



# MINDFUL SELF COMPASSION FOR PARENTS

This presentation and resources will be available  
for you to download through the parent  
education section of the District website:

<http://web.nmusd.us/parenteducation>

# OUR COLLECTIVE EXPERIENCES

**Deija Johnson:**  
**Education Specialist**

**Kristen Henry:**  
**Coordinator of Mental Health  
and Wellness**

400 hours of yoga teacher training \* five dogs \* 17 years of college \* 7 children \* post graduate certificate in school neuropsychology \* four education credentials \* 30+ years in education \* 6 different school districts\*

# WHO WE WANT YOU TO THINK WE ARE AS PARENTS



Deija Johnson



Kristen Henry



# THE TRUTH ABOUT WHO WE REALLY ARE AS PARENTS



# TONIGHT'S AGENDA

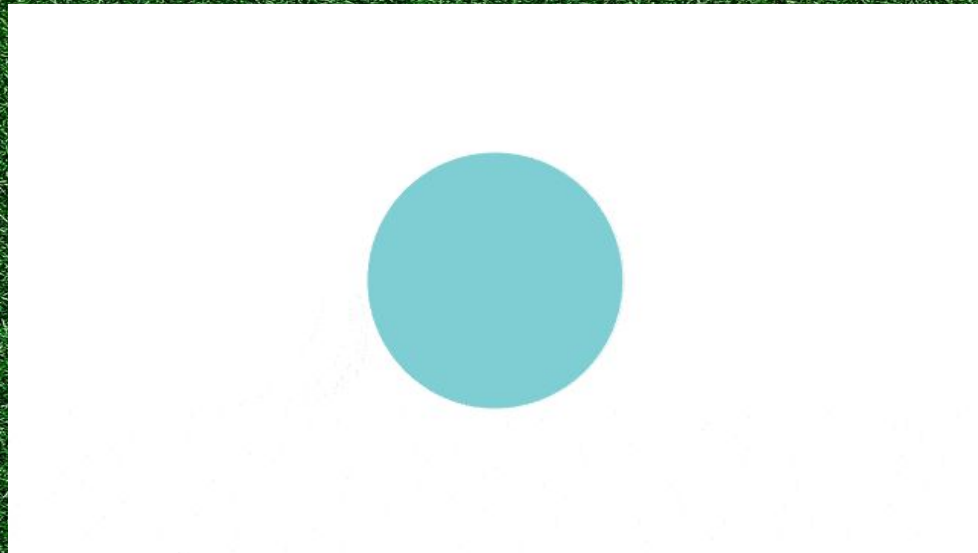
**How Are We Doing?**

**5 Mindful Life Hacks**

**Additional Resources**

**How Are We Doing?**

<https://bit.ly/nmusdmindfulparent>



**In One Word Only, How Have You Been?**



How are you feeling right now?

Type your answer here...

Submit

20 characters remaining

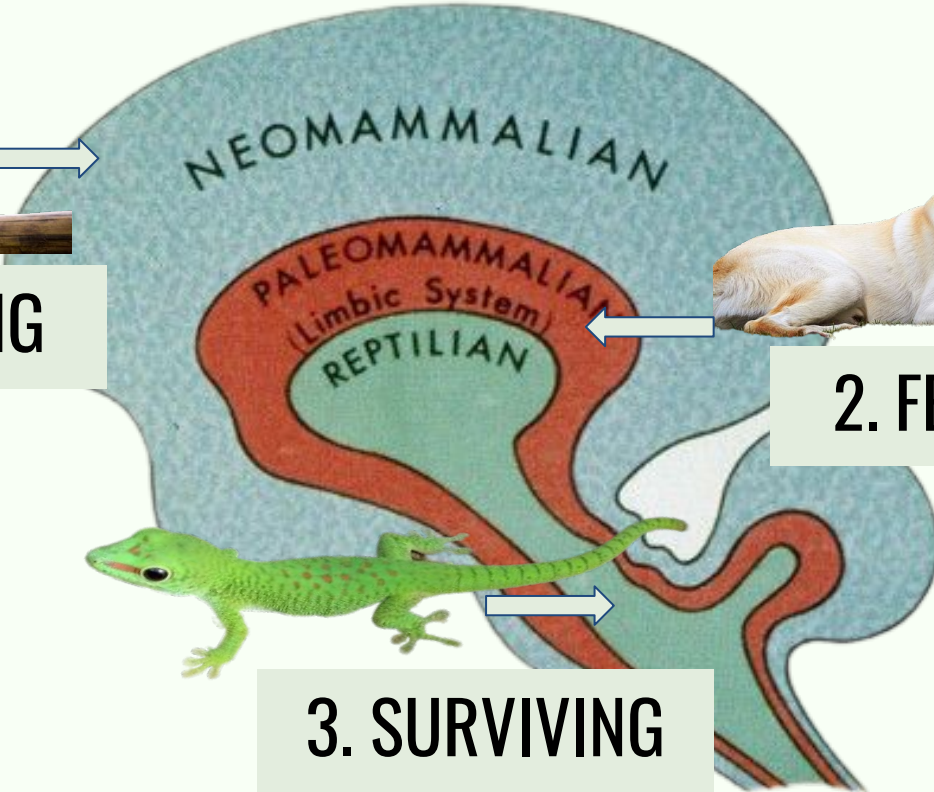
FRUSTRATED  
POOR OVERWHELMED! TIRED  
TOAST! NERVOUS BURNOUT BROKE  
OVERWHELMED  
GOOD SAD LITTLE STRESS WORRIED BUT OK CONFUSING  
CONFUSED MEH PRETTY GOOD BIEN RARE WONDERFUL!  
ANXIOUS HECTIC TERRIBLE FRANTIC STRESSED



