



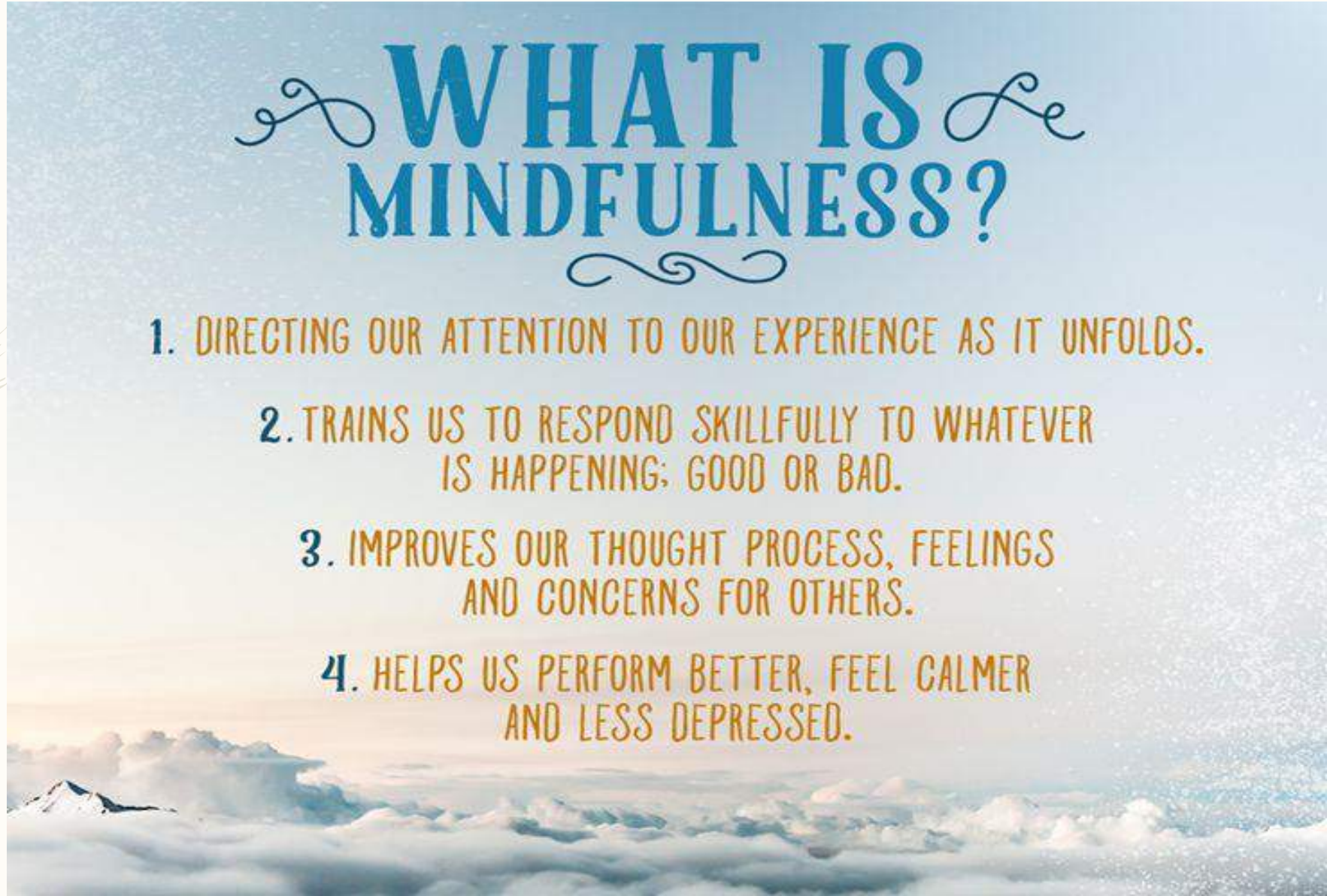
Mindfulness; Taking Care of Yourself

Timi Tullis, Associate Executive
Director, Association of Alaska
School Boards



WHAT IS MINDFULNESS?

1. DIRECTING OUR ATTENTION TO OUR EXPERIENCE AS IT UNFOLDS.
2. TRAINS US TO RESPOND SKILLFULLY TO WHATEVER IS HAPPENING; GOOD OR BAD.
3. IMPROVES OUR THOUGHT PROCESS, FEELINGS AND CONCERNS FOR OTHERS.
4. HELPS US PERFORM BETTER, FEEL CALMER AND LESS DEPRESSED.





