

# A Taste of Mindfulness for the CCOE

How can mindfulness positively  
impact you?

# What is mindfulness?

- Paying attention in a particular way:
  - On purpose,
  - In the present moment, and
  - Non-judgmentally

- Jon Kabat-Zinn



# How can mindfulness be practiced?

With focus on:

- Breath
- Whole body/body scan
- Body movement
- **Feelings**
- Senses
- **Thoughts**
- Intentions
- **Observations**



# Mindfulness of our Inner Stories

# Attentiveness to Inner Stories About Ourselves

- Take a few moments to write down your beliefs about yourself and your identity.
- Examine each item on the list and ask yourself the following series of questions:
  - Where did this story come from?
  - Is this my story or someone else's?
  - Is this story true of me now?
  - Is this story contributing to or undermining my happiness?
  - Do I choose to continue to live this story or is it time to write a new one?
- Be sure to observe your thoughts objectively and without too much attachment. Everyone has stories like this.

Source: <https://www.mindful.org/stop-stories-running-life/> Extension: Consider doing an activity similar to this, but about stories of others who are in your life.

# Why attend to our stories?

- Keeps us from falling victim to what might be false stories
- Helps us thus avoid reacting impulsively and destructively to them
- If we wish, we can challenge the truth of these stories
- Note: Teacher burnout is linked to poor teacher self-efficacy (a self-story)

Boorstein (1996); Brouwers & Tomic (2000)

# How do we attend to our stories?

- Assume an empirical stance toward our thoughts.
- Listen for cues: “I always...” “She is just like that...” “He never...”
- Note when we are following a common, personal story, and identify it as such – is there empirical truth to it, or is it simply a story?
- If it is a story, notate it as such. Notice the frequency of this story when it comes to mind.

# What are some outcomes we see?

- Attention to our thoughts, including inner stories, can (when part of a more comprehensive program):
  - Increase positive perception of a partner and that relationship
  - Improve social skills and perspective taking
  - Increase cooperative response patterns
  - Improve a deeper sense of self that becomes protective against negative social interactions



# Sources & Resources

Boorstein, S. (1996). *Transpersonal psychotherapy*. Albany, NY: State University of New York Press.

Brouwers, A., & Tomic, W. (2000). A longitudinal study of teacher burnout and perceived self-efficacy in classroom management. *Teaching and Teacher Education, 16*, 239-253.

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