

growing
up
stressed?



inhale

growing

or

up
mindful?

Christopher Willard, PsyD



HARVARD
MEDICAL SCHOOL

@drchriswillard

CLEARING A SPACE

A photograph of a forest path. The path is dirt and leads into a misty forest. Sunlight filters through the trees, creating a hazy, golden atmosphere. There are evergreen trees on the left and a large, dark tree trunk on the right. The ground is covered with moss and small plants.

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INTRODUCTIONS



Hi, I'm Marcy Peterson, even though
there's no such thing as the 'self'

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OVERVIEW

- **What is mindful awareness?**
- **Why teach our kids?**
- **HOW can we teach our kids**
- **The science of mindful awareness**
- **A few practices**

The best way to create stressed out, miserable, checked out kids, is to surround them with stressed out, miserable, checked out adults.

BUT.

The best way to create mindful, present, compassionate kids is to surround them with mindful, present, compassionate adults.

@drchristv

GROWING MINDFUL



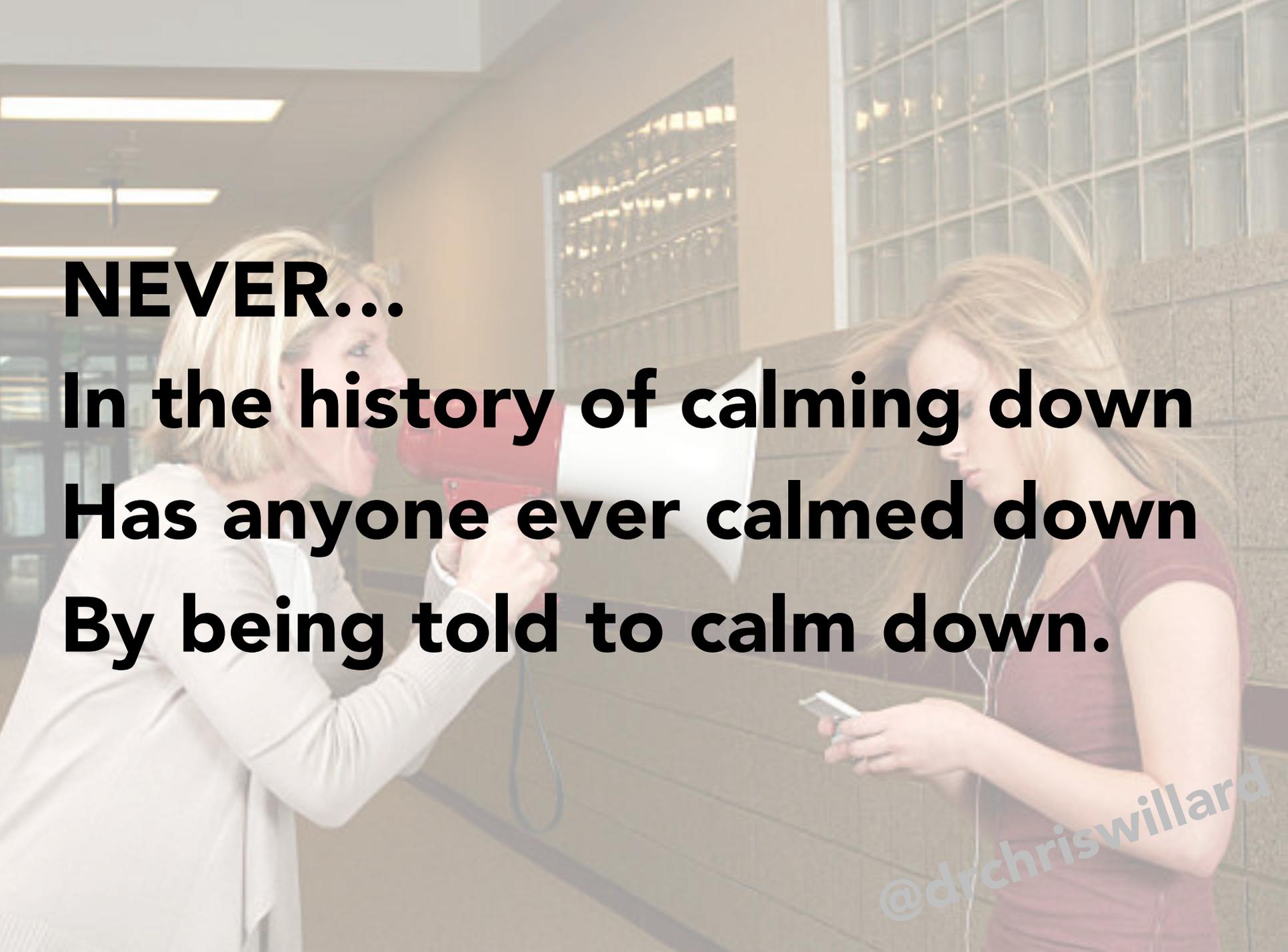
Living Mindfully

Practicing Independently

Teaching Mindfulness

Mindful Community

Your Own Practice

A woman in a white cardigan is shouting into a red megaphone. She is facing a woman in a maroon top who is looking down at her smartphone. The background is a hallway with large windows and fluorescent lights.

