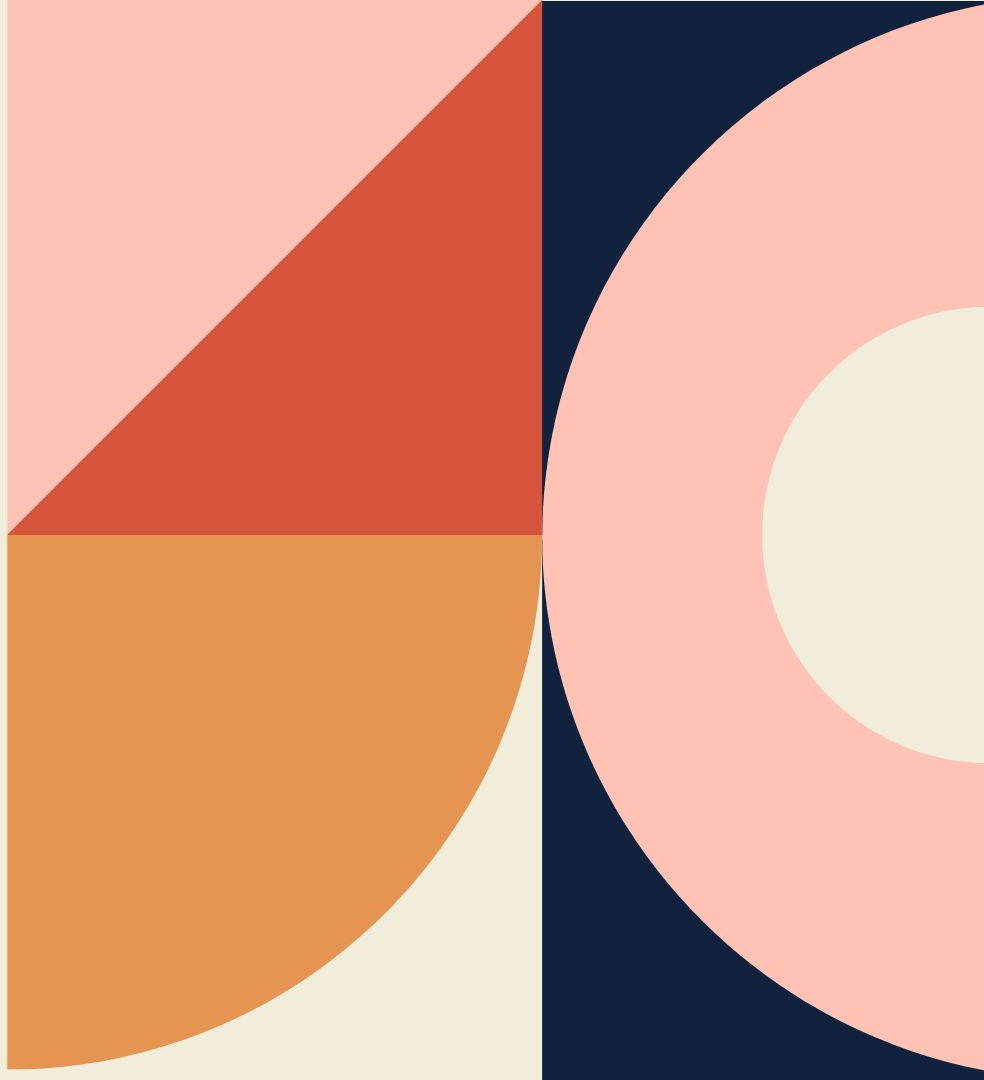




# MINDFULNESS AT HOME

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Cultivating Peace and Wellbeing With  
Those You LOVE Most



# Our Home



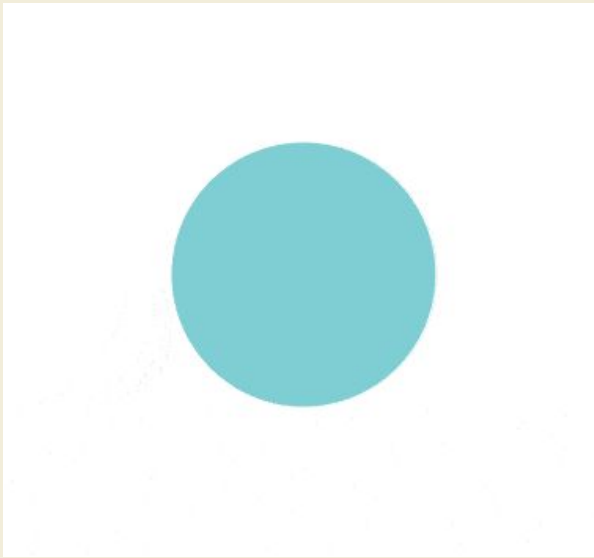
**Deija Johnson M Ed.**

MOTHER, SISTER, TEACHER, YOGI, STUDENT

# In only one word, HOW are YOU doing right NOW?



<https://answer garden.ch/1518684>



# **Our Intention For Tonight**

**Provide a Deeper Understanding of  
Mindfulness**

**Discuss Benefits For Your Family**

**Share Specific Practices To Use At  
Home With Your Child**

“Mindfulness is a state of awareness that arises from  
paying attention,  
On purpose, in the present moment and  
non-judgmentally.”

