

BE WELL: Learning to Practice Mindful Self-Compassion in Working with Children, Families, and Professionals

Research

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- Flook, L., Goldberg, S.B., Pinger, L, Davidson, R.J. (2015). Promoting prosocial behavior and self-regulatory skills in preschool through a mindfulness-based kindness curriculum. *Developmental Psychology, 51*(1), 44-51.
- Jennings, P. A. (2014). Early childhood teachers' well-being, mindfulness and self-compassion in relation to classroom quality and attitudes towards challenging students. *Mindfulness*.
- Whitaker, R. C., Becker, B. D., Herman, A. N., & Gooze, R. A. (2013). The physical and mental health of Head Start staff: the Pennsylvania Head Start staff wellness survey, 2012. *Preventing Chronic Disease, 10*.
- Whitaker, R. C., Dearth-Wesley, T., & Gooze, R. A. (). Workplace stress and the quality of teacher-children relationships in Head Start. *Early Childhood Research Quarterly, 30*, 57-69.
- Whitaker, R. C., Dearth-Wesley, T., Gooze, R. A., Becker, B. D., Gallagher, K. C., & McEwen, B. S. (2014). Adverse childhood experiences, dispositional mindfulness, and adult health. *Preventive Medicine, 67*, 147-153.

Books for Administrators/Teachers:

- *The Way of Mindful Education: Cultivating Well-being in Teachers and Students*- by Daniel Rechtschaffen
- *The Mindful Teacher*: Elizabeth MacDonald and Dennis Shirley
- *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*- by Patricia A. Jennings

Books for Families/Caregivers:

- *Parenting Your Stressed Child* – by Dr. Michelle Bailey (at Duke Integrative Medicine)
- *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* – by Susan Kaiser-Greenland
- *Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child* – Shauna Shapiro and Chris White
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* – by Eline Snel
- *Planting Seeds, Practicing Mindfulness with Children* – by Thich Nhat Hanh

Books for Children:

- *A Still Quiet Place: Mindfulness for Young Children* (Audio CD or MP3) by Amy Saltzman
- *How to Train a Wild Elephant & Other Adventures in Mindfulness: Simple Daily Mindfulness Practices for Living Life More Fully & Joyfully* - by Jan Chozen Bays
- *Mindful Monkey, Happy Panda* – by Lauren Alderfer and Kerry Lee MacLean
- *A Handful of Quiet: Happiness in Four Pebbles* – by Thich Nhat Hanh
- *A Pebble for Your Pocket* – by Thich Nhat Hanh

Mindfulness Websites:

- Mindful Schools: www.mindfulschools.org. This organization was one of the first programs to bring mindfulness curricula to schools.
- MindUp: www.thehawnfoundation.org. MindUp is a curriculum developed by researchers, funded by The Hawn Foundation, and published by Scholastic Books.
- Greater Good: <http://greatergood.berkeley.edu/>. Focused on research into social and emotional well-being and helping people apply this research to their lives. Includes information on mindfulness, teaching mindfulness to children, and using mindfulness in different settings.
- Mindful: <http://www.mindful.org/> Publishes a bi-monthly magazine as well as the website: offers a wide range of resources, including tips on being more mindful in daily life.

- Mindfulness in Education: <http://www.mindfuleducation.org/> . An extensive resource for mindfulness in education. Resources are available for adults, children, teens and education in general.
- Mindfulness in Education Network: <http://www.mindfuled.org/> . This website is useful for educators who are interested in bringing mindfulness into schools and education settings. There are links to many resources.
- Contemplative Teaching and Learning Initiative at the Garrison Institute: www.garrisoninstitute.org
- Cultivating Awareness and Resilience in Education: www.care4teachers.org
- Seven ways mindfulness can help teachers by Tish Jennings:
http://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers
- Brief online measurement of the stress in your life: <https://www.bemindfulonline.com/test-your-stress/>

Resources on Stress and Coping

Adverse Childhood Experiences:

ACES Connection www.acesconnection.com

CDC www.cdc.gov/ace

Childhood Trauma Information:

- Sanctuary Model: www.sanctuaryweb.com
- The *National Childhood Traumatic Stress Network* has many research and evidence-based strategies for working with children and families who experience traumatic stress <http://www.nctsn.org>
- This TED talk describes we can engage people in understanding childhood traumatic stress
http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Other Resources

