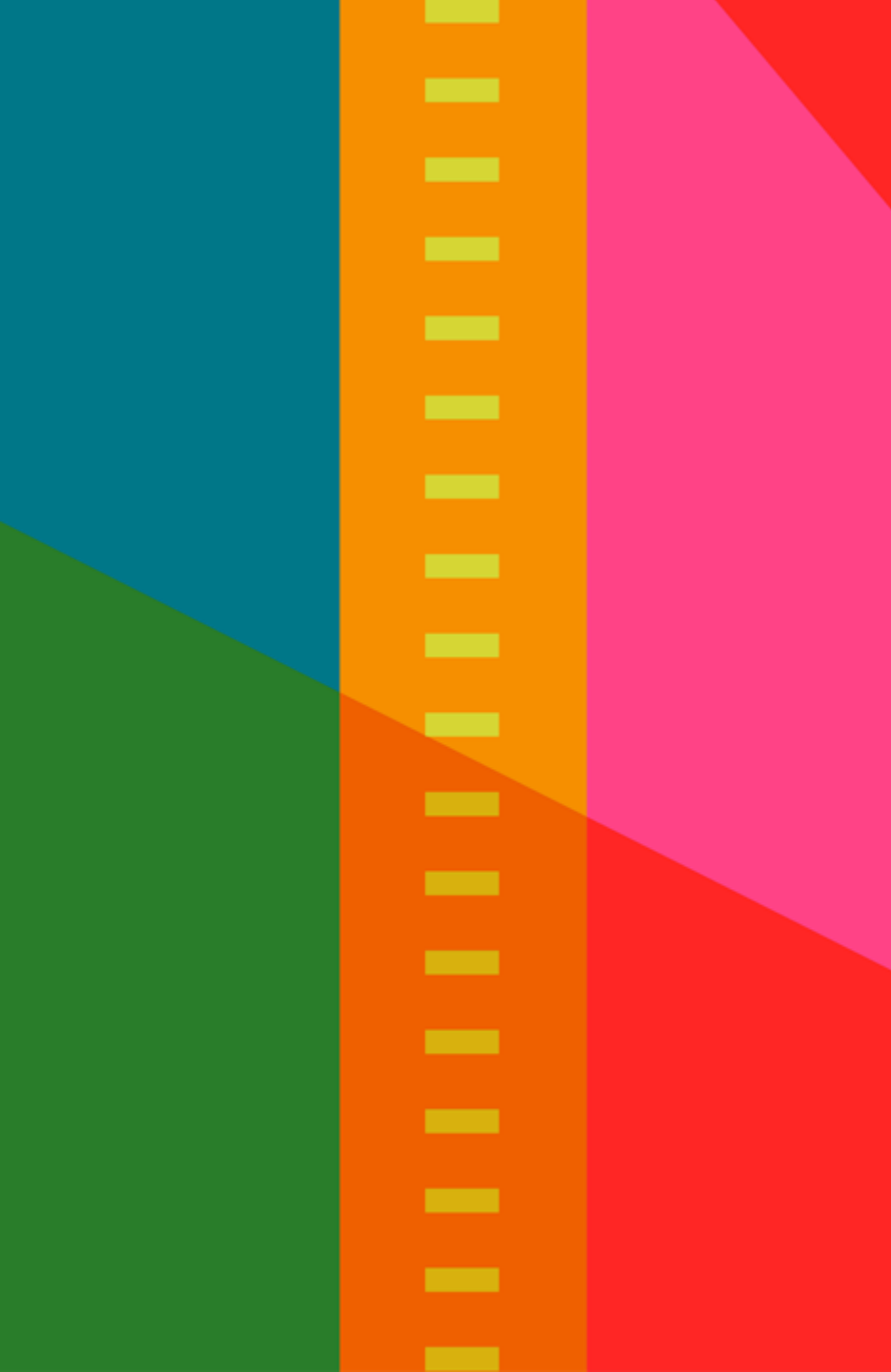




Introduction to Mindfulness: Self-Awareness, Self- Regulation, Self-Care (SSS)

*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.