J. Kabot-Zinn

**Intention**

**Attention | Presence**  
**Openness**



**Mindfulness**



**Mindfulness is best understood experientially.**

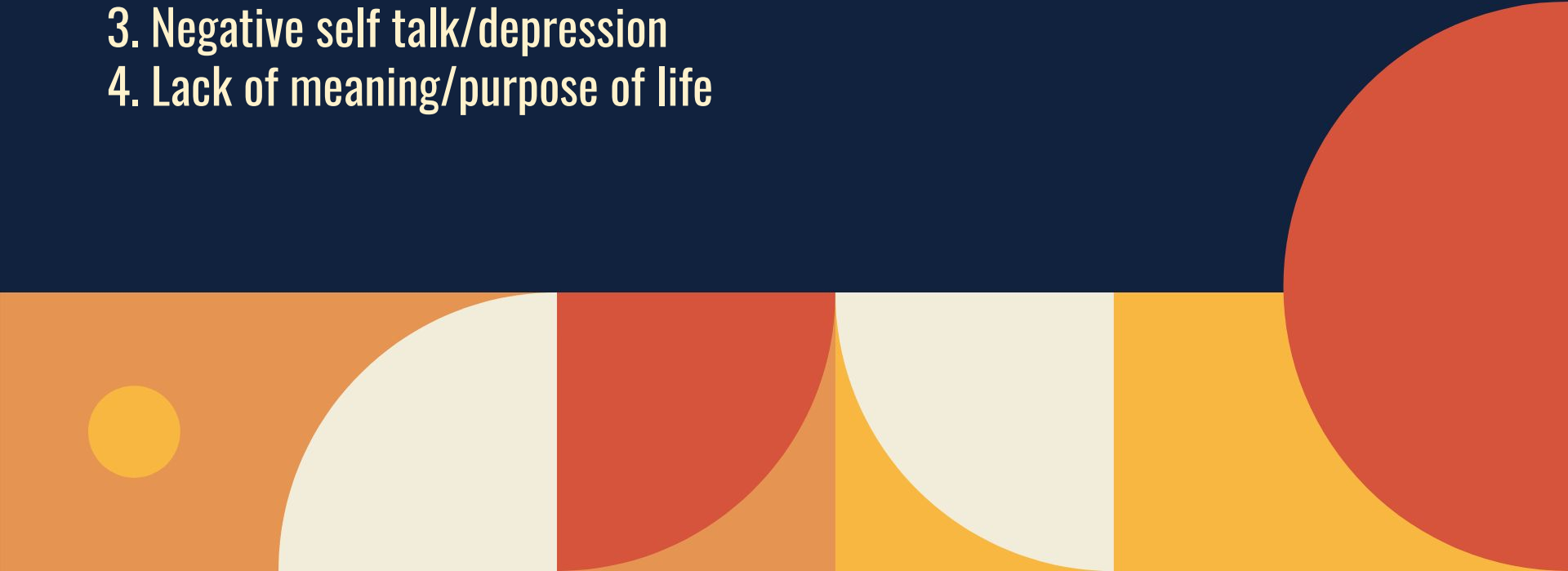


Take a moment



# Possible Challenges

1. Distractibility
2. Loneliness
3. Negative self talk/depression
4. Lack of meaning/purpose of life





# Benefits of Mindfulness Practices



## Academic

Greater attention

Improvements in  
self-concept, cognitive  
performance and  
engagement

Reduction of anxiety in  
high-stakes testing

## Mental & Behavioral Health

Decreases in stress levels,  
emotional over excitement  
and depression symptoms