THE PRACTICE
OF MINDFULNESS
IS SIMPLY BEING
AWARE
OF WHAT IS
HAPPENING
right now.

□□□



Why Be Mindful

- To help increase our ability to regulate our emotions, decrease stress, anxiety and depression.
- To help us focus our attention and observe our thoughts and feelings without judgment.
- To tune in to what we are sensing in the present moment rather than rehashing the past or imagining the future.
- To reduce the negative effects of stress
- Increase engagement

Benefits of Mindfulness



MORE PATIENCE

In our lightning-fast instant gratification culture, it's easy to get distracted. Mindfulness teaches us to practice patience so it comes more naturally to us when we need it.



BETTER FOCUS & PRODUCTIVITY

It's tempting to get caught up in social media, interruptions, and unhelpful thoughts. Mindfulness helps us recognize distracting thoughts or impulses and let them pass without indulging them.



INCREASED COMPASSION

Mindfulness broadens compassion for ourselves and others by helping us suspend self-judgment and bring out attention back to the present moment



HEIGHTENED BODY AWARENESS

We tend to lose awareness of what our body is feeling when we get too easy or distracted. With mindful awareness, we can listen to our bodies and react in healthier, purposeful ways.



LESS STRESS & ANXIETY

By learning how to be more choiceful about when to think about what, we can rewire our brains to reduce stress and anxiety.



Six Steps to Being More Mindful

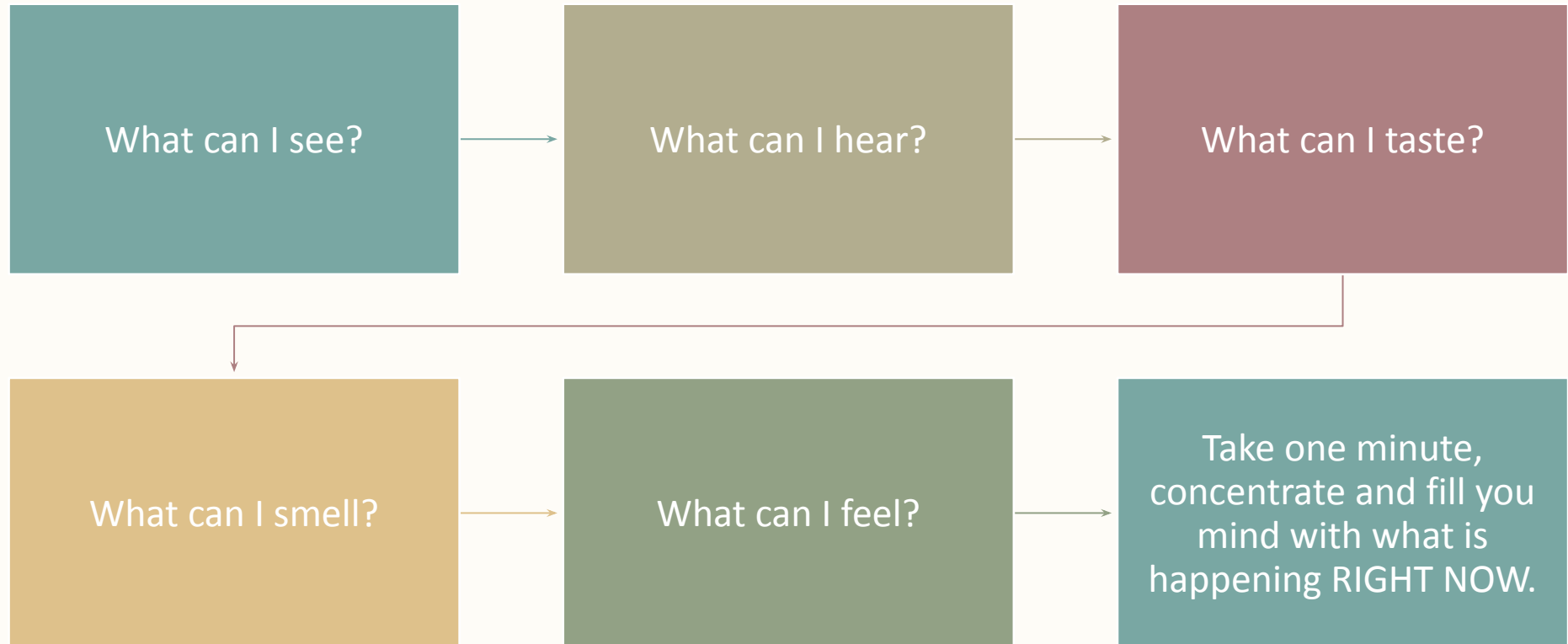
- **Breathe**
- **Pay attention to experiences and live in the moment.**
- **Eat mindfully.**
- **Take a digital detox.**
- **Listen mindfully.**
- **Speak mindfully.**