Oscar, the Person

- He/Him. This can be a limitation as my lens has been conditioned as a straight male.
- I stutter. *I speak differently sometimes.*
- I speak, read and write in Spanish and English.
- Born in Santa Cruz, raised in Watsonville.
- I identify as Mexican, Latino, and Chicano. This shifts and continues to evolve depending on the group and context.
- My partner and I live in Watsonville, and are parents to a little one who is 8 weeks old.
- ***I need these practices just as much, if not more, than anyone else!***



Oscar, the Trainer

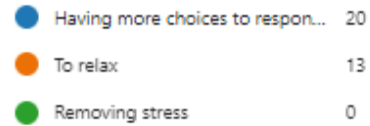
- I have been meditating for over 10+ years, and teaching for 6. *I want to appreciate the meditation secular Buddhist teachers and practices*
- Teacher for Insight Watsonville, and Co-Lead BIPOC & Allies Meditation at Watsonville Yoga
- Board-Certified Health & Wellness Coach, and International Coaching Federal (ICF) Certified
- Background in early childhood and adult/parent development; adjunct professor of early childhood/child/adolescent development at Gavilan College and on-call staff for First 5 Monterey County
- Trainer for UC Davis Continuing and Professional Education
- **I am doing my best. I will assume the same about you.**



Your Feedback

1. What is your understanding of the primary purpose of mindfulness practices?

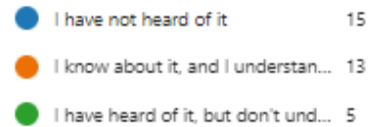
[More Details](#)



2. What is your current understanding of the Window of Tolerance concept?

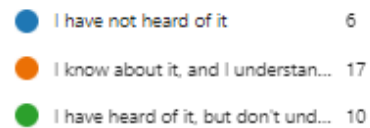
[More Details](#)

Insights



3. What is your current understanding of the concept of Co-Regulation?

[More Details](#)



Your Feedback Part II

Big Themes

- Allow us time to practice skills and reflect
- Grounding practices / meditations / tools
- Interactive
- Ideas for youth / activities / tools (*yes, and today's focus is on SSS*)
- Help development of mindfulness in busy schedules