NEVER...

**In the history of calming down
Has anyone ever calmed down
By being told to calm down.**

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MAKE

"PARENT"

A NOUN

AGAIN!

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MINDFULNESS

What is it?

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MINDFULNESS

“Paying Attention...

to the here and now ...

with kindness

& curiosity

(acceptance & nonjudgment)

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PAYING ATTENTION

FORMS OF PAYMENT ACCEPTED

VISA

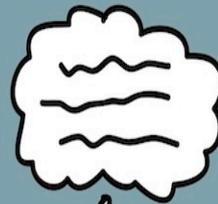
AMEX

CASH

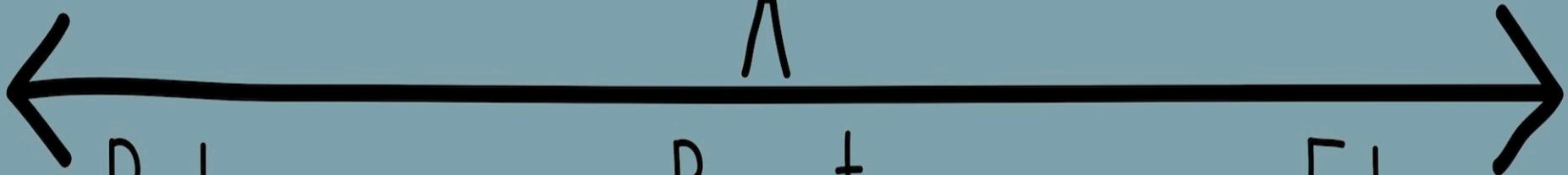
ATTENTION

THE PRESENT MOMENT

Your body is present.



Is your mind?



Past

Present

Future

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DOUG NEILL

TAKING A MINDFUL SEAT

- **S Sensations**
- **E Emotions**
- **A Actions**
- **T Thoughts**



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NON JUDGMENT



Non-judgment day is near

"The curious paradox is that when I accept myself just as I am, then I change" – Carl Rogers

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MINDFULNESS

“Paying Attention...

to the here and now ...

with kindness

& curiosity

(acceptance & nonjudgment)

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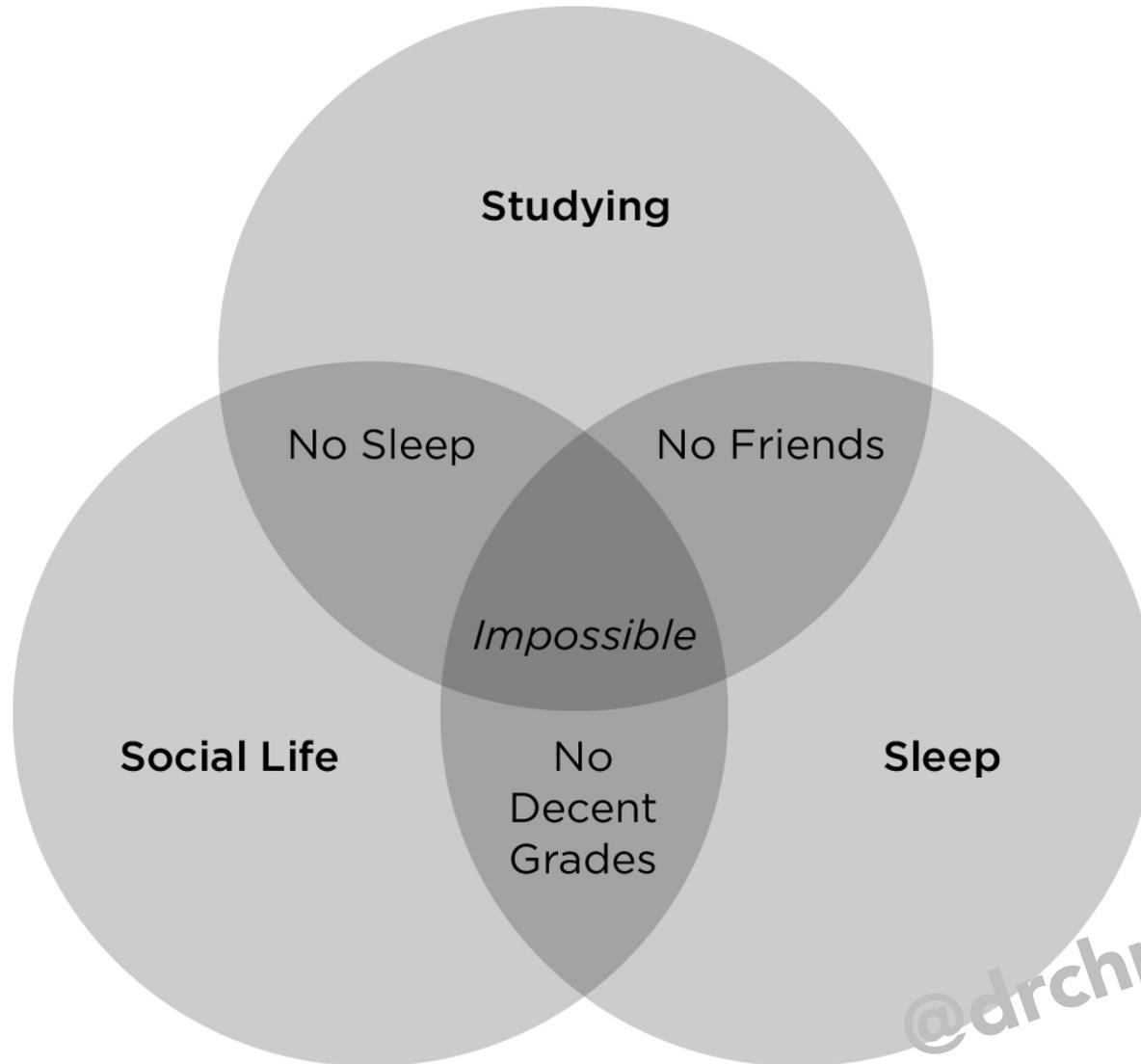