**BREATHE IN,
BREATHE OUT,
MOVE ON.**



A Mindful Minute



Let's Take a **Mindful Minute**

Mindfulness means "being aware of what is happening right now and how you feel about it."

Close Your Eyes. Sit Quietly. and...

Breathe

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

Listen

Listen to the sounds around you, and think about how many sounds you can name.

See

Look at one item around you; and think about its shape, color, texture, and how it is made.

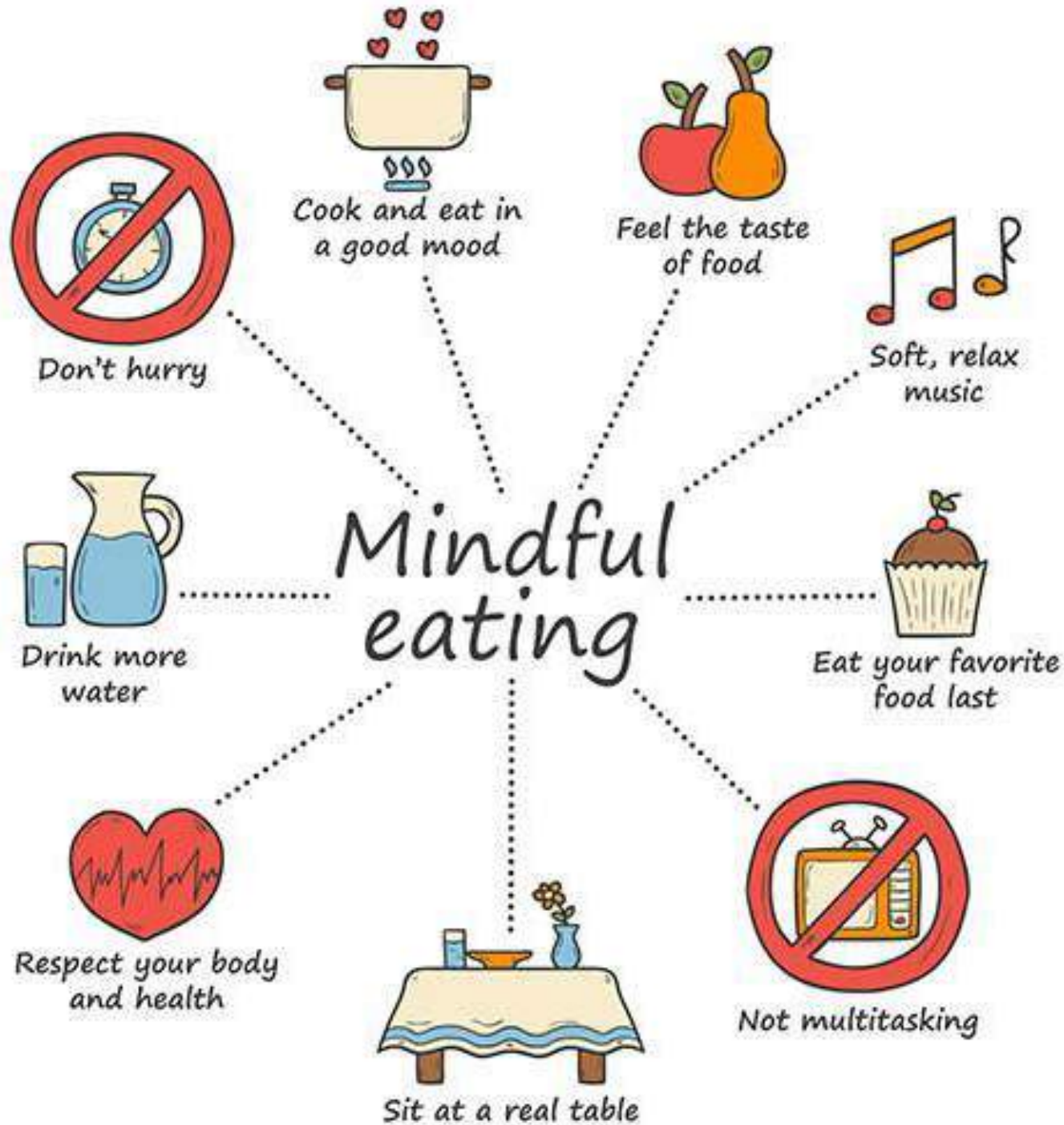
Touch

Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

Smile

Open your eyes, and enjoy the world around you.

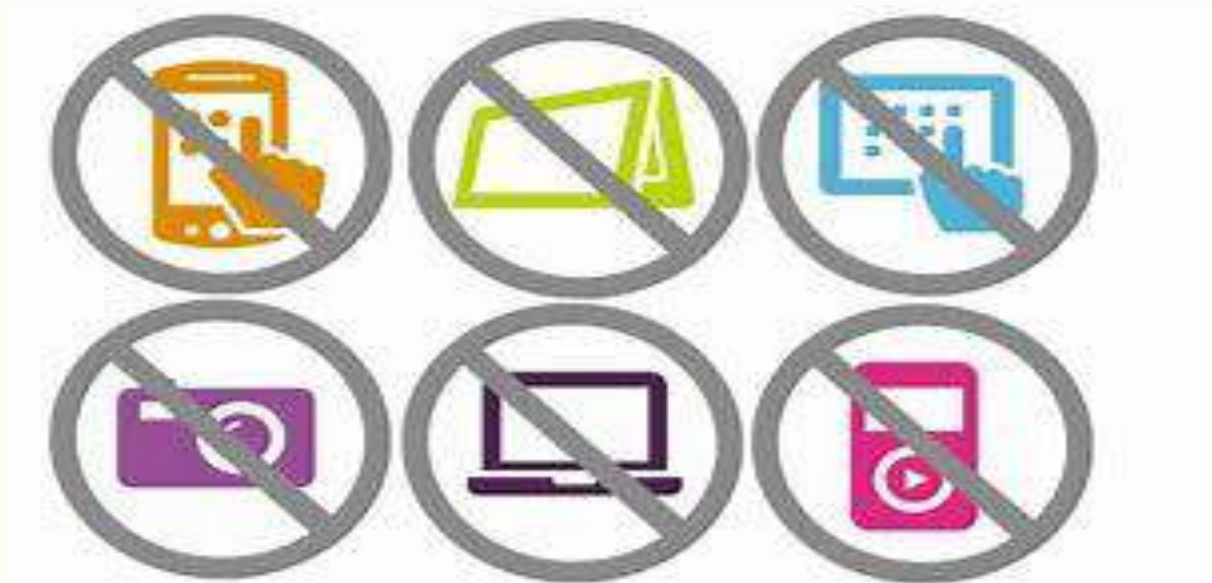




Mindful Eating

Digital Detox

- **Unplugging even for a small amount of time can be beneficial to your well being.**





7 Day Digital Detox

- **Day 1: Turn off Push Notifications**
- **Day 2: Unsubscribe from unwanted Email lists.**
- **Day 3: Go out to dinner and leave your phone at home.**
- **Day 4: Delete apps you never use.**
- **Day 5: Don't look at or post to any social media after 6 pm**
- **Day 6: Enjoy the moment without jumping on social media to share it.**
- **Day 7: Pick up a paperback instead of a screen.**



Mindful Listening

- **Become more focused and responsive.**
- **Help heighten sensory awareness**
- **Build self-awareness and management skills**
- **Help social awareness and effective communication**



Mindful Listening

Listen

Listen with your eyes to the person's body language and facial expressions.

Listen

Listen openly to the tone, pitch, volume and words.

Allow

In addition to content, allow yourself to receive the mood and spirit of what the other person is expressing

Mindful Listening Exercise

Exercise: Mindful Listening

Instructions

1. Find partner
2. One speaker, one listener
3. First speaker shares for 3 minutes on writing prompt (or anything else – such as on course experience). If no more to say, sit with silence until time is up (entire time for you).
4. First listener's job – only listen. Acknowledge only with nod of head. Nothing else.
5. Switch roles after 3 minutes.
6. After both have turns, share for total of 2 minutes thoughts of exercise.

