

Stop. Drop In. Breathe.

Mindfulness Parent Information Session

Kara Budden, OT(c)

"Realize deeply
that the present moment
is all you ever have."

☞ Eckhart Tolle



now

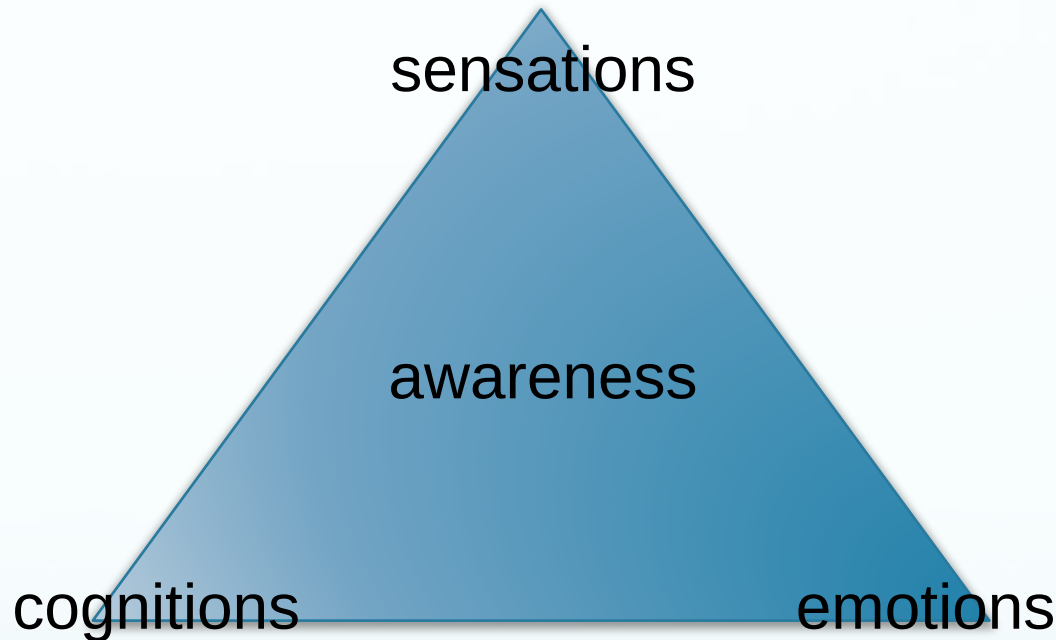
tomorrow

anxiety

depression

yesterday

What is Mindfulness?



Catherine R. Phillips, 2014

Dr. Jon Kabat-Zinn says that mindfulness is, "paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment."



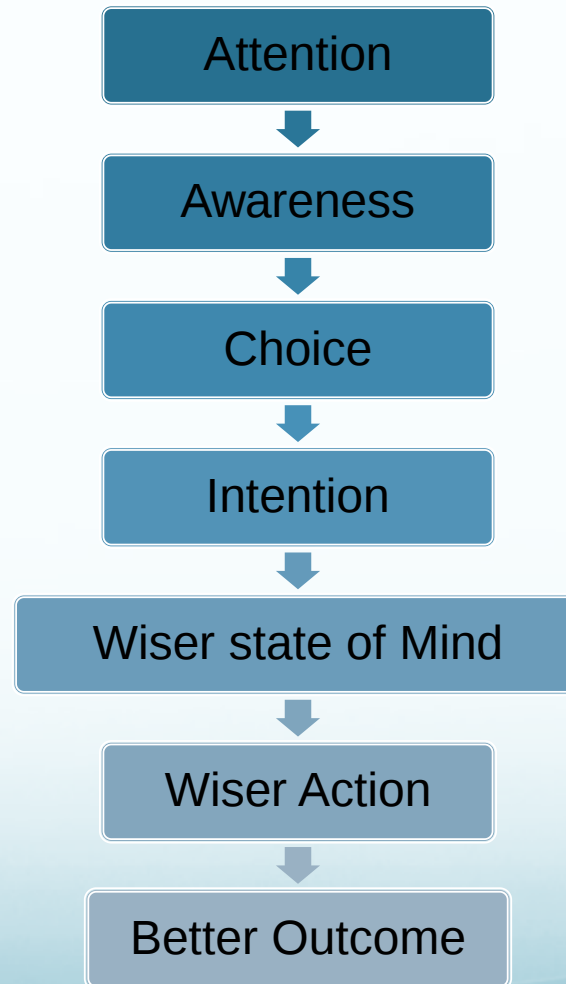
Attention Starts with the Breath



Stop. Drop-in. Breathe.

Mindfulness :

A platform for the Human Curriculum



Why Mindfulness?

Reaction vs. Response

Without mindfulness:



With mindfulness:

Replace impulsive reactions with thoughtful responses



Evidence for Mindfulness: Impacts on the Wellbeing and Performance of Students: Mindup ® results

Emotion ↑

58% Increased Compassion
58% tried to help one another more often.
81% Improved Self-Concept
81% learned to make themselves happy.
82% Improved Optimism

Executive Function ↑

75% Improved Planning and Organization
30% Increased Emotional Control
54% Increased inhibitory response

Well Being ↑

2/3 Increased Happiness
78% more relaxed.

Academics ↑

Improved Math Achievements

Social Behavior ↑

90% Felt they get along better.
64% Increased Empathy
56% Increased Social Acceptance
56% Peer acceptance.

TEDxYouth @MileHigh

Why Aren't We Teaching You Mindfulness – AnneMarie Rossi



Be. Here. Now.



