MINDFULNESS AND EMOTIONAL REGULATION

COPE CENTER

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TODAY'S PLAN

- DEFINE MINDFULNESS AND EMOTIONAL REGULATION
- LOOK AT SOME RESEARCH-BASED INFORMATION ABOUT BENEFITS OF MINDFULNESS PRACTICES
- IDENTIFY SOME ON-LINE RESOURCES
- PRACTICE SOME SIMPLE MINDFULNESS INTERVENTIONS
- SET A PLAN TO IMPLEMENT ONE OR TWO CHANGES

EMOTIONAL REGULATION

- WHAT DOES IT MEAN TO YOU?
- WHAT IS YOUR OWN SKILL LEVEL?
- SKILL VERSUS WILL
- WHAT BENEFITS ACCRUE TO BEING ABLE TO SUCCESSFULLY REGULATE OUR EMOTIONS?
- BEHAVIORAL CHOICE VERSUS “STUFFING” EMOTIONS
- VENTING—YES OR NO?

MINDFULNESS IS NOTHING NEW

- BUDDHIST TRADITIONS
- MBSR/JON KABAT-ZINN, 1979
- SPIRITUAL PRACTICES
- INTEGRATION INTO MENTAL HEALTH TREATMENT (DBT, TRAUMA-INFORMED TREATMENTS)

PAUSE TO PRACTICE 1: BREATHWORK

- BECOME AWARE OF THE BREATH WITHOUT JUDGMENT
- FOCUS ON EXHALE RATHER THAN INHALE
- ALTERNATE NOSTRIL BREATHING

HOW DOES IT WORK?

- THE **SYMPATHETIC** NERVOUS SYSTEM PREPARES THE BODY FOR INTENSE PHYSICAL ACTIVITY AND IS OFTEN REFERRED TO AS THE FIGHT-OR-FLIGHT RESPONSE. THE **PARASYMPATHETIC** NERVOUS SYSTEM HAS ALMOST THE EXACT OPPOSITE EFFECT AND RELAXES THE BODY AND INHIBITS OR SLOWS MANY HIGH ENERGY FUNCTIONS.

STUDY.COM/.../THE-**SYMPATHETIC**-AND-**PARASYMPATHETIC**-NERVOUS-SYSTEMS.HTML

MINDFUL PARENTING

DUNCAN, COATSWORTH & GREENBERG (2009)

"A FRAMEWORK WHEREBY PARENTS INTENTIONALLY BRING MOMENT-TO-MOMENT AWARENESS TO THE PARENT–CHILD RELATIONSHIP."

5 DIMENSIONS OF MINDFUL PARENTING

- LISTENING WITH FULL ATTENTION
- NONJUDGMENTAL ACCEPTANCE OF SELF AND CHILD
- EMOTIONAL AWARENESS OF SELF AND CHILD
- SELF-REGULATION IN THE PARENTING RELATIONSHIP
- COMPASSION FOR SELF AND CHILD.

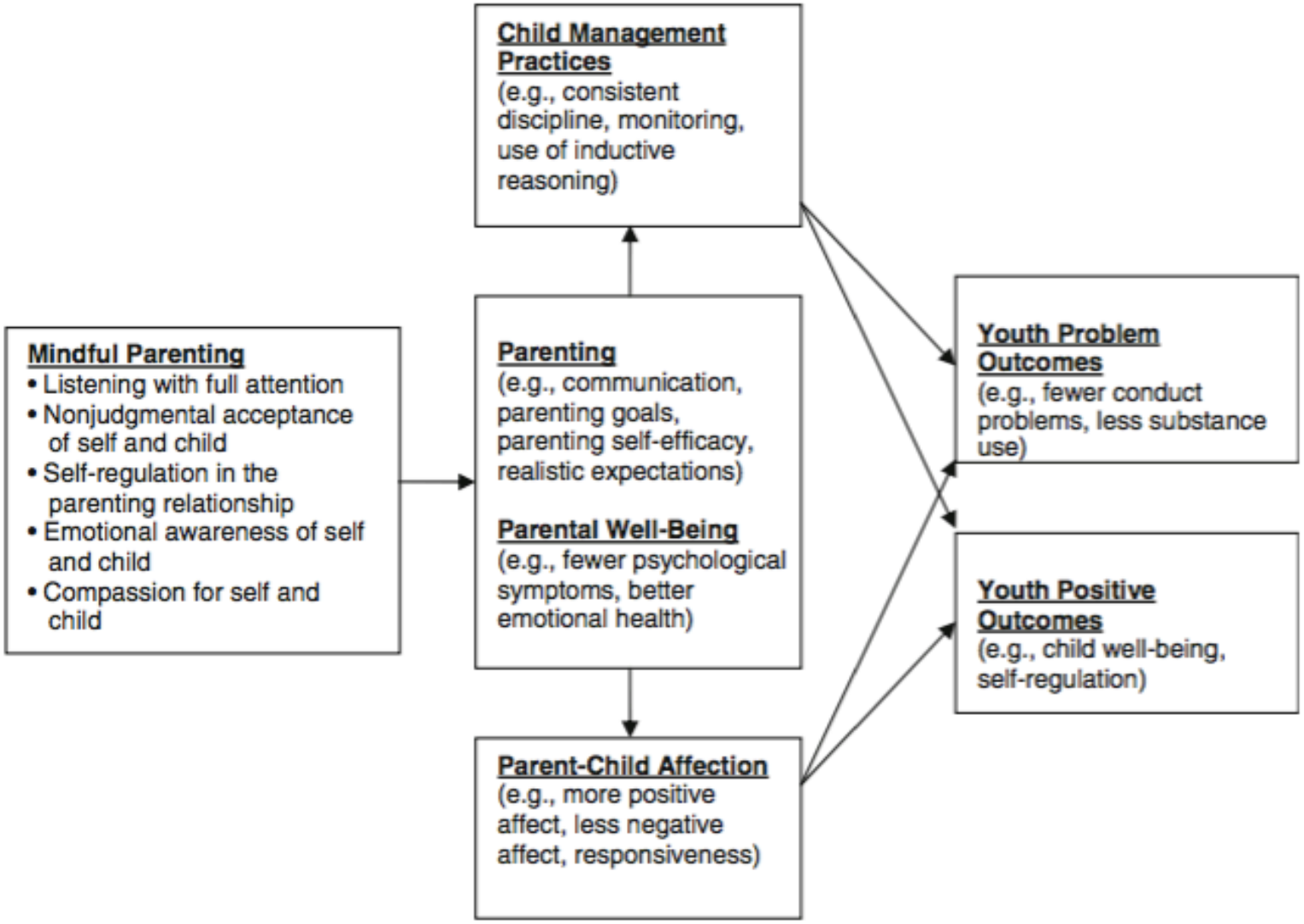

Fig. 1 Mindful parenting, parent–child relationships, and youth outcomes

http://aetna.tumblr.com/mindfulness?cid=dsp-buzzfeed-brand-mindfulness&utm_source=buzzfeed&utm_medium=display&utm_content=ask_an_expert_part_2&utm_campaign=mindfulness_2015_2016

GROUNDING

- PHYSICAL
- MENTAL
- SOOTHING

NAJAVITS, SEEKING SAFETY (2002)

THANK YOU!

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