Mindful Speaking



Is it true?
Is it kind?
Is it necessary?



Mindful Speech

Other Tips

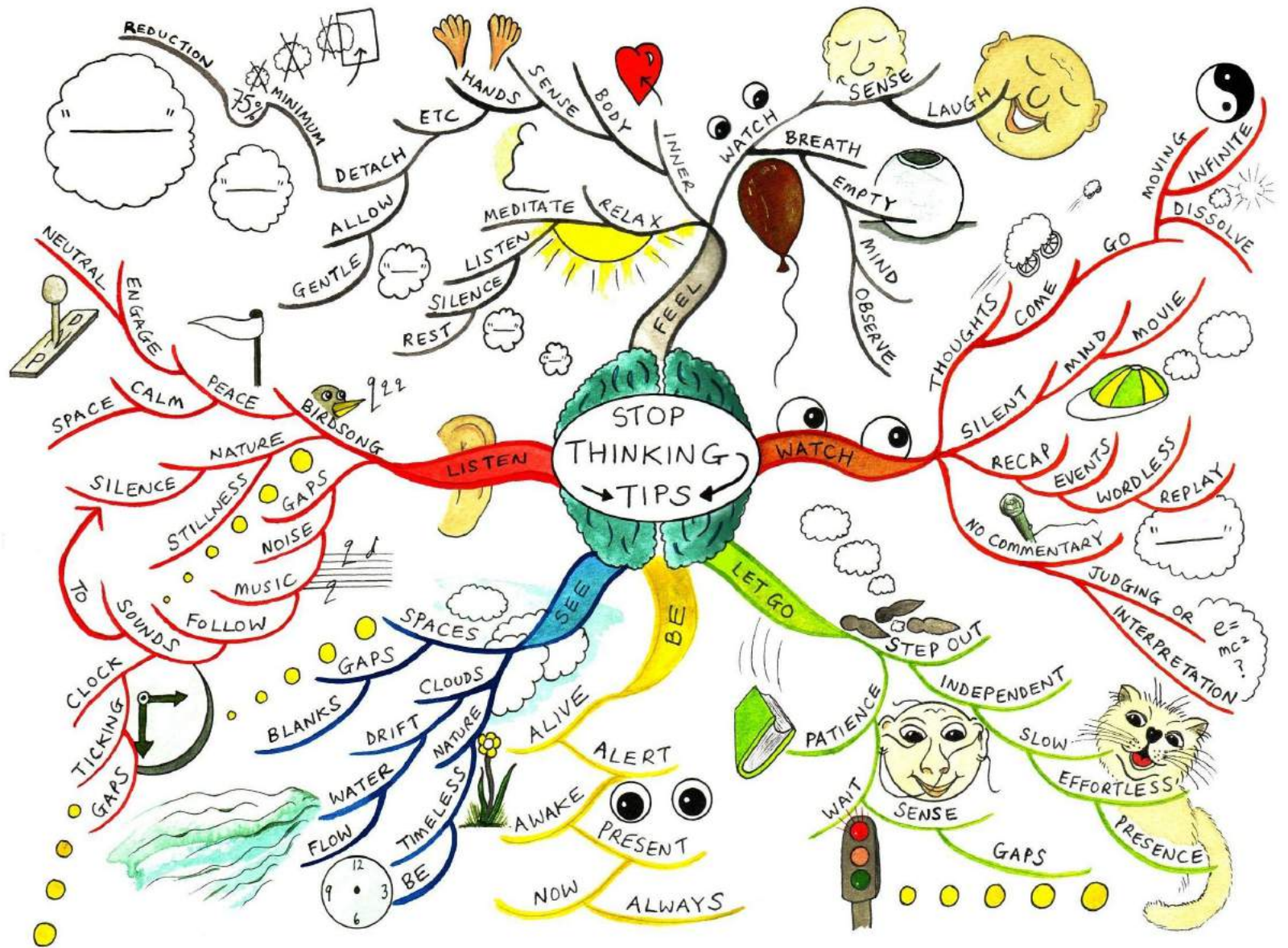
Do's	Don'ts
Be patient	Don't interrupt a person's speech
Keep it simple	Avoid acronyms, idioms, metaphors, abbreviations, fillers, and colloquialisms
Speak clearly and slowly	Don't speak loudly
Be explicit	Avoid "uh-huh, uh-uh" use Yes or No
Pause between words	Avoid running words
Write down steps when needed	Don't let the person leave without having understood your point
Use visual tools (e.g. maps, charts)	
Repeat and rephrase when needed	Try not to use "I would do...if I were you" use "You need to do..." instead

