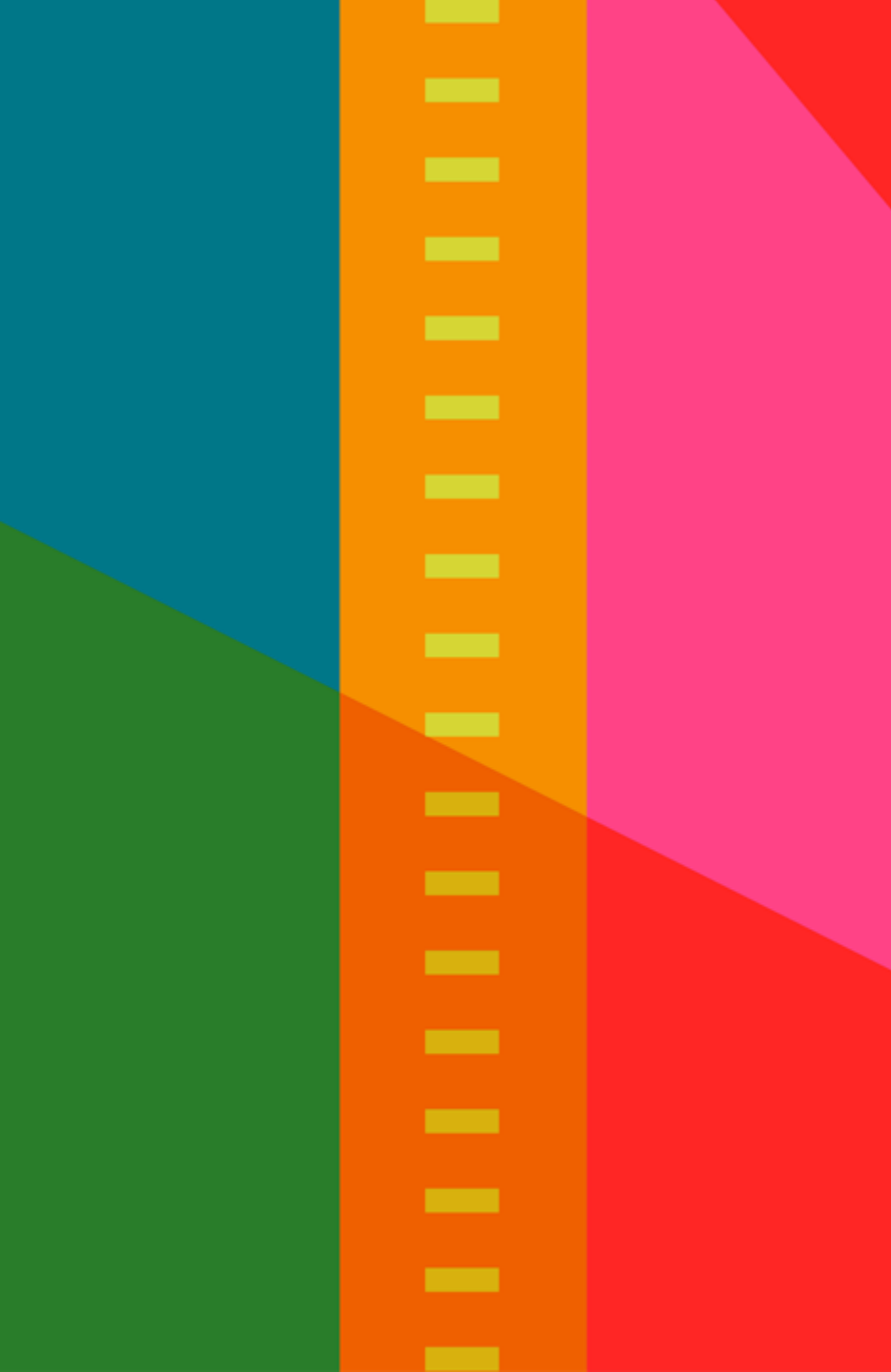




FY 24–25 Training Series

Focus Today: Mindfulness
Meditation

*In partnership with
Pajaro Valley Prevention and
Student Assistance, Inc.*

Presented by:
Oscar Flores, M. Ed., ACC, CMT-P, IFEC-TMHP
www.respondmindfully.com

Disclaimer about Training & Meditation Practices

- I am a coach and educator, not a mental health therapist. I am trauma and healing-informed practitioner. This workshop is therapeutic in nature, but not therapy.
- Stop any practice if it's not helpful to you.
- Education can be an important complement to medical care; however, it is never a substitute for diagnosis, treatment, or care of disease by a medical provider.