Online Mindfulness Courses:

- Free ONLINE Mindfulness-Based Stress Reduction (MBSR) training. <http://palousemindfulness.com/>
- Awareness Training Institute and Greater Good Science Center at the University of California at Berkeley will be offering online certification beginning Fall 2018 <http://www.soundstrue.com/store/ati-teacher-training>

Free Audiorecordings of mindfulness tools:

- UCLA Mindfulness Awareness Research Center: <http://marc.ucla.edu/body.cfm?id=22>
- University of Virginia School of Medicine Wellness Programs:
<http://www.medicine.virginia.edu/clinical/departments/medicine/divisions/general-med/wellness/the-mindfulness-center/audio>
- University of Vermont Center for Health and Healing: <https://www.uvm.edu/health/mindfulness>
- Lovingkindness and self-compassion break tools: www.centerformsc.org
- Body Scan: <https://soundcloud.com/mindfulmagazine/3-minute-body-scan-meditation>
- Mindful Breathing: <https://soundcloud.com/mindfulnesswithoutborders/tuza-practice?in=user-320908703/>

APPS and Software:

There are many mindfulness apps. Insight Timer is a favorite; you can keep track of your meditation sessions and connect with thousands of others worldwide who are practicing mindfulness. Mindful Clock is an app that will sound a bell periodically during the day (or however you set it) to remind you to bring your awareness to the present moment.

There is also software that works similarly that can be installed on your computer:

- Insight Timer <https://insighttimer.com/>
- Mindful Clock <http://marcusmoeller.github.io/mfc/>
- Other app and software info: <http://plumvillage.org/mindfulness-practice/mindfulness-software/>
- Over 200 guided meditations to help with relaxation, pain, better sleep, etc.:
<http://www.meditationstudioapp.com/>

Mindful Walking

In this mindful activity, you simply bring your full attention to the simple act of walking.

With this mindfulness technique, you become consciously aware of and absorbed in the movement of your body as you walk.

Concentrate on the feel of the ground under your feet, or your breathing as you travel. Observe what is going on around you in the world, you don't have to try and ignore or blot out anything. Just observe everything that you experience, staying in the present moment as you do so. If thoughts pop up, just let them go and return your awareness to the walk.

The great thing about this activity is that you can practice it any time you walk, at a moment's notice. On your coffee break, in short trips from one room to another - anytime you are walking.

Mindful Coffee

After you have made your warm beverage of choice simply sit down in a chair with your back straight and close your eyes. Now wrap both your hands around your mug (don't make your drink too hot or you'll burn your fingers...I speak from experience). Focus on the warmth radiating through the mug into your hands and breathe deeply. Notice how comforting it is to hold this warm mug between your hands. How this simple act of holding a warm cup is soothing and relaxing. Really pay attention and breathe deeply for a couple of minutes. Then take your first sip and really savour the taste. Focus your mind on the taste. Be aware of how much you enjoy this beverage. How the liquid flows over your tongue and down your throat, leaving this wonderful taste that you so appreciate in your mouth. Continue to slowly sip your drink focussing on the taste and how it makes you feel; how much you enjoy it. You can continue this meditation until your mug is empty or until your break is over.

Washing dishes:

Experience it. Feel the water running through your hands, feel the temperature, the texture of the sponge. Really place your attention on the motions of your hands as you clean the dishes. Enjoy the moment, the experience.

Brushing Your Teeth:

Experience the brush against your teeth. The flavor of the toothpaste. Feel every stroke and focus on your body sensations. Start enjoying the little moments in life where you do something for yourself as simple as cleaning your teeth.

Commuting to work or school:

Experience your commute, drive to it as if it was the first time. Take each turn mindfully. You can also tune into your emotions, observe them and explore how they reflect in your body. Look around. Do an exercise of noticing at least the color of each car that is in front of you. Try to remember them.

Mindful Shower

Choose a soap you love so that the scent is intoxicating. Enjoy the sensation of the water on your skin and feel it drip down your back, your calves, and your heels. My favorite part is when the water first hits my head. It reminds me of getting my hair washed at the salon—a perfect massage as the stylist kneads my head beneath the firm water pressure.

A meditative morning ritual takes you into the day with a clear, focused mind.