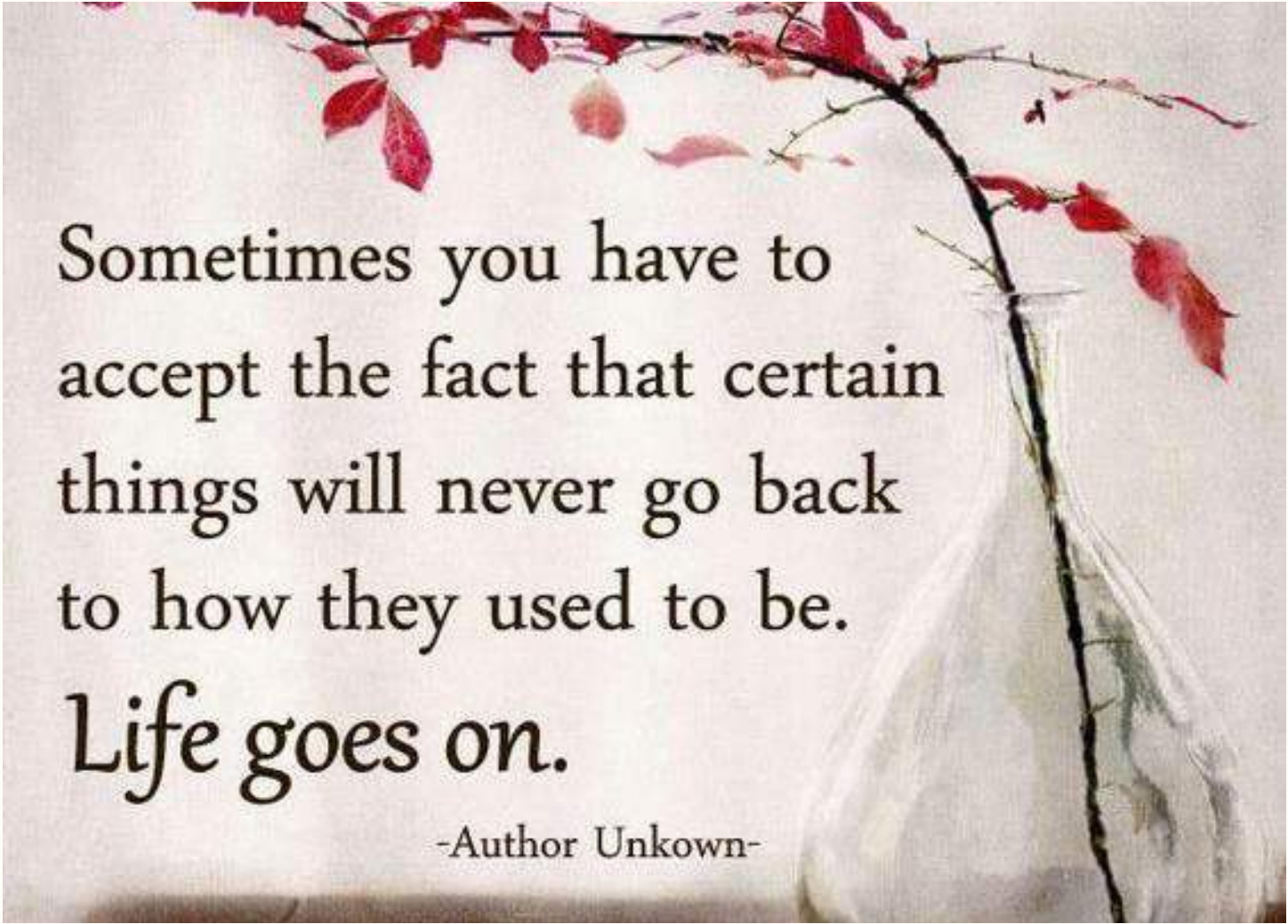



Reconciliation is a deep practice that we can do with our listening and our mindful speech. To reconcile means to bring peace and happiness to nations, people, and members of our family.... In order to reconcile, you have to possess the art of deep listening.