Mind Full, or Mindful?

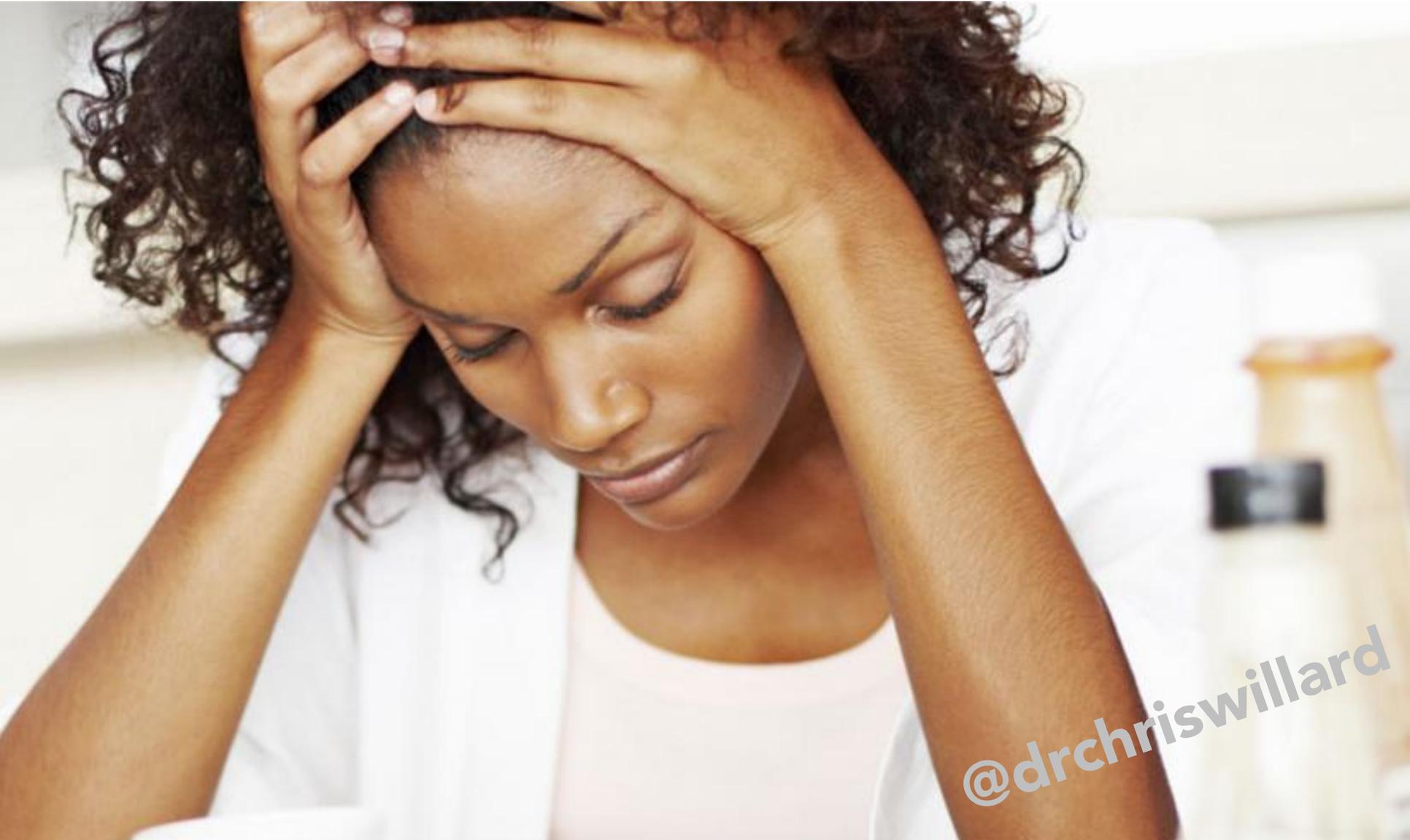
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THE STUDENT PARADOX