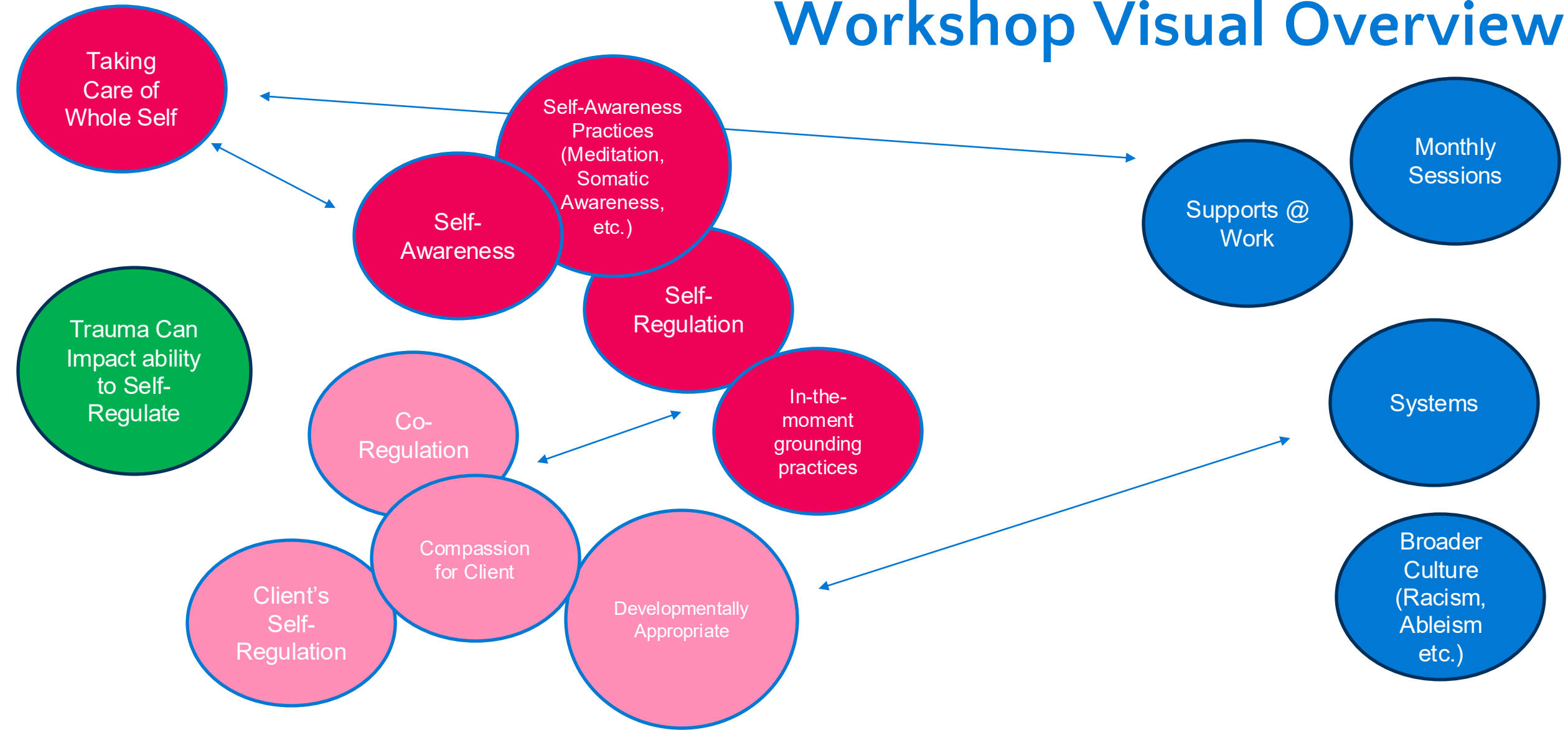


Community Vibe and Learning Space

- 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.*



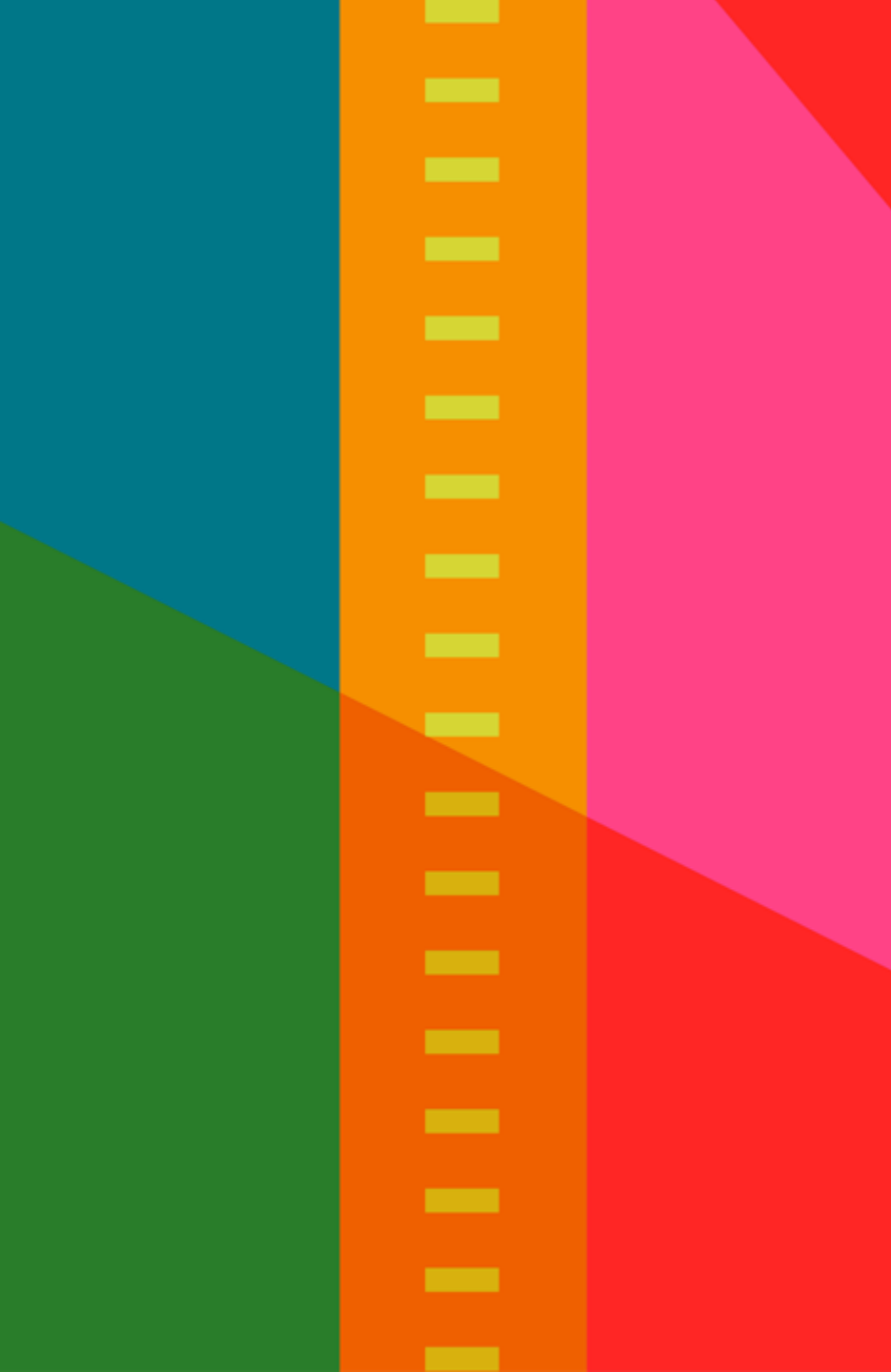
Workshop Visual Overview



Values and Perspectives

Relationship-Based
Socio-Cultural Systems Lens
Multidisciplinary and Inter-Disciplinary
Reflective
Equity-Focused
Somatic, Trauma and Healing Informed
Lived-Experience Centered
And many others!