Thanks for signing the electronic waiver.

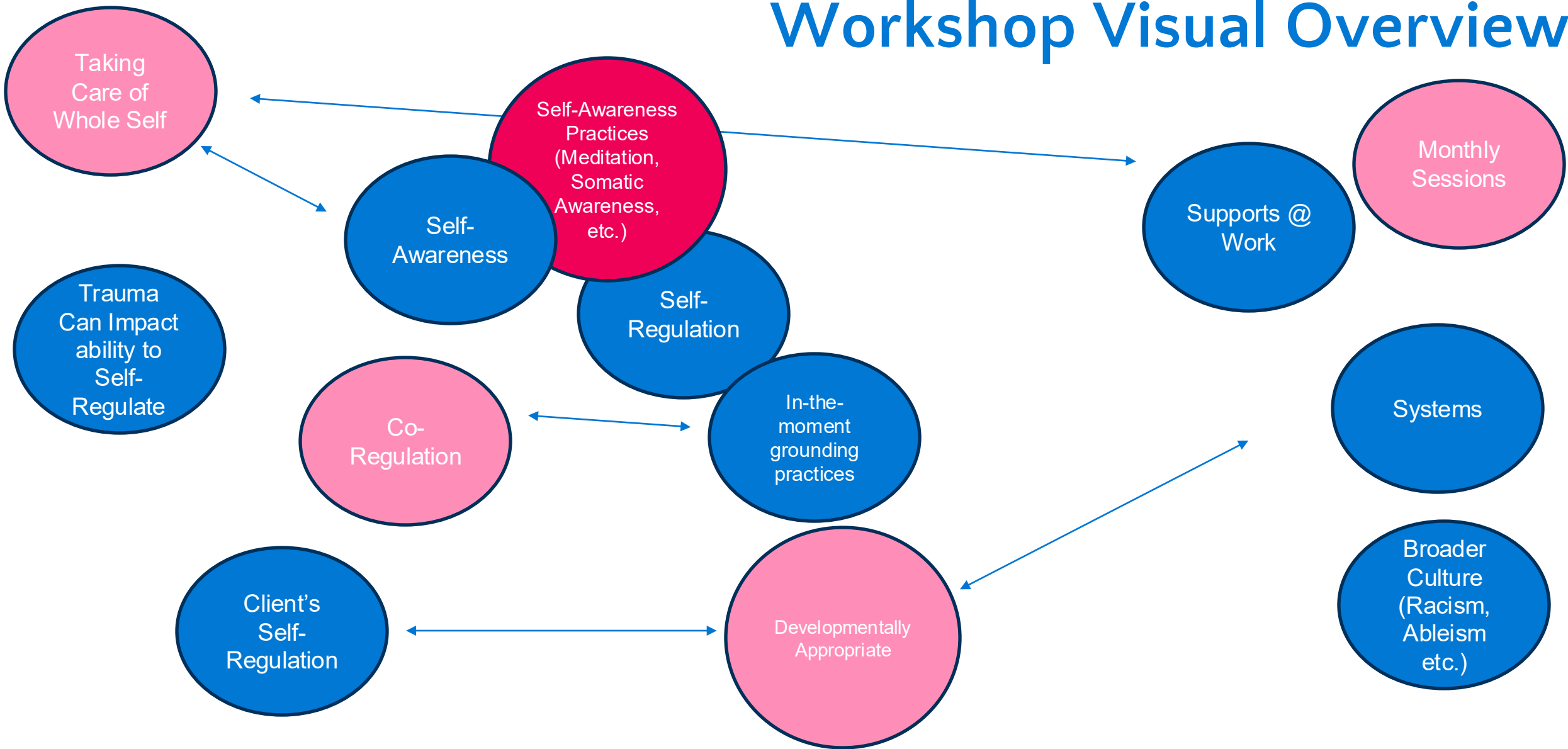


Community Vibe and Learning Space

- No advice giving from others (*we are here to primary learn about ourselves*). *If you want advice, please ask. If you want to comment, pause.*
- Speak up or take a step back.
- What is said here, stays here. Learning can move beyond this space.
- Expect non-closure. Good news: we have monthly sessions!
- Keep in mind that there is a difference “knowing” something and following through with a new habit or practice. Approach this training from a curiosity stance, and with humility.
- As it relates to self-awareness and mindfulness, it’s learned best by practicing and modeling – we’ll get more into that later. Notice if you are trying to over-intellectualize.
- This is your training. Your experience is more important than slides; *I will move us forward, if needed.*