— *Thich Nhat Hanh* —

AZ QUOTES

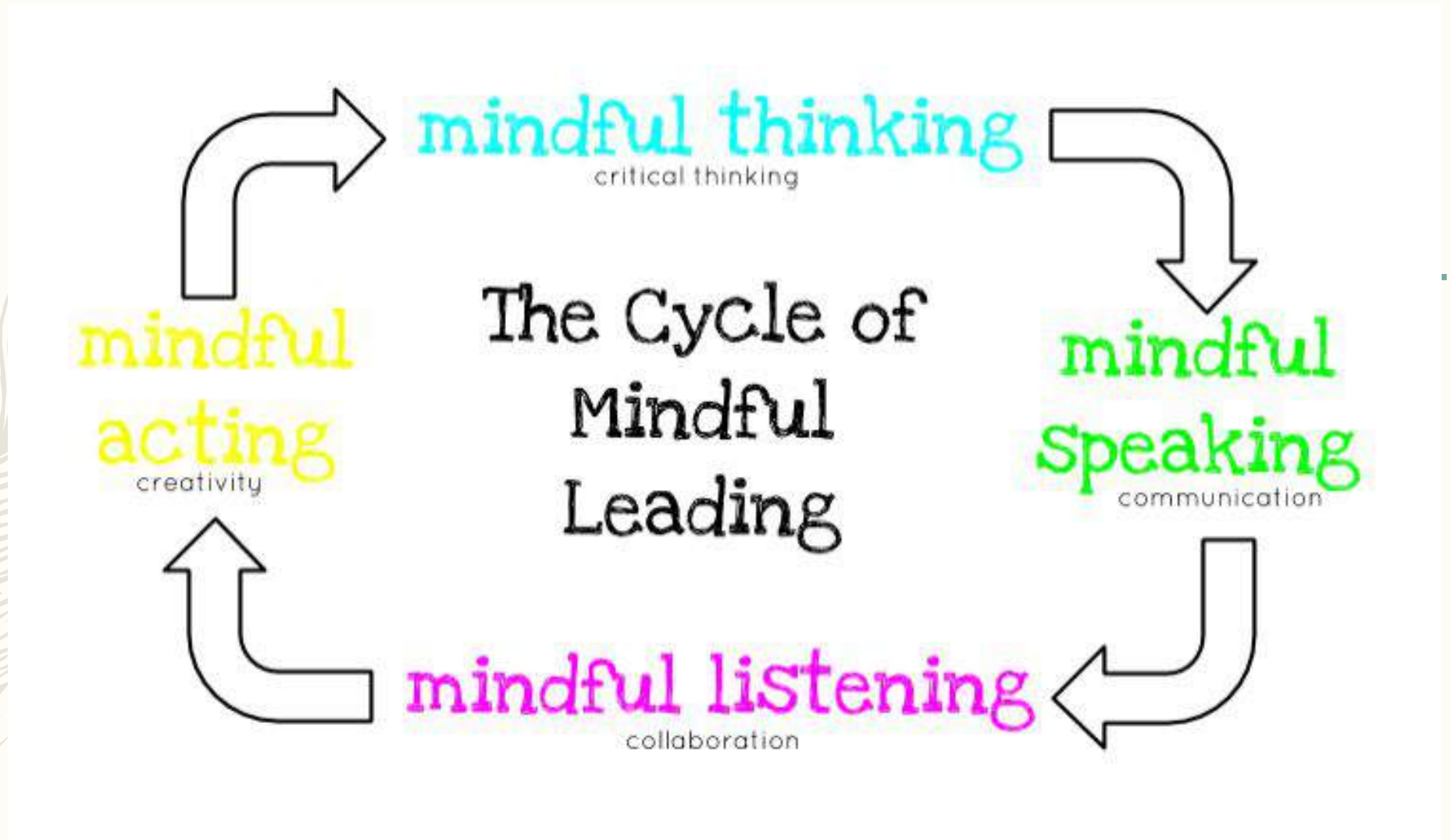




Sometimes you have to
accept the fact that certain
things will never go back
to how they used to be.

Life goes on.

-Author Unkown-





For More Information

- Timi Tullis
- ttullis@aasb.org

You know how to reach me 😊