Dyad Activity: *Healing-Centered Reflection*

- What have you learned from others about how to respond to difficult moments?
- How would the person you respect the most respond to a challenging communication moment?
- What have you learned from prior experiences or what works best for you to handle difficult conversations?

Notice: Urge to Jump in and Body Language. If you can, try to let the other person speak without interrupting.

Take 5 min total. I will share when it's been 2 mins as a heads up.

A common story, *and a common response*



Feeling of tiredness present as you get home from work

"I want to rest and watch TV"

Orders fast or microwaves food

Watches favorite show on Netflix without pausing between episodes

Stays up late

Gets little sleep

Tired next day

(For parents of little ones: not taking naps when child sleeps for parents of little ones)



***Stress and
stressor
(simplistic
definition)***

Stress is what you feel - in the body (and quickly thereafter in your mind)- and stressor are the various stimuli that started the process to develop this stress.

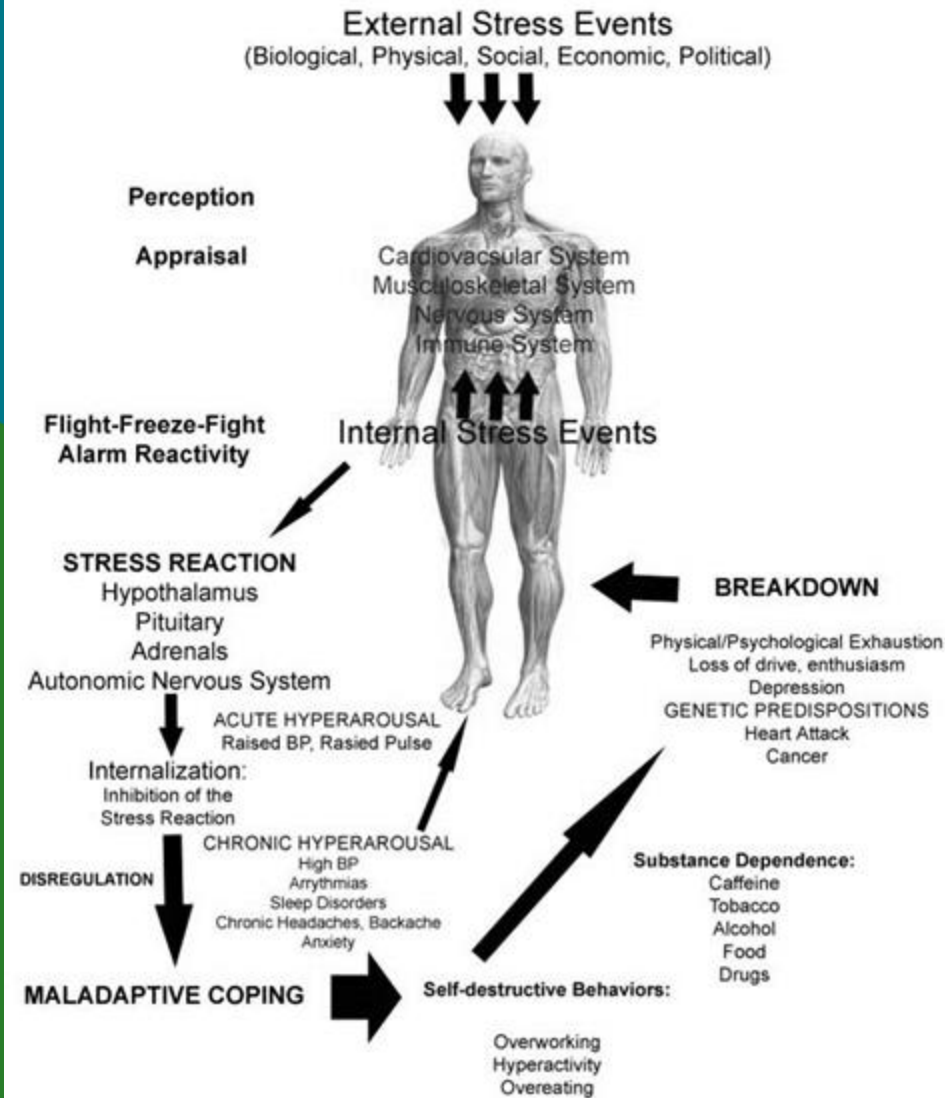
Yes, and Practice

How was that practice? What did you notice about yourself?

