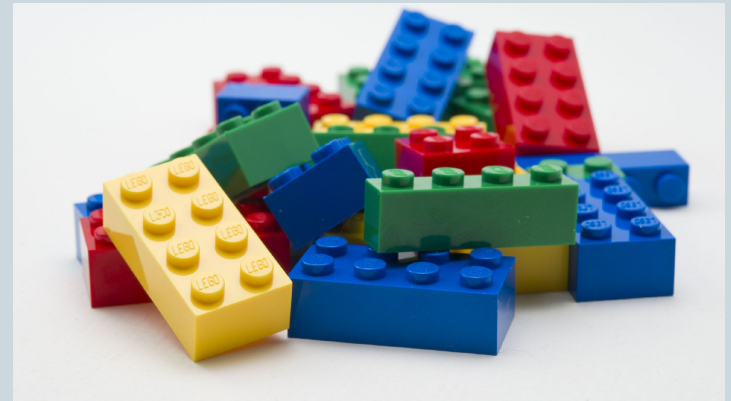
- Your brain experiences relief by entering a meditative state
- Stress and anxiety levels have the potential to be lowered
- Negative thoughts are expelled as you take in positivity
- Focusing on the present helps you achieve mindfulness
- Unplugging from technology promotes creation over consumption
- Coloring can be done by anyone, not just artists or creative types
- It's a hobby that can be taken with you wherever you go

CNN and CBS, 2016

# “Mindfulness Moment” Coloring

# How mindfulness impacts the classroom...

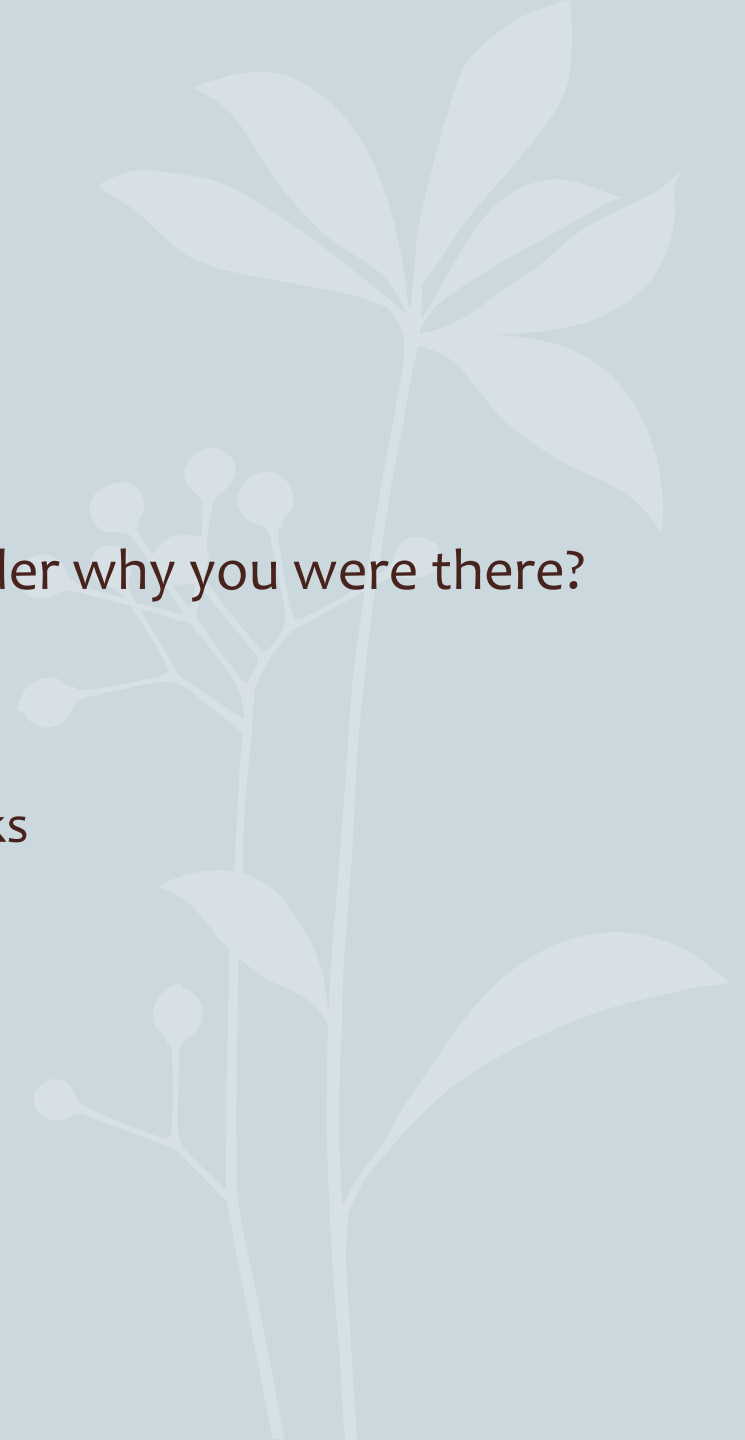
- <https://youtu.be/2i2B44sLVCM>
- When might you use mindfulness in the classroom?
- How can it help your class?
- Let's brainstorm some strategies to improve classroom climate...
- Get up and write it down...