Lower self-harm

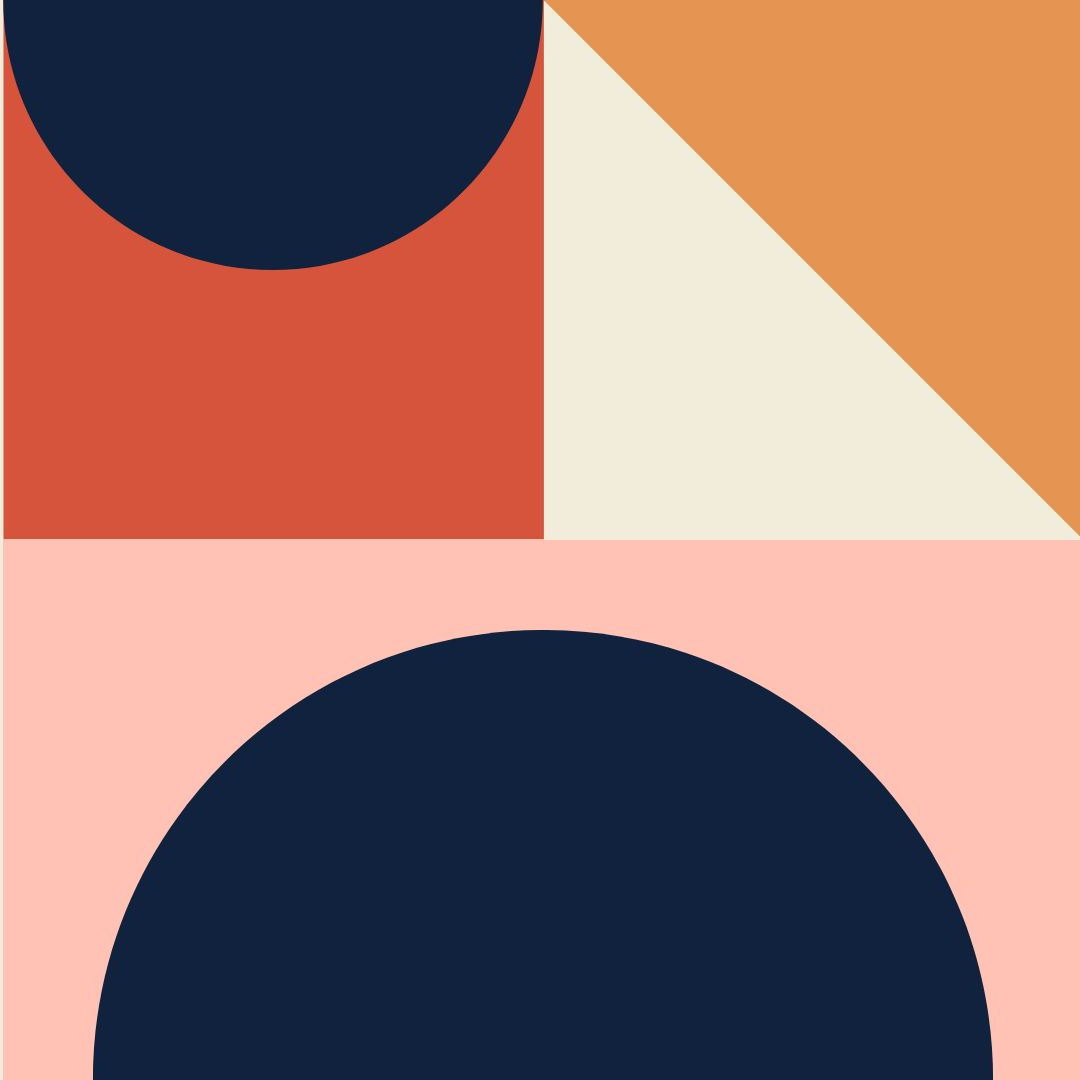
Increases in emotional  
well-being and  
self-compassion

## Social Behavior

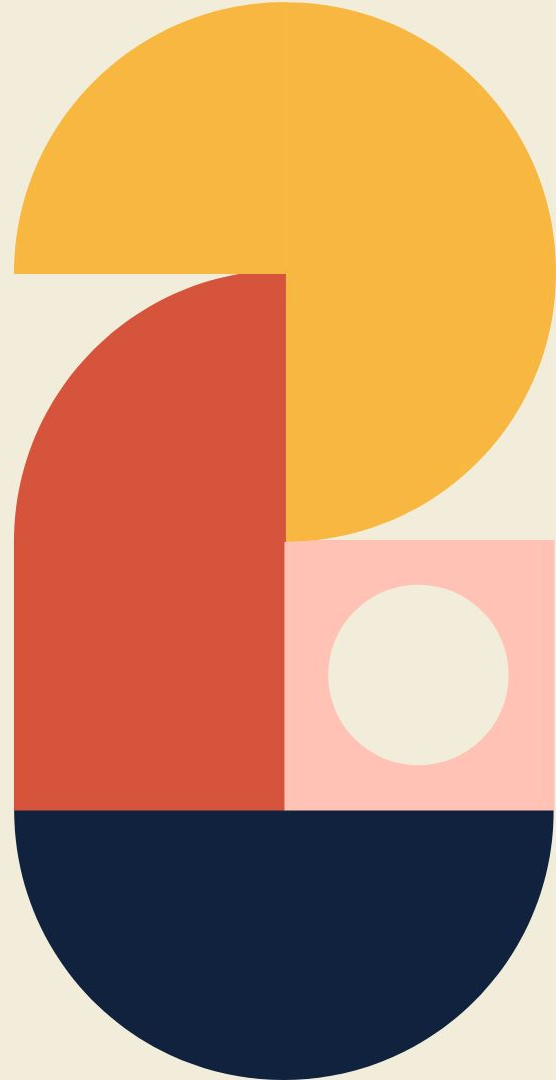
Increases in compassionate  
responses to others in need.