This can be done as a meditation or in the moment grounding.



Without self-awareness, we cannot seek to self-regulate



- We don't notice what we are feeling, needing, what we are thinking or what emotions are present. **We may be reacting from our dominant personality type (influenced by society, family, culture/s, systems, etc.)**
- Our reactions to internal decisions (such as self-care) and difficult communication moments may be **inflexible and rigid**
- We quickly blame others without first noticing how we are contributing to the situation
- We don't take care of our own health; we are outsourcing our wellness and disempowering ourselves
- We don't ask for help even though we preach to others to seek help when they need it

Without self-awareness, it's hard to take care of our Whole Selves

“Lifestyle Medicine is the use of evidence-based lifestyle therapeutic intervention—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease.”

“...80% or more of all healthcare spending in the U.S. is tied to the treatment of conditions rooted in...lifestyle [habits]. Chronic diseases and conditions—such as hypertension, heart disease, stroke, type 2 diabetes, obesity, osteoporosis, multiple types of cancer—are among the most common, costly and preventable of all health conditions.”

Source: [LifestyleMedicine.org](https://lifestylemedicine.org)

Taking Care of our Whole Selves

*But one framework!
There are many.*

*What other area of
life would you want
to lean into healthier
ways of being?*



eat plants
keep moving
sleep well
be present
stay calm
love people

The question really is what is keeping us from doing what we know is healthy for our mind, body and spirit?

Sometimes knowledge and information is helpful. *Happy to share more in future monthly sessions!*



Lets remain focused on self-awareness first! Without this foundational skill, we don't notice what is keeping us from doing what we want to do.

For example, did you know the research shows that knowing the difference between hunger, thirst and fullness can help you eat the right amount for your body?



What is actually happening at home?