“Mindfulness Moment”  
The Spaghetti Test  
Track # 4

# How the brain works...

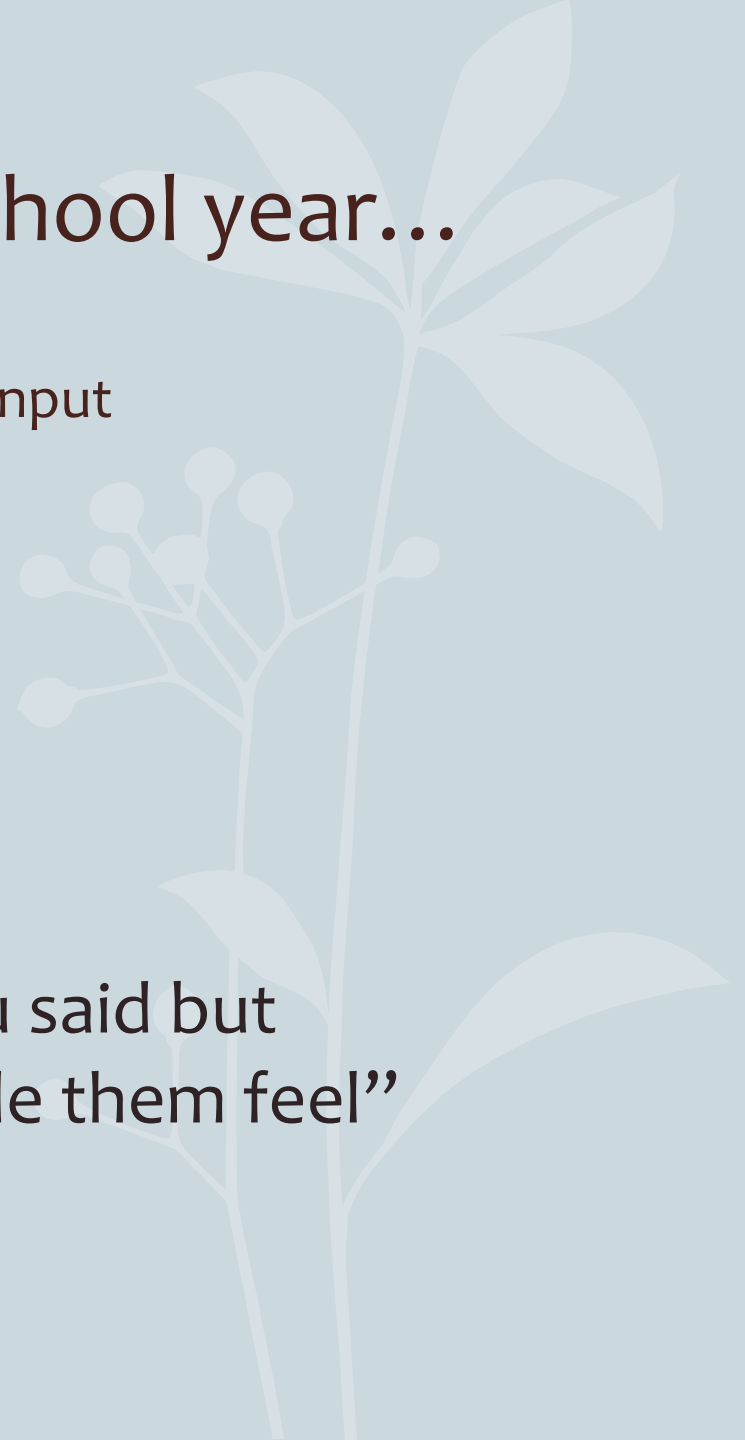
- Brain based instruction
  - (repeat, recall strategies)
- Did you ever walk into a room and wonder why you were there?
- Metacognition
  - Teach students about HOW the brain works
  - Teach students about mindfulness
- Make it fun!



