Taste of Mindfulness
a tool for Stress Reduction & Well-Being

School year 2021
Mindful Classroom
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Mindfulness and Mind Body Stress Reduction

Wellness Connection
HUMAN RESOURCES AT WASHINGTON UNIVERSITY
Superheroes
A taste of Mindfulness

• Begin to understand from your own experience what mindfulness is all about

• Understand how & why mindfulness is an effective antidote to stress, aids in self care & resiliency and improves overall wellbeing

• Mindfulness helps foster new habits for a new school year

• How to setup the classroom to support mindfulness practices for everyone – including YOU

What does honey taste like?
Mindfulness Based Stress Reduction

To be fully human

Jon Kabat-Zinn, PH D
1979 Study
Definition of Mindfulness

Paying attention in a particular way; 
On Purpose, 
moment-to-moment, 
to our direct experience, 
without judging or striving

Jon Kabat-Zinn; MBSR
Mindfulness Practice – body centered

Your body is present.

Is your mind?

Past

Present

Future

How do you teach a puppy to sit?
Mindful Movement and Mindful Breathing
Present Moment Experience

Awareness Triangle

How Am I?
What do I need?
What would be helpful?

Thoughts  Body  Emotions

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What stress are you carrying?

Mind Full, or Mindful?
Mindfulness – cultivate new habits

Helpful Attitudes: How do you greet the moments when you become aware that you are stressed

- Non-judging & non-striving
- Patience
- A ‘beginner’s mind’
- Trust
- Acceptance/allowing
- Letting go/be
- Humor
- Compassion, Kindness
- Resiliency & Well-Being
Mindfulness in your classroom

- Develops Self-Awareness
- Teaching Mindfulness
  www.theonlyway2success.com
- Improves Self-Control
- Teaches Coping Skills
- Helps Manage Emotions
- Creates a Sense of Calm
- Increases Focus and Attention
- Promotes Self-Acceptance

Mindfulness is a superpower: that everyone can have.
Mindful Classroom Practices

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.

 Acknowledge 5 things that you can see around you.
 Acknowledge 4 things that you can touch around you.
 Acknowledge 3 things that you can hear around you.
 Acknowledge 2 things that you can smell around you.
 Acknowledge 1 thing that you can taste around you.

#DeStressMonday DeStressMonday.org
Take a Time Out

The STOP practice


S – stop, pause, set it down, look away, disengage

T – take a breath, feel the full cycle of breathing in the body

O – observe first bodily sensations, then thoughts and emotions. Be curious.

P – proceed – what feels like a wise next step now?
Mindfulness Practice – Body Scan
Teachers – Self compassion

- Inquiry into our experience
- You are stressed – so are the kids; First – Self care!
- Be kind to yourself
- We have a responsibility – cultivate the ability to respond
- Role Model – self care practices
Our Students Our Children

- Acknowledge and register the shared stress - we are all in this together
- Acknowledge individual stress
- Help them, and help you take a moment
- Celebrate Joys
- Schedule practices / routine
Thank You!

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