# 3 PARTS OF OUR BRAIN



**1. THINKING**



**2. FEELING**



**3. SURVIVING**

# Your Brain

1

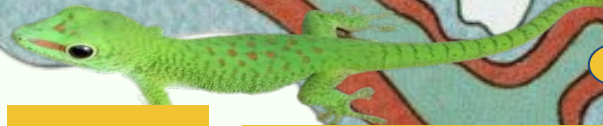


**THINKING**



3

**SURVIVING**



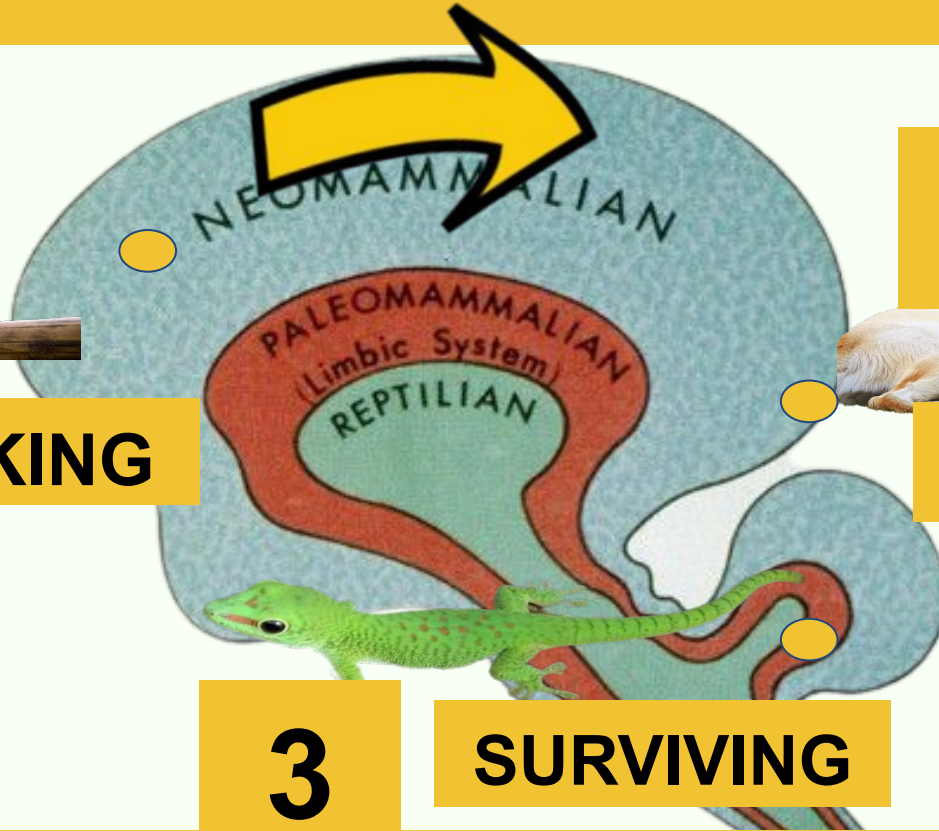
2



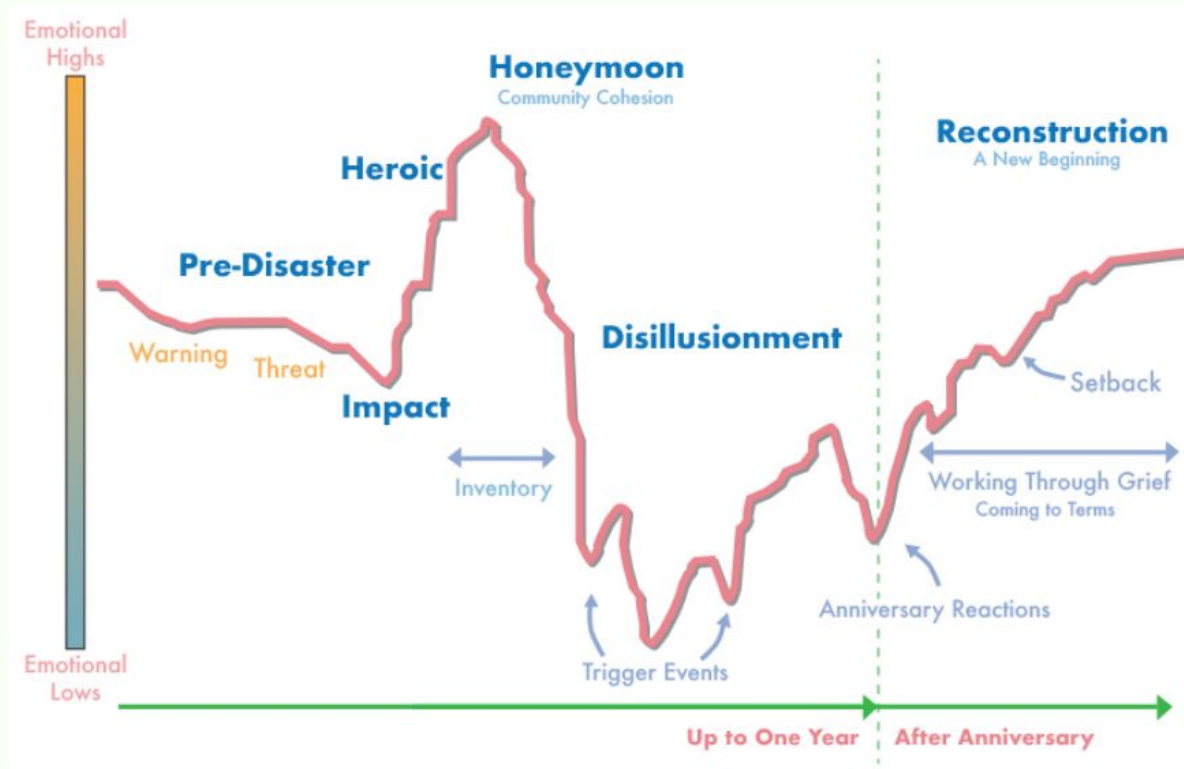
**FEELING**



**During a Global Pandemic**



# CRISIS RESPONSE CYCLE



Zunin & Myers, 2000 as cited by SAMSHA