# Setting the tone for the school year...

- Take inventory
- Assess student needs and ask for parent input
- Check often
- Monitor and adjust

“People forget what you said but remember how you made them feel”







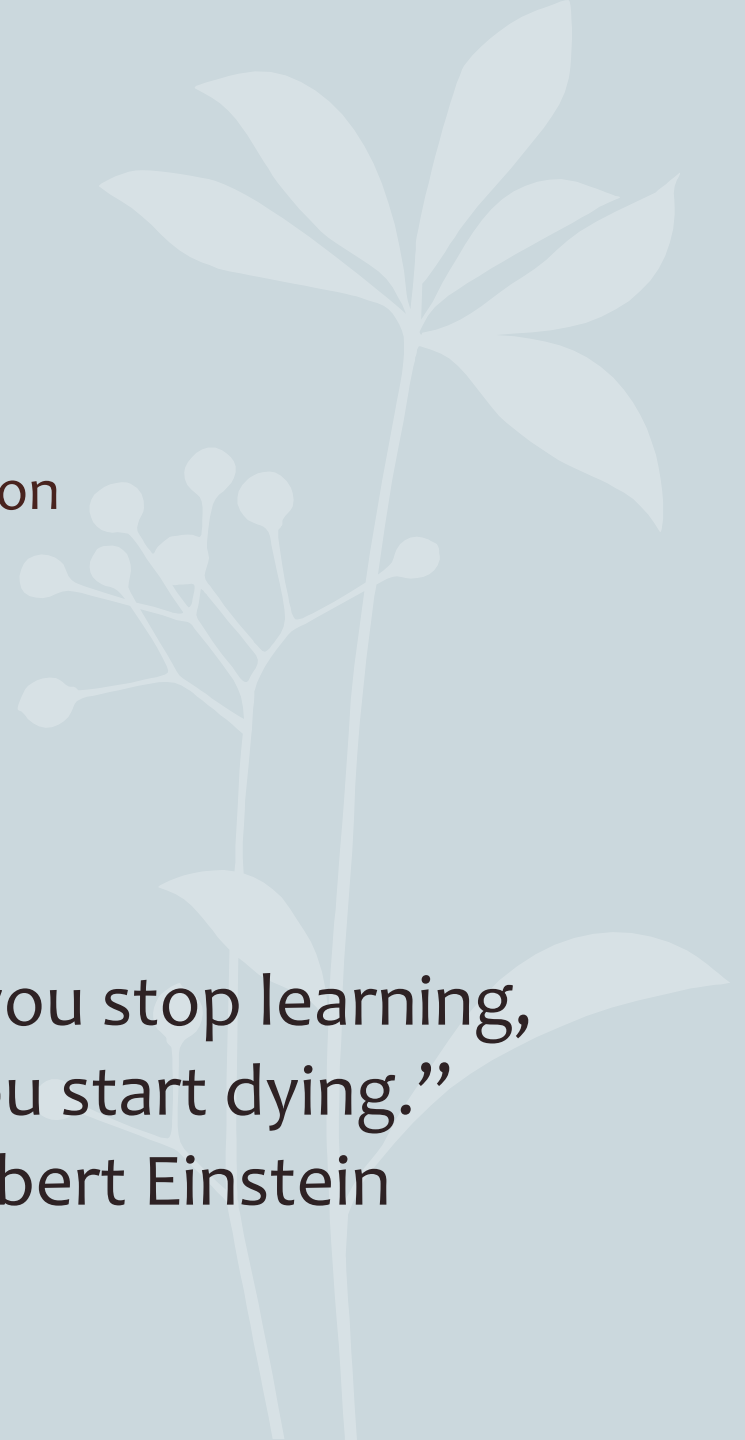
Coming soon...