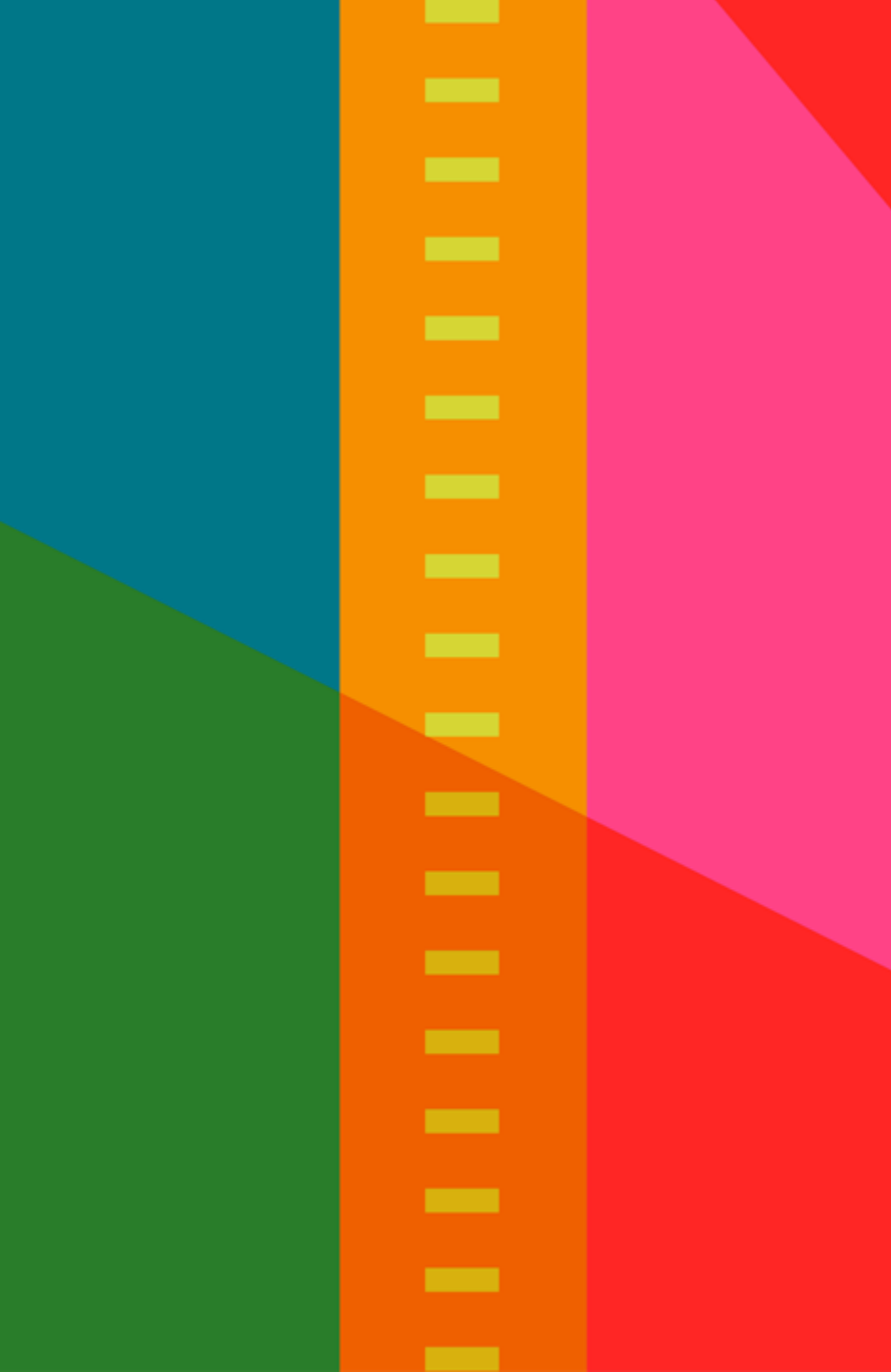


Thoughts are sticky: *"I feel tired."*

Not being able to use our wisdom or reflection (inflexibility)! *We know this is a pattern, but cannot pivot. We don't ask ourselves: what would actually be helpful? What do I really need? (Connection, love, etc.)*

We have not been listening to our body, and what it needs to be healthy. Our body needs to sleep and it sends us signals.

We don't ask: *Do I need to connect with a friend? Is this something chronic that would be good to talk to a helping professional?*



Meditation Practice

Relate to your experience with intentional kindness.

Whatever arises, notice it without engaging with it. If you notice criticism or negativity, try your best to accept it without attaching to it. Whatever arises, send appreciation. Not that you agree with what arises, but you appreciate that you can notice it.

Anchor in your breath.

Engage with the breath.

How was that practice?

What did you notice?

Self-Awareness and Mindfulness Practices

- “Mindfulness is a quality of consciousness, more specifically defined as paying attention in a particular way: on purpose, in the present moment, nonjudgmentally” (Kabat-Zinn, 1994, p. 4).”
- “Mindfulness consists of a purposeful attention to and awareness of the present moment, approached with an attitude of **openness, acceptance, and nonjudgment** (Bishop et al., 2004, Kabat-Zinn, 1990, Kabat-Zinn, 1994).”

Mindfulness has been shown to have positive effects on mental health and psychological well-being (e.g., depression, anxiety), physical health (e.g., chronic pain), and quality of intimate relationships (Baer, 2003, Brown and Ryan, 2003, Brown et al., 2007, Grossman et al., 2004). Mindfulness can also reduce stress and burnout in the workplace (e.g., Mackenzie, Poulin, & Seidman-Carlson, 2006) and may have broader effects such as more external awareness at work, more positive relationships at work, and increased adaptability (Hunter & McCormick, 2008).”

Self Reflective Questions

From UPENN Mindful Awareness Scale

- “I find it difficult to stay focused on what’s happening in the present.”
- “I find myself listening to someone with one ear, doing something else at the same time.”
- “I find myself doing things without paying attention.”
- “I could be experiencing some emotion and not be conscious of it until some time later.”

Scale:

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

Reflect on your own first, and then pick a different person to share with what came up for you.

Mindful Practice: listen to the other person without verbally responding. The person speaking has 2 min. Then switch, and then you can share how it was to listen and talk without interruption. This time, don’t engage verbally, and stop yourself from commenting.