“Pick two”



THE STRESS RESPONSE



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STRESS = REGRESS

(FIGHT/FLIGHT/FREEZE/FORGET IT)

Physiology of threat- *system evolved to keep us safe from physical threat but we still use it emotional threat* (academic, social, athletic, etc)

BRAIN

- Amygdala (cave dweller brain) ON
- Prefrontal cortex (our evolved higher brain) OFF
- Everyone looks like an enemy or threat
- Only thinking "*How do I make it end?*" not "*Who gets hurt?*"

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STRESS = REGRESS

(FIGHT/FLIGHT/FREEZE/FORGET IT)

Physiology of threat- *system evolved to keep us safe from physical threat but we still use it emotional threat (academic, social, athletic, etc)*

BODY

- Breath tightens, heart rate up, heat up, muscles clench
- Digestion shuts off
- Immune system shuts off (who needs long term survival?)

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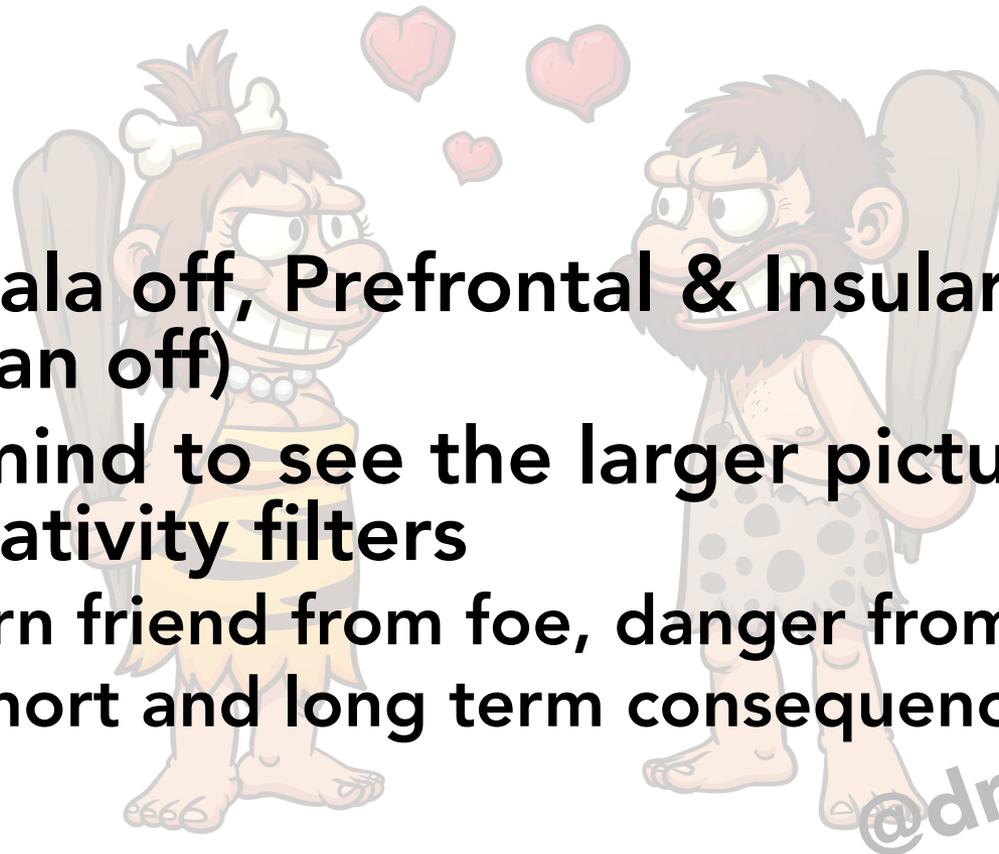
STRESS = PROGRESS

(ATTEND & BEFRIEND)