# DEVELOPING A GROWTH MINDSET

# The power of “not yet”

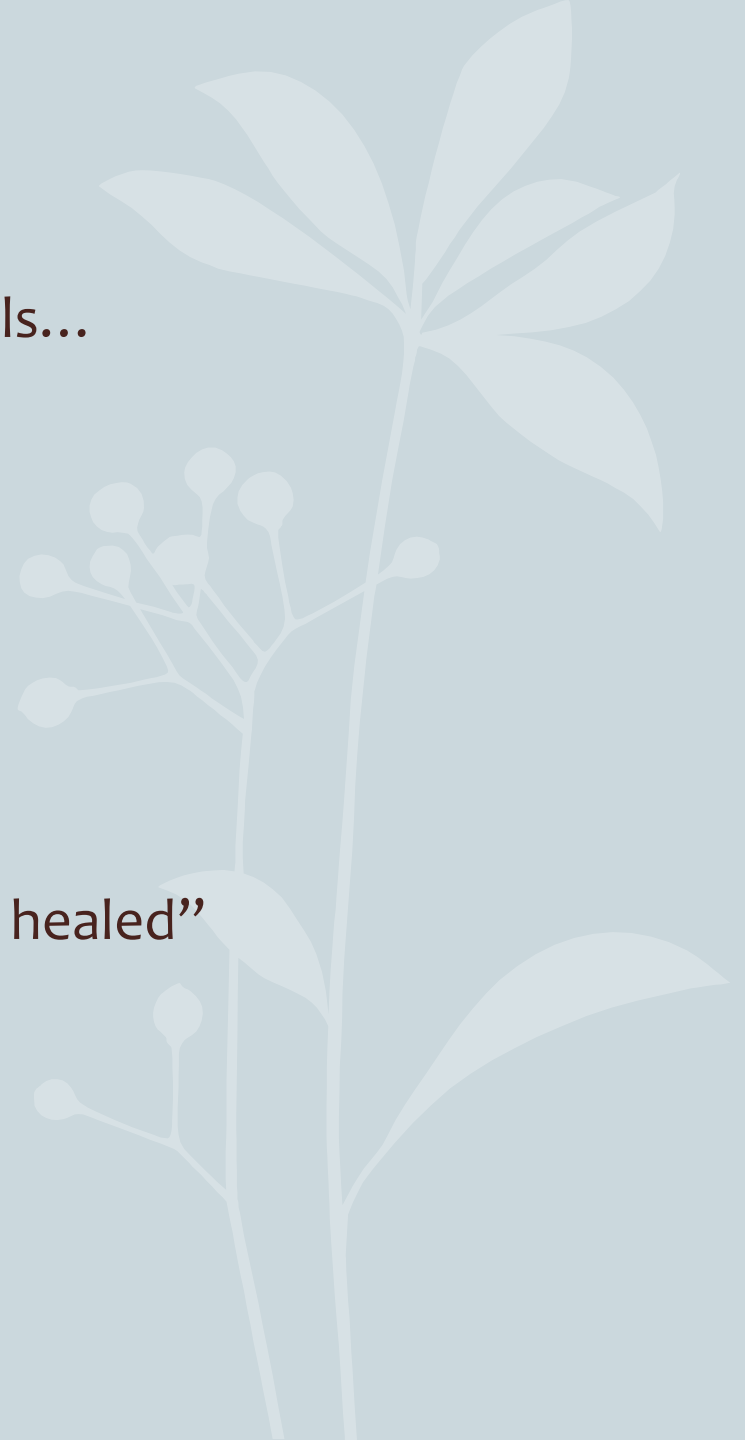
- Not quite there yet
  - I think you can do better
  - I know you are capable of more information
  - Re-doing this could raise your grade
  - Let’s try it again...
- 
- Delayed gratification
  - Self- Control

“Once you stop learning,  
you start dying.”  
~Albert Einstein



# Imagine...

- Think of the needs of every student as cells...
- What could happen?
- "Here Comes the Boom"
  - "The entire system is healed"





**THANK YOU!**