“
**MINDFULNESS MEANS PAYING
ATTENTION IN A PARTICULAR
WAY; ON PURPOSE, IN THE
PRESENT MOMENT, AND
NON JUDGEMENTALLY**
”

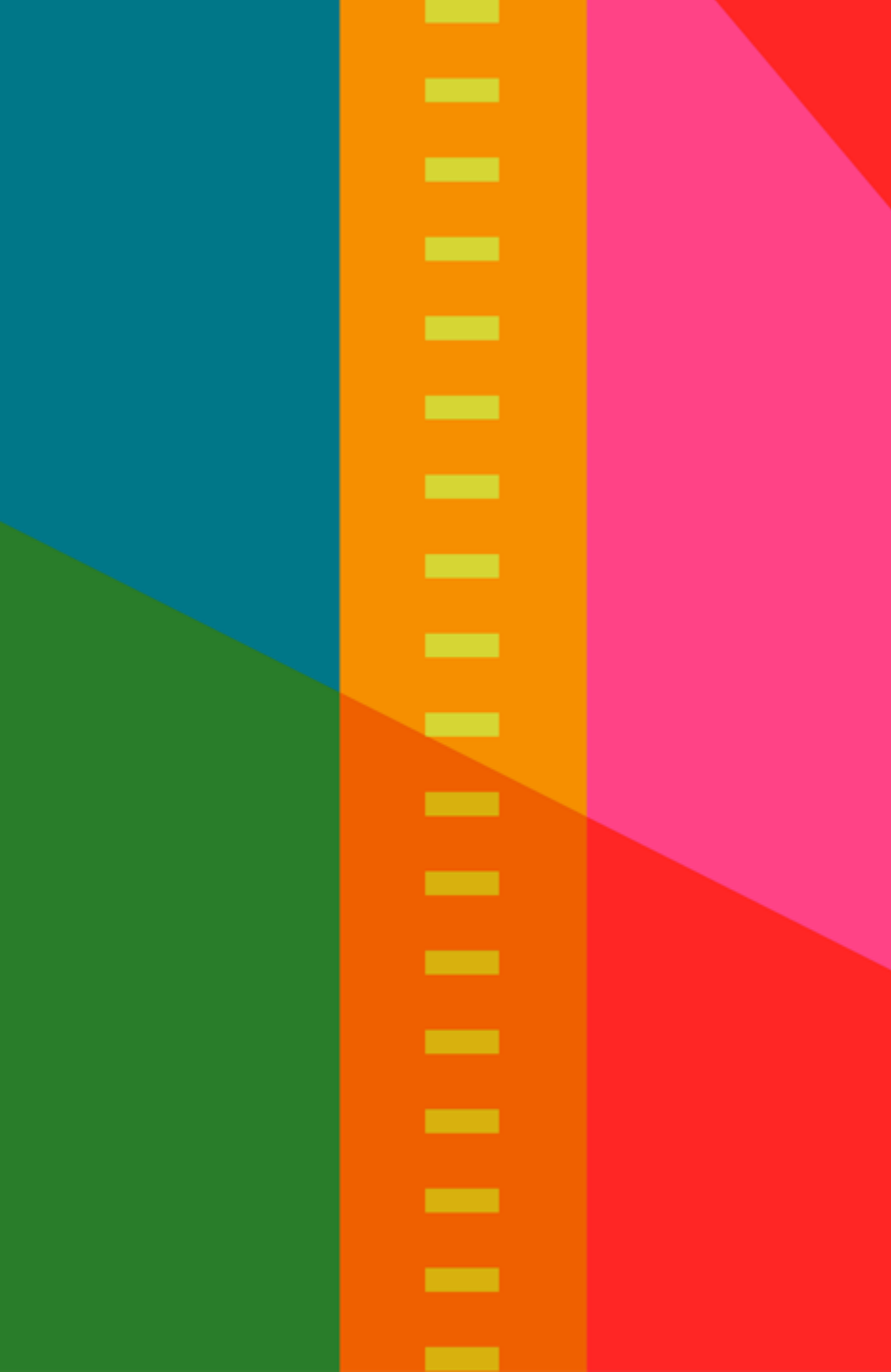
JON KABAT-ZINN

DISCOVER MINDFULNESS @ MINDEVOLVED.ORG



Working definition from Jon Kabat Zin

LivingMoreFully
.com



Important Distinctions & Practices

Mindful in the Moment (Presence)

Strategies to Self-Regulate (Active Mindfulness)

Meditating (Actively ‘Working Out’)

Lets practice! Any questions?

As you develop self-awareness and wisdom, you'll see – you'll notice more. This starts to help you to notice the difference between reacting and responding.