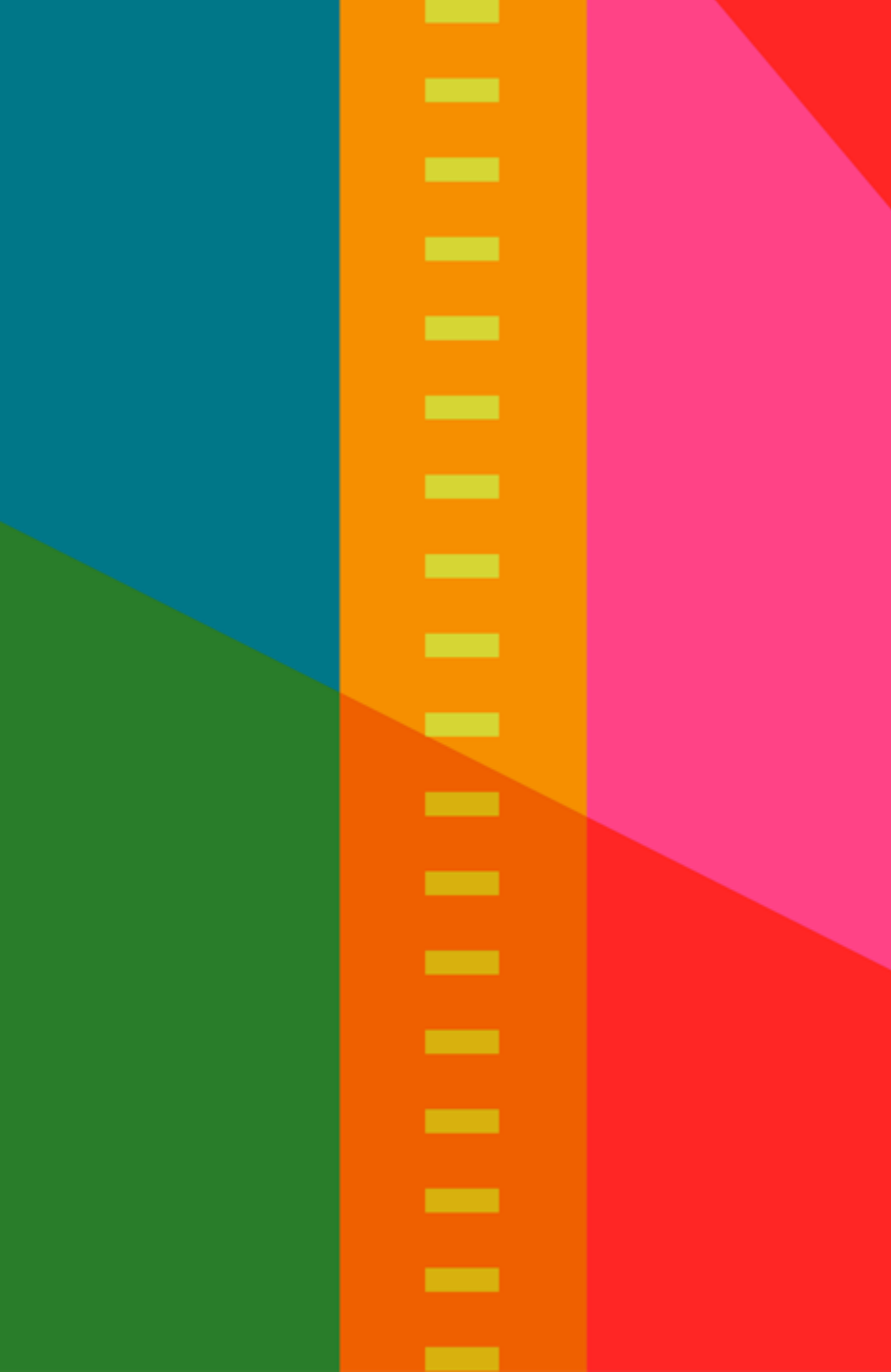


Workshop Visual Overview



**But first, any reflections, ahas or questions from
our intro session?**





Important Distinctions & Practices

Mindful in the Moment (Presence)

Meditating (Actively 'Working Out')

**Direct Experience versus Visualization Meditation
(Mindfulness is Mostly Direct Experience)**

Strategies to Self-Regulate (Active Mindfulness)

5 Mindfulness Meditation Key Practices

- . Awareness of Breath
- . Body Scan
- . Gratitude
- . Self Compassion
- . Loving Kindness



Gratitude

“First,” he writes, “it’s an affirmation of goodness. **We affirm that there are good things in the world, gifts and benefits we’ve received.**”

In the second part of gratitude, he explains, “**we recognize that the sources of this goodness are outside of ourselves.** ... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.”

<https://greatergood.berkeley.edu/topic/gratitude/definition>

- Counterbalance to Negativity Bias
- Requires us to be in the Present Moment (core of mindfulness practice)
- Notice what we take for granted
 - **humans seek novel things**
(notice our pull toward social media & new cars, etc.)
- What is going well that we take for granted? What do we not notice until it’s gone?

Gratitude



Research on Practicing Gratitude:

1. Gratitude unshackled us from toxic emotions – this suggests that gratitude letter writing produces better mental health by shifting one's attention away from toxic emotions, such as resentment and envy. When you write about how grateful you are to others and how much other people have blessed your life, it might become considerably harder for you to ruminate on your negative experiences.
2. Gratitude helps even if you don't share it – This suggests that the mental health benefits of writing gratitude letters are not entirely dependent on actually communicating that gratitude to another person.
