

MINDFULNESS FOR MUSIC EDUCATORS

Arizona Music Educators Association Annual Conference
February 1, 2020 | 11:45am-12:45pm

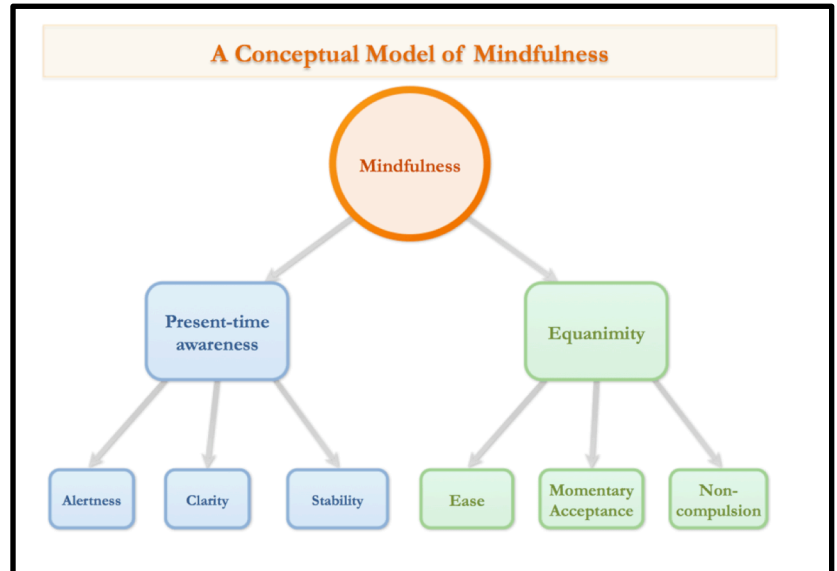
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WHAT IS MINDFULNESS?

A state, a trait,
and a practice

Benefits of Mindfulness:

- Increased Attention
- Compassion
- Emotional Regulation
- Calming
- Adaptability
- Resilience



Hit the “Pause Button”
on our negative
thought habits



Present-Time Awareness:

A stable, clear and alert awareness of momentary experience.

Present-time awareness is thus a kind of meta-awareness, where we have rich contact with sensory experience and we know it's sensory experience arising in the field of awareness.
mindfulschools.org

Equanimity:

Equanimity can be defined as a sense of cognitive-emotional balance where there is no compulsion to act out our preferences.

Equanimity is the balance point between suppression of experience on the one hand, and entanglement with experience on the other.

Mindfulness is the act of intentionally paying attention, being present in the moment, and noticing our thought habits without judgment or connecting them to our self-worth.

Through consistent, active practice, we are able to activate our prefrontal cortex and limbic system while deactivating our amygdala, thus giving us greater control and choice over our thoughts and reactions.

WHY can it HELP?

Traumatic Experiences/Traumatic Stress:

Changes the limbic system, increases cortisol levels, creates neurotransmitter dysregulation, which can result in emotional dysregulation.

Toxic Stress:

A consistent stress level with no release and decreases the Window of Tolerance. Changes the limbic system, increases cortisol levels, creates neurotransmitter dysregulation, which can result in emotional dysregulation.

Compassion Fatigue/Secondary Trauma:

An increased indifference, fatigue, and apathy towards the needs of others after witnessing or being exposed to the trauma or traumatic stress of others. Results in physical and mental exhaustion.

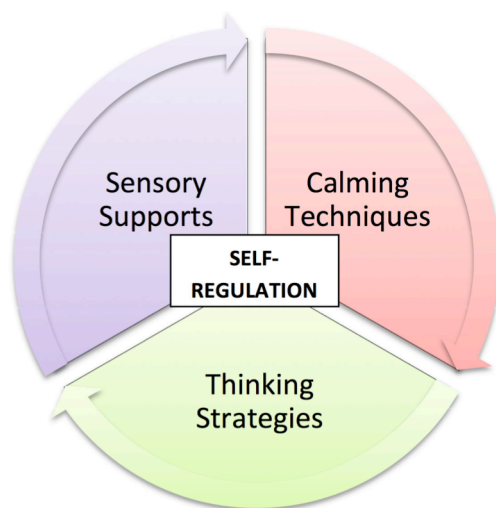
Our brains have a negativity bias. We have to train our thoughts to focus on the positive.

60,000+ thoughts per day
80% of thoughts are negative
.1 second to store negative memories
12 seconds to store positive memories

Mindfulness helps us intentionally focus on the positive and prompts choice in our reactions.



What affects us
most as teachers



You must regulate yourself first before you try to regulate someone else or change their behavior.

GIVE IT A TRY!

Simple Mindfulness Activities for Students:

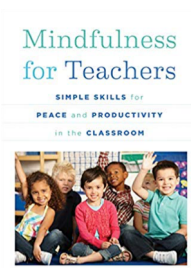
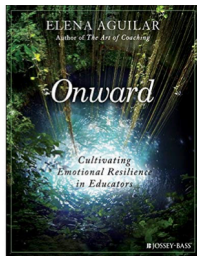
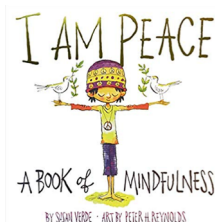
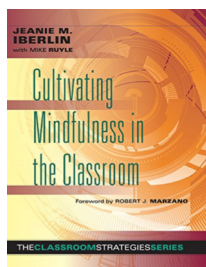
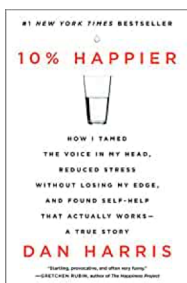
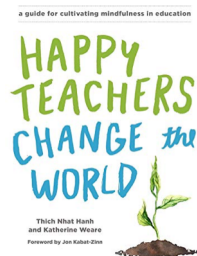
- Body Scan
- Mindful Minute
- Nature Walk
- Mindful Eating
- Worry Bubbles
- Happy Place
- Breathing Buddies
- Glitter Jar
- Box Breathing
- Mindful Coloring

Mindfulness Tips for Teachers:

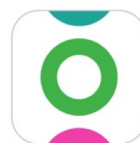
- Develop daily habit 5-10 minutes
- Find an app that works for you
- Gratitude Journal
- Body Scan
- Mindful Minute
- Nature Walk
- Subscribe to mindful.org emails

RESOURCES TO START YOUR PRACTICE

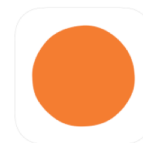
Books



Apps



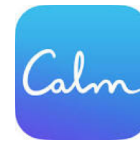
Mediation Studio



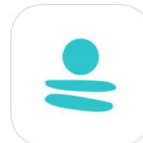
Headspace
Free for Educators!!



Smiling Mind



Calm



Simple Habit



Stop, Breathe, Think
Free for Educators!!

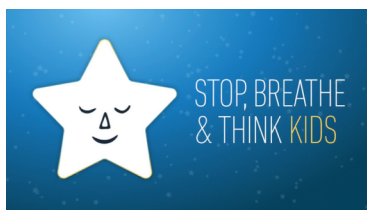
Also look for Podcasts and YouTube Channels for more free options!

Websites



Mindful
SCHOOLS

Mindfulschools.org
offers Mindfulness
Fundamentals online
courses and
Mindfulness for
Educators courses



Stop, Breathe, & Think
YouTube Channel



Cosmic Kids YouTube
Channel



GoNoodle Flow
Channel

mindful
MINDFUL.ORG

edutopia

Mindfulness



Learn more about
Trauma-
Sensitive
Teaching



NCTSN

The National Child
Traumatic Stress Network