Physiology of Mindfulness and Compassion
System for caregiving, connecting and feeling safe

BRAIN

- Amygdala off, Prefrontal & Insular cortex on (caveman off)
- Open mind to see the larger picture, take off negativity filters
 - Discern friend from foe, danger from safety
 - See short and long term consequences of action



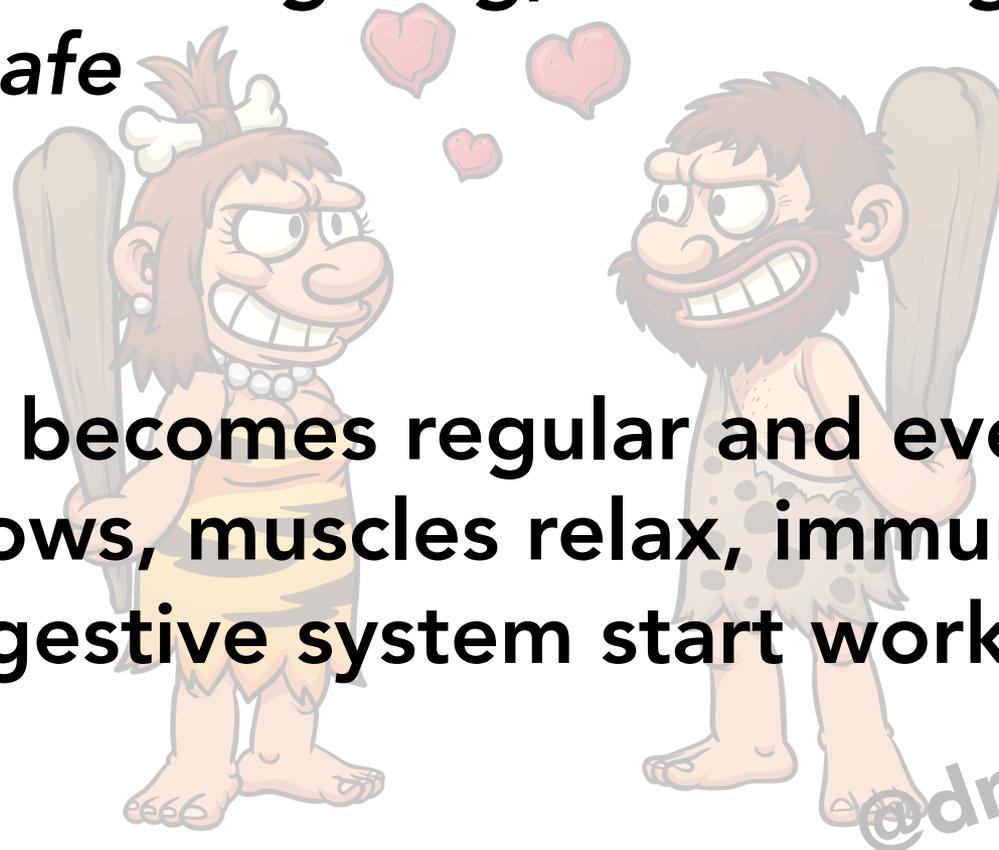
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Physiology of Mindfulness and Compassion:
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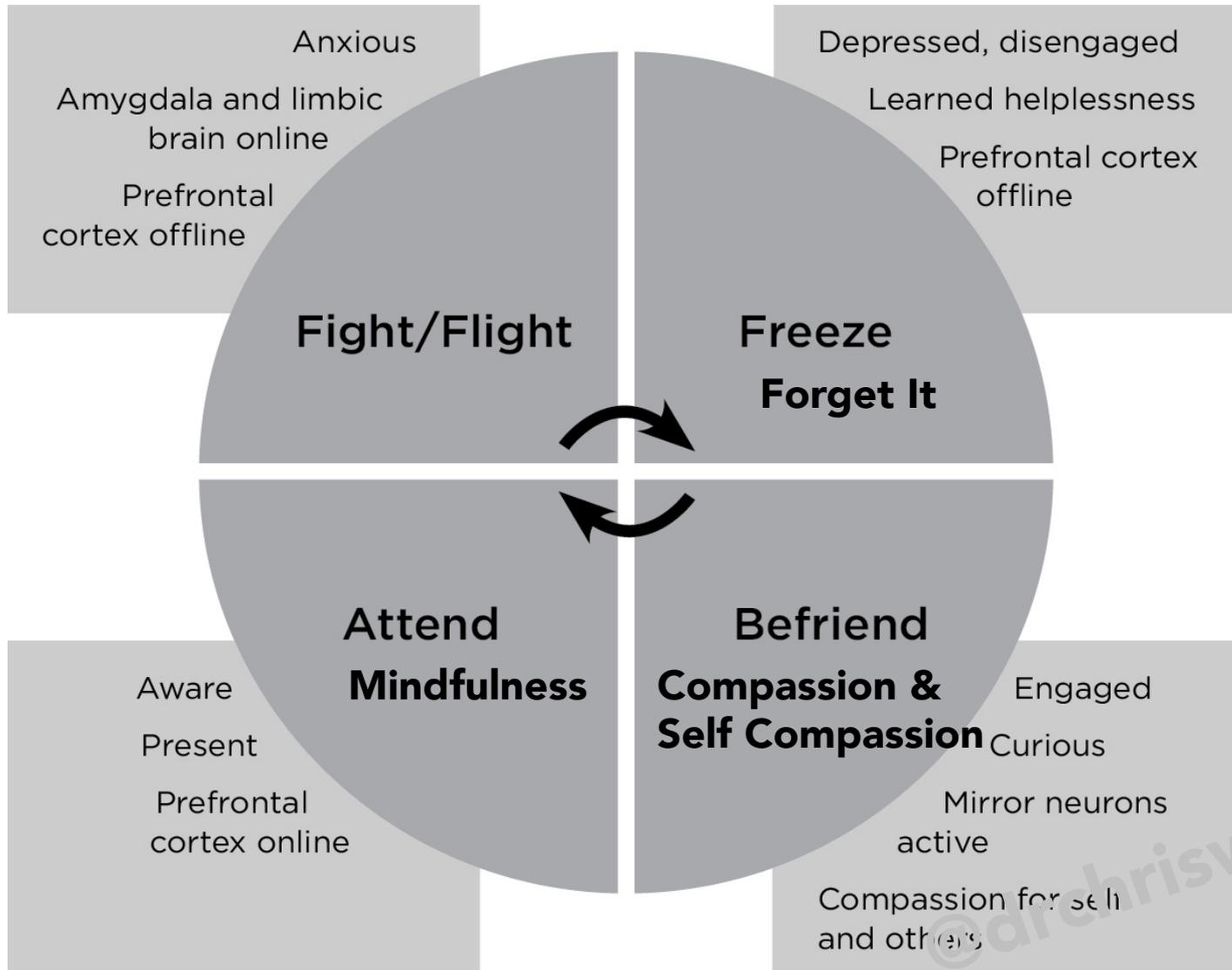
BODY