3. Gratitude benefits take time – It's important to note that the mental health benefits of gratitude writing in our study did not emerge immediately, but gradually accrued over time.
4. Lasting effects on the brain – **More specifically, we found that when people who are generally more grateful gave more money to a cause, they showed greater neural sensitivity in the medial prefrontal cortex, a brain area associated with learning and decision making.** This suggests that people who are more grateful are also more attentive to how they express gratitude.

https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain

Attitudes to Meet Reactionary Moments

Meditation Perspective

- Beginner's Mind
- Acceptance
- Letting go of Expectations
- Gratitude
- Aware of Judgements

From Maestro Jerry Tello and Other Indigenous-Based Teachings

- Acknowledge your Sacredness
- All of You Belongs
- Pain is a Teacher
- Harmony and Balance

Any other attitudes, values or guiding energy that can or does support you?



In few words, we are practicing:

- Noticing the difference between Responding and Reacting
- Noticing patterns of Reactions and Responding (*we don't want to ignore all the wonderful Responses we already embody*)
- Shift from Reacting to Responding



For Upcoming Sessions

- Today: Mindfulness Meditation 201
- Lifestyle Medicine Science
- Somatic Awareness
- Co-Regulation
- Developmentally Appropriate Practice:
- Early Childhood/Preschool-Focused
- Developmentally Appropriate Practice:
- Middle Childhood
- Developmentally Appropriate: Adolescence
- Social-Cultural Awareness
- Equity, Ableism and Neurodivergence
- Mindful Communication
- Conflict and Difficult Conversations



Transition & Goodbye

What is sticking with you?
What will you try to practice?

Questions: Oscar@RespondMindfully.com

Resources: www.respondmindfully.com/pvpsa