Healthier responses to  
difficult social situations

# Six That Will Stick



# Breath Work



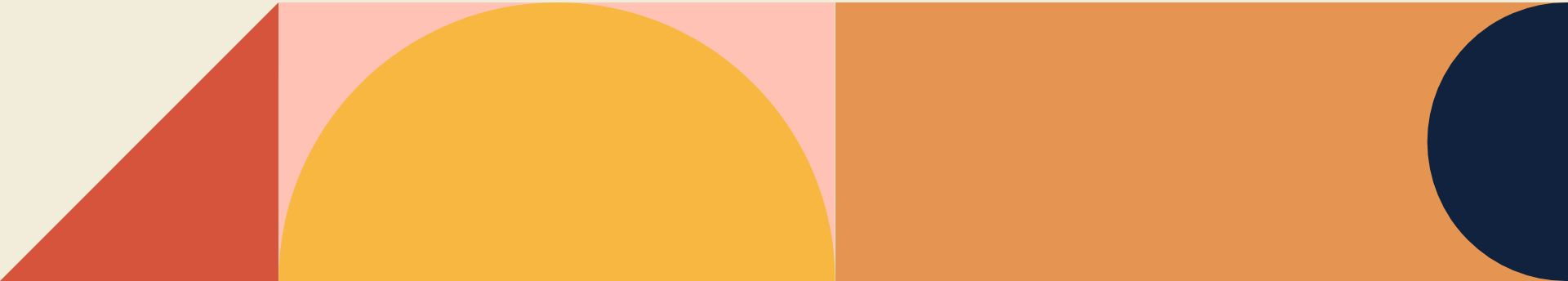
# Mindful Eating



# Reactivity



**Take a minute and think of an experience you've had recently when you reacted in a way that you later regretted.**





**“Between stimulus and response there is space, In that space is our power to choose our response. In our response lies our growth and freedom.”**  
**-Viktor E. Frankl**

**Without  
Mindfulness**

**Stimulus**



**Reaction**

**With  
Mindfulness**

**Stimulus**



**Mindfulness**



**Response**



Mindfulness creates space  
Changing impulsive reactions to



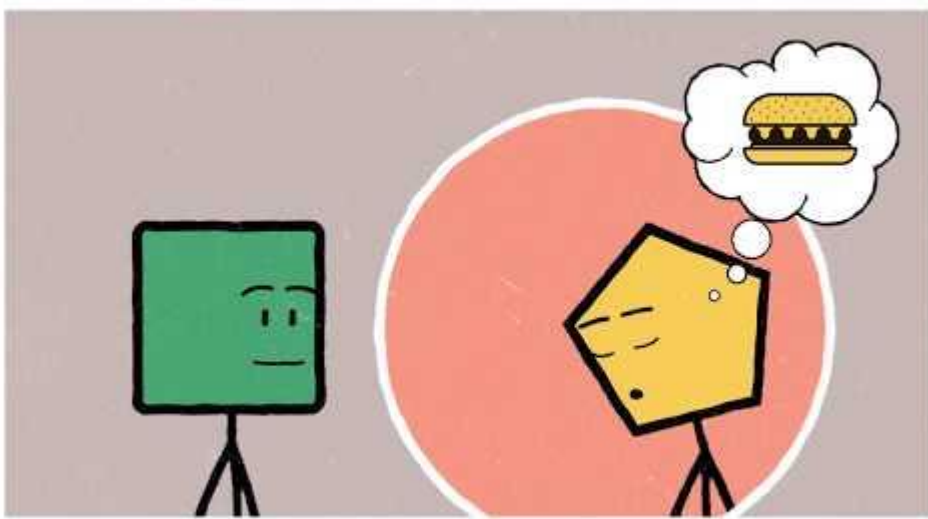
·  
·  
THOUGHTFUL  
·  
·  
RESPONSES



# Reframing

Acknowledging our Inner  
Critic

# Active Listening



<https://www.youtube.com/watch?v=4dBk-3SmoJ0>



Gratitude  
Notice  
Think  
Feel  
Do

“We are related to each other. By taking care of you, I take care of myself. By taking care of myself, I take care of you. Happiness and safety are not individual matters.”

-Thich Nhat Hanh

*With Gratitude,*  
*Deija and Savannah*  
**DLJOHNSON@NMUSD.US**