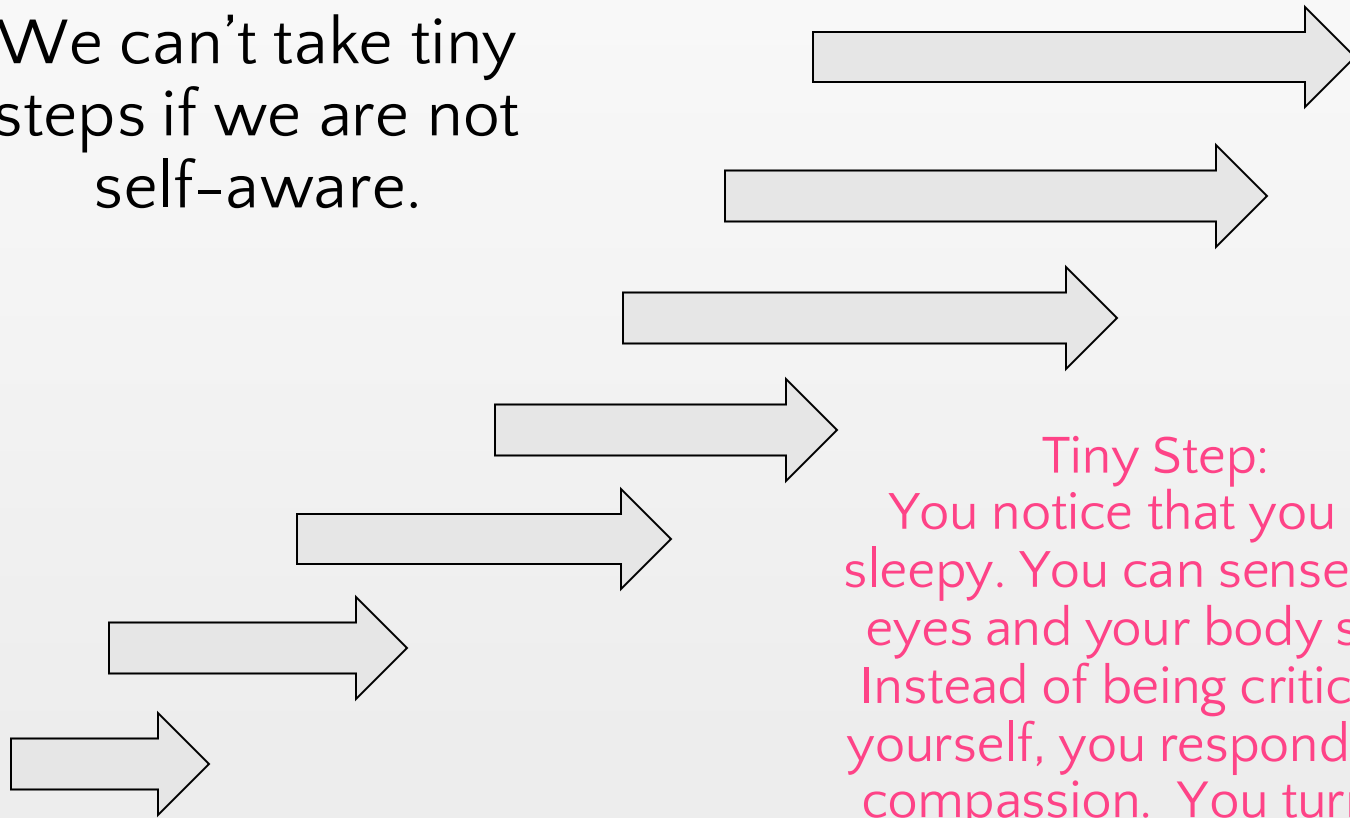
How do you react when it relates to Eating or Sleep, for example?



eat plants
keep moving
sleep well
be present
stay calm
love people

Moving from Self-Awareness to Self-Regulation

We can't take tiny steps if we are not self-aware.



Tiny Step:
You notice that you are sleepy. You can sense your eyes and your body shift. Instead of being critical of yourself, you respond with compassion. You turn off the TV.

Self Compassion can help us respond during those small moments

Kindness — Self Kindness vs. Self Judgement

Common Humanity - All Struggle vs. I am the Only One

Mindfulness - Observing versus Identifying with Issue

Research by Neff, 2013

Self-Compassion Meditation Practice

Identify one area related to Lifestyle Medicine you want to grow in.

Self-Kindness: It's okay!

Shared Humanity: I am not the only the struggles even though sometimes it does feel that way!

Mindfulness: I see you!

End with gratitude for an area related with Lifestyle Medicine that is going well or just fine. You can also have gratitude for the desire to grow in a particular domain.

How was that practice? What did you learn about yourself?



Self-Compassion

Common barriers to Self-Compassion

1. I won't change if I am not hard on myself
2. How cute would it be too nice to myself; who has time for that?!

2 Sides to Self-Compassion

1. Caring
2. Action-Oriented

(Work of Neff, 2002)



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



Transition & Goodbye

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

Questions: Oscar@RespondMindfully.com

Resources: www.respondmindfully.com/pvpsa

I'll send a survey later today!

