

MINDFULNESS FOR MUSIC EDUCATORS

Arizona Music Educators Association Annual Conference

February 1, 2020 | 11:45am-12:45pm

Presentation by Amy Swietlik, Osborn School District

www.amyswietlik.com

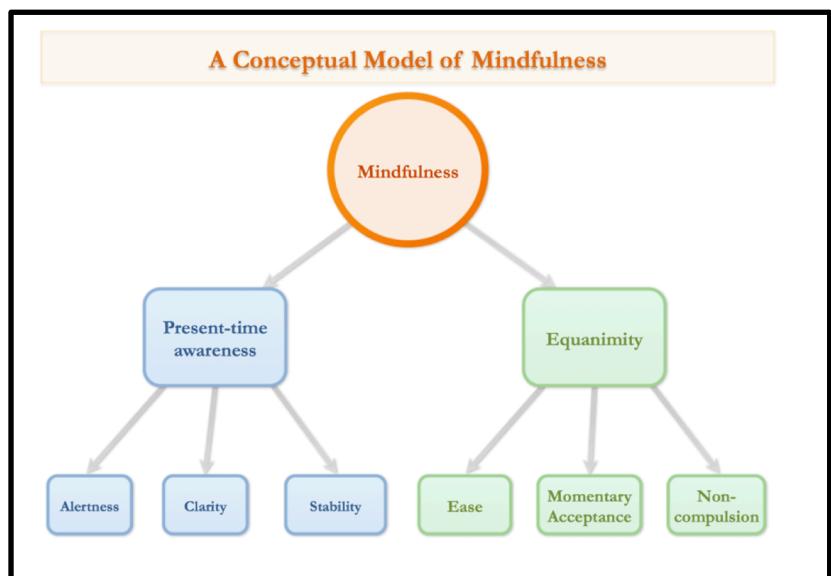
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WHAT IS MINDFULNESS?

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.

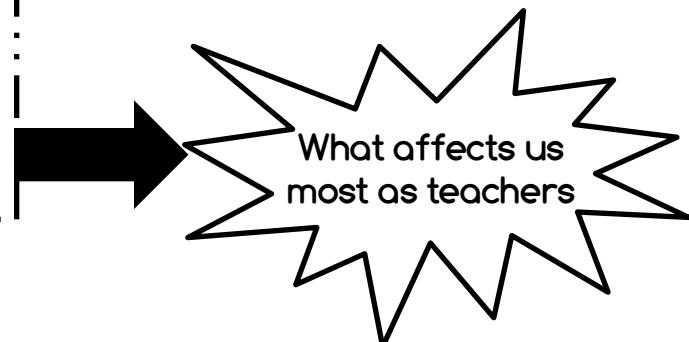
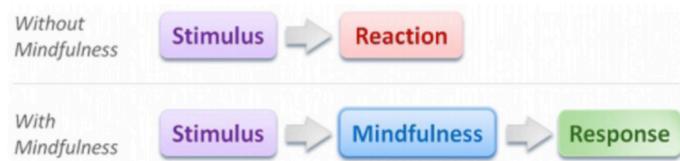
Compassion Fatigue/Secondary Trauma:

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.



Sensory Supports Calming Techniques
SELF-REGULATION

Thinking Strategies

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:

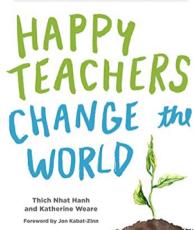
- Body Scan
- Mindful Minute
- Nature Walk
- Mindful Eating
- Worry Bubbles
- Happy Place
- Breathing Buddies
- Glitter Jar
- Box Breathing
- Mindful Coloring

Mindfulness Tips for Teachers:

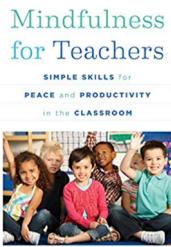
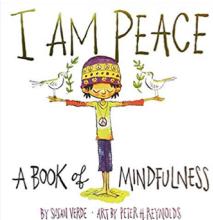
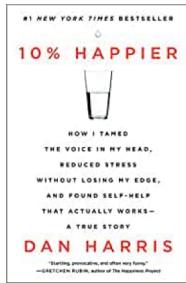
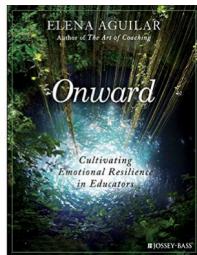
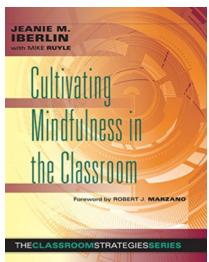
- Develop daily habit 5-10 minutes
- Find an app that works for you
- Gratitude Journal
- Body Scan
- Mindful Minute
- Nature Walk
- Subscribe to mindful.org emails

RESOURCES TO START YOUR PRACTICE

a guide for cultivating mindfulness in education



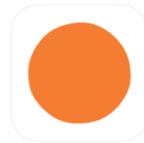
Books



Apps



Mediation Studio



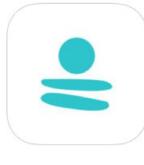
Headspace
Free for Educators!!



Smiling Mind



Calm



Simple Habit



Stop, Breathe, Think
Free for Educators!!

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

Websites



[Mindfordschools.org](https://www.mindfordschools.org)
offers Mindfulness
Fundamentals online
courses and
Mindfulness for
Educators courses



Stop, Breathe, & Think
YouTube Channel



Cosmic Kids YouTube
Channel



GoNoodle Flow
Channel



Mindfulness



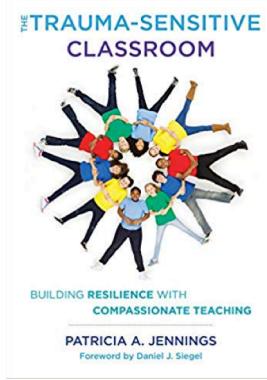
Living, Learning, & Teaching with Mindful Awareness

Learn more about

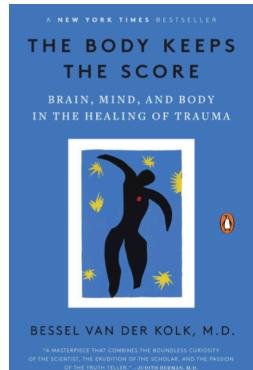
Trauma-
Sensitive
Teaching



The National Child
Traumatic Stress Network



BUILDING RESILIENCE WITH
COMPASSIONATE TEACHING
PATRICIA A. JENNINGS
Foreword by Daniel J. Siegel



A NEW YORK TIMES BESTSELLER
THE BODY KEEPS
THE SCORE
BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA
BESSEL VAN DER KOLK, M.D.

Notes:

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Viktor Frankl

Thank you for attending this workshop! I hope you are able to use some of these ideas in your classroom. Please feel free to email me with any questions:
amy.swietlik@gmail.com.

Links, Books, and other resources
are available online at:
www.amyswietlik.com/crt-mindfulness-resources

Bio: Amy Swietlik currently teaches K-6 General Music and Band in the Osborn School District. She has been a TAP Mentor Teacher on her campus for three years. With a BM in Music Education and an MA in Ethnomusicology, Amy utilizes her research background in combination with 6 years public teaching experience to develop a culturally responsive approach and curriculum in her classrooms. Amy has received numerous grants to fund new projects/instruments for her classroom and has presented at several academic conferences including the Society for Ethnomusicology and ISME Community Music Activity. She was also a Fulbright Award Recipient to Brazil in 2014. Amy recently received the “You Make A Difference” Award in her school district and was a finalist in the Phoenix Mayor’s Arts Awards for 2019.