- Breath becomes regular and even, heart rate slows, muscles relax, immune system and digestive system start working again



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USEFUL FOR DIFFERENT SITUATIONS



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COLLEGE FACTS

- **One in four young adults have a diagnosable mental illness**
- **One in three students seek mental health counseling during college**
- **75 percent of mental health conditions begin before the age of 24**
- **College counseling centers report double digit growth in the use of their services in the past few years**
- **In an ACHA report, students cited stress, depression and anxiety as among the top impediments to academic performance.**
- **64 percent of young adults who are no longer in college are not attending college because of a mental health related reason.**
- **7 percent of college students have "seriously considered suicide" in the past year.**

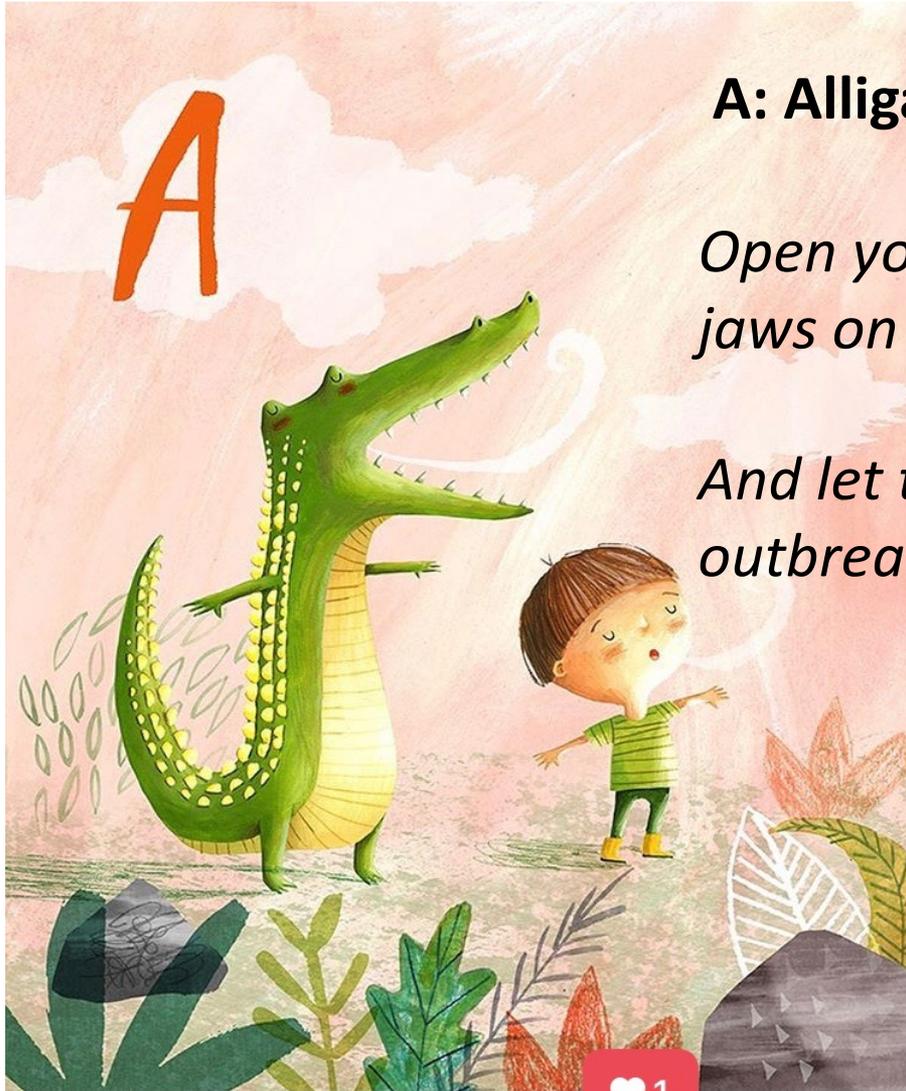
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REMOTE CONTROL