IT'S A LOT. SO WHAT CAN WE DO ABOUT IT?

## **5 MINDFUL LIFE HACKS**

**MINDFUL LIFE HACK #1**  
**MEDITATION AND MINDFUL AWARENESS**

**1 MINUTE OF MINDFULNESS**



# 1 MINUTE OF MINDFULNESS, PART TWO

Learning to Breathe, 2013

# MEDITATION AND MINDFULNESS 101

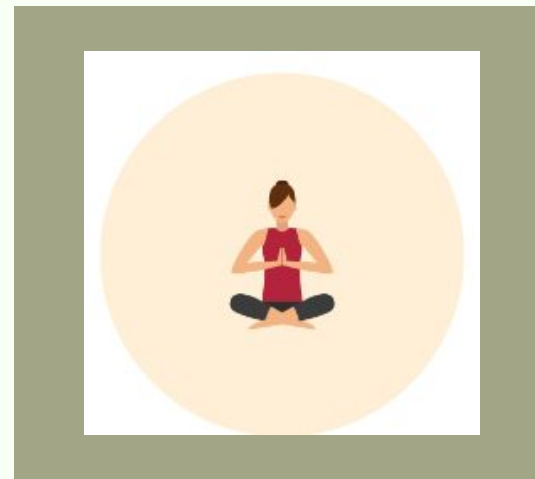
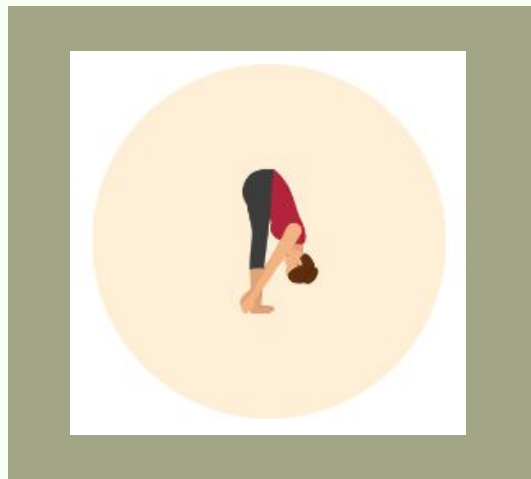
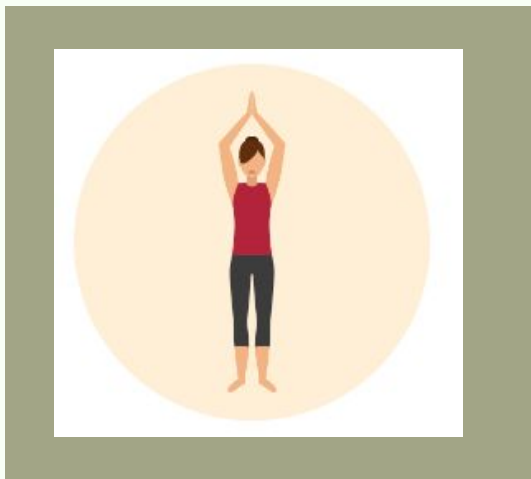