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A-ALLIGATOR



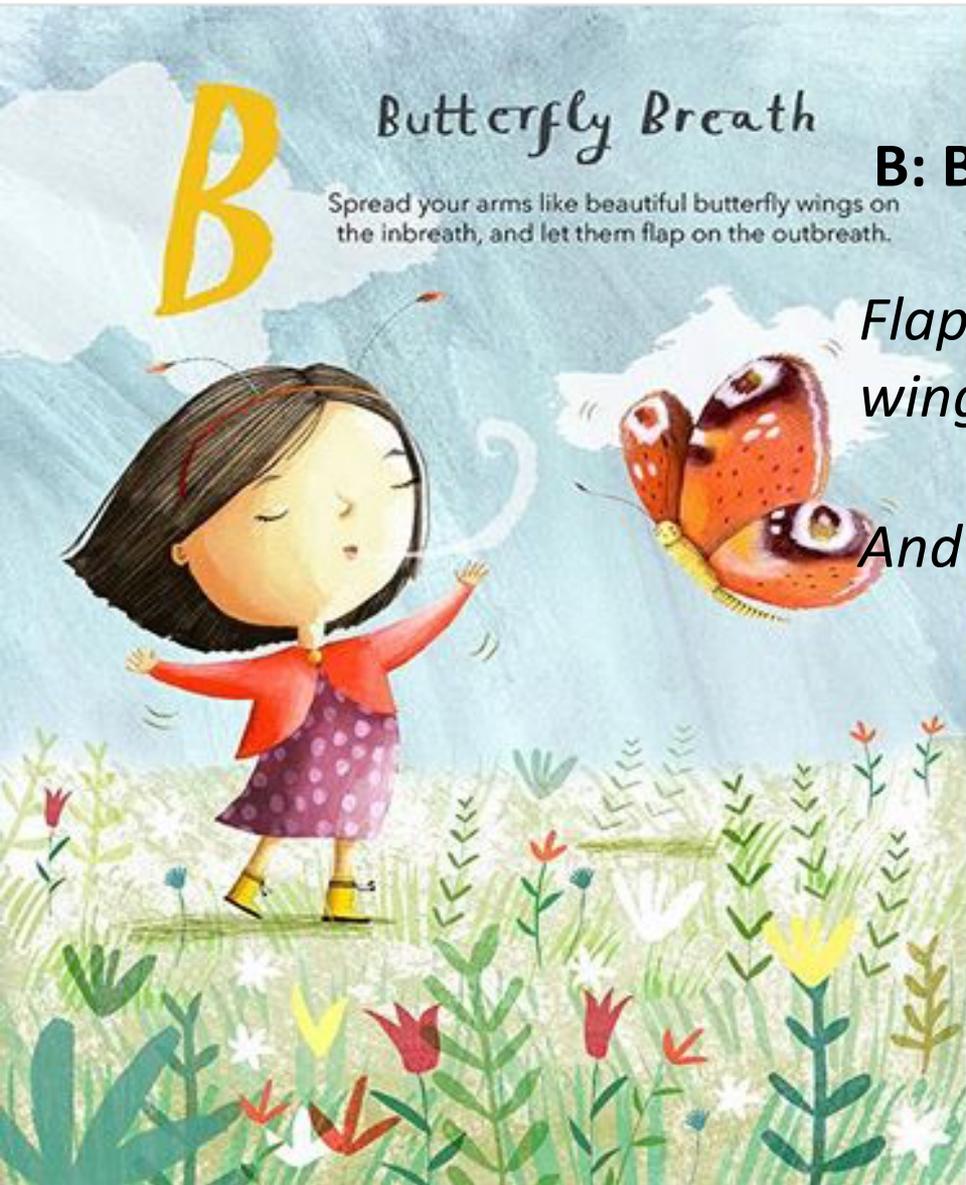
A: Alligator Breath:

*Open your arms wide like alligator
jaws on the inbreath,*

*And let them snap shut on the
outbreath.*

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B-BUTTERFLY



Butterfly Breath

Spread your arms like beautiful butterfly wings on the inbreath, and let them flap on the outbreath.

B: Butterfly Breath:

Flap your arms wide like butterfly wings on the inbreath,

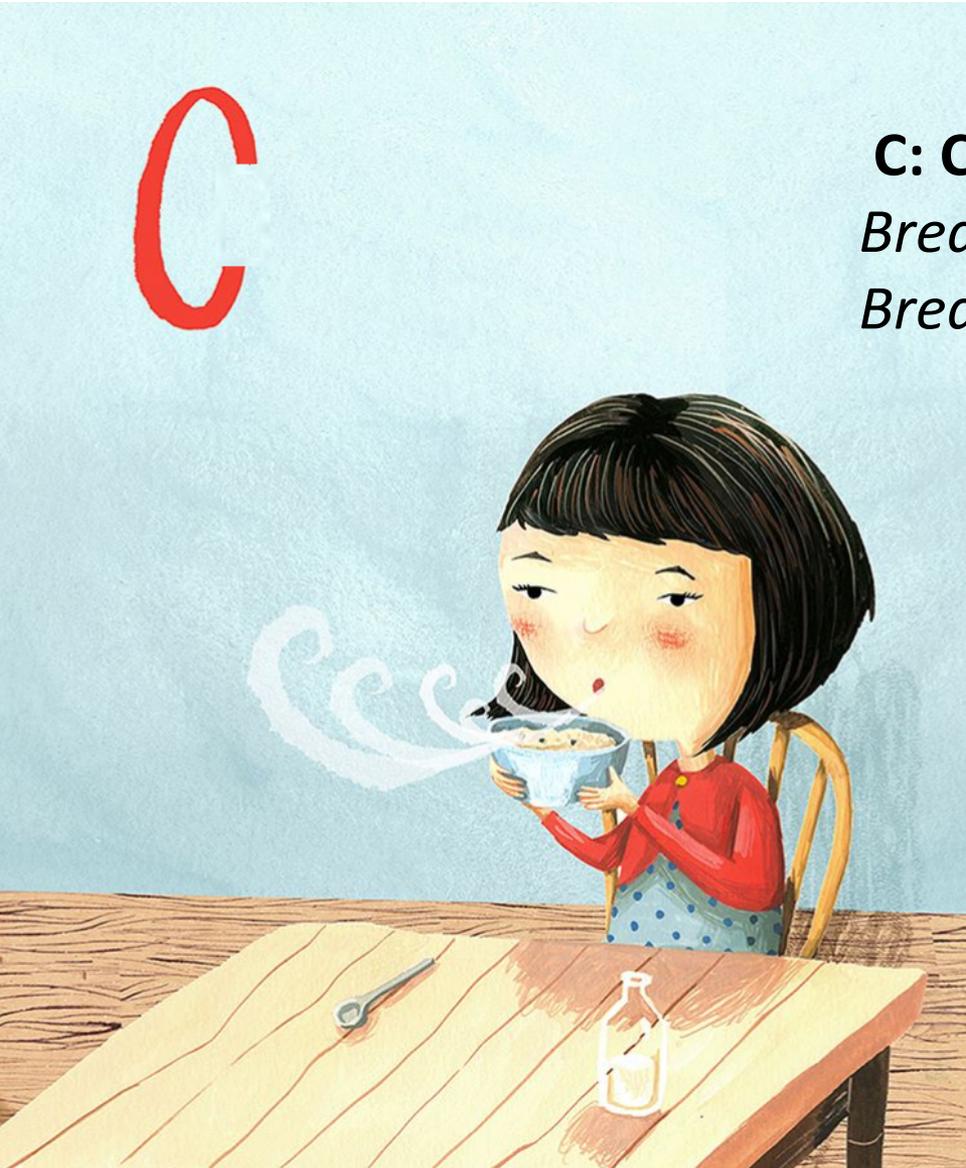
And back in on the outbreath.

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C-CHOCOLATE