# **MINDFUL LIFE HACK #2**

## **MINDFUL MOVEMENT**



# Mindful Movement



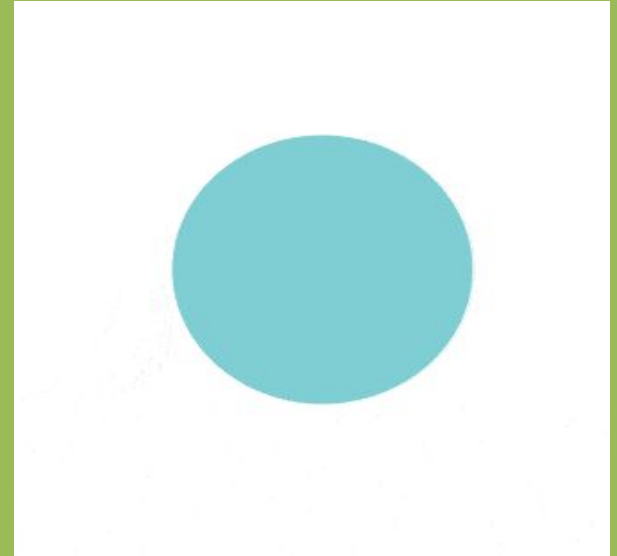
**MINDFUL LIFE HACK #3**  
**HAVE A GRATITUDE PRACTICE**  
**(ACTUALLY HAVE MANY!)**

# THE SCIENCE OF HAPPINESS

**GRATITUDE and the SCIENCE of HAPPINESS**



**Take 2 Minutes and  
Send a Text ❤️**





# **GRATITUDE LIFE HACKS:**

## **Penny Gratitude Apps**



# **MINDFUL LIFE HACK #4**

## **BREATHING EXERCISES**

# **BUT FIRST, A LITTLE BIT ABOUT THE SCIENCE BEHIND THE BREATH**

**Sympathetic Nervous System**

**INHALE**

**ALERT**

**Fight, Flight, Freeze, Flock**

**Parasympathetic Nervous System**

**EXHALE**

**CALM**

**Rest and Digest**

# Matching Your Breath With Your Intention



## Morning

As soon as you awake, even  
before coffee!



## Noon

Anytime through your day when  
you need a release of stress and  
increased energy.



## Night

Prior to falling  
asleep.



## Morning -



Relaxes your muscles



Minimizes tension



Sets yourself up for the rest of the day



## Noon - Dragon's Breath



When you're fatigued



Energizes



Re-engages





# Night - Bedtime Breathwork



Regulate



Calm



De Escalate from the Day

**MINDFUL LIFE HACK #5**  
**BEFRIEND YOUR INNER CRITIC**

May I learn to accept myself as I am.



# RESOURCES





## VIRTUAL CALM CORNER



YOGA



BREATH &  
MEDITATION



VISUAL



AUDITORY



TIMERS



LIVE CAMERAS

<https://bit.ly/NMUSDvirtualcalmcorner>

# FINAL THOUGHTS




A large, ancient tree with a thick trunk and sprawling branches, casting a shadow on the ground. The tree is the central focus, with its branches reaching out in all directions. The ground is covered in a layer of brown leaves or mulch. The background is a dense canopy of green leaves.

**Make it easy.**



A large, ancient tree with a thick, gnarled trunk and a wide, spreading canopy of green leaves stands in the center of a forest. A dirt path leads from the foreground towards the base of the tree. The forest floor is covered in green grass and dappled sunlight. The background is filled with more trees and foliage, creating a sense of depth and tranquility.

**Don't rely on willpower.**

A photograph of a large, mature tree with a thick, deeply textured trunk in the foreground. The trunk is covered in rough, peeling bark. Above the trunk, a dense canopy of bright green leaves fills the upper two-thirds of the frame. Sunlight filters through the leaves, creating dappled light patterns. A semi-transparent rectangular box is centered over the middle of the image, containing the text "Make it enjoyable." in a bold, black, sans-serif font.

**Make it enjoyable.**



# THANK YOU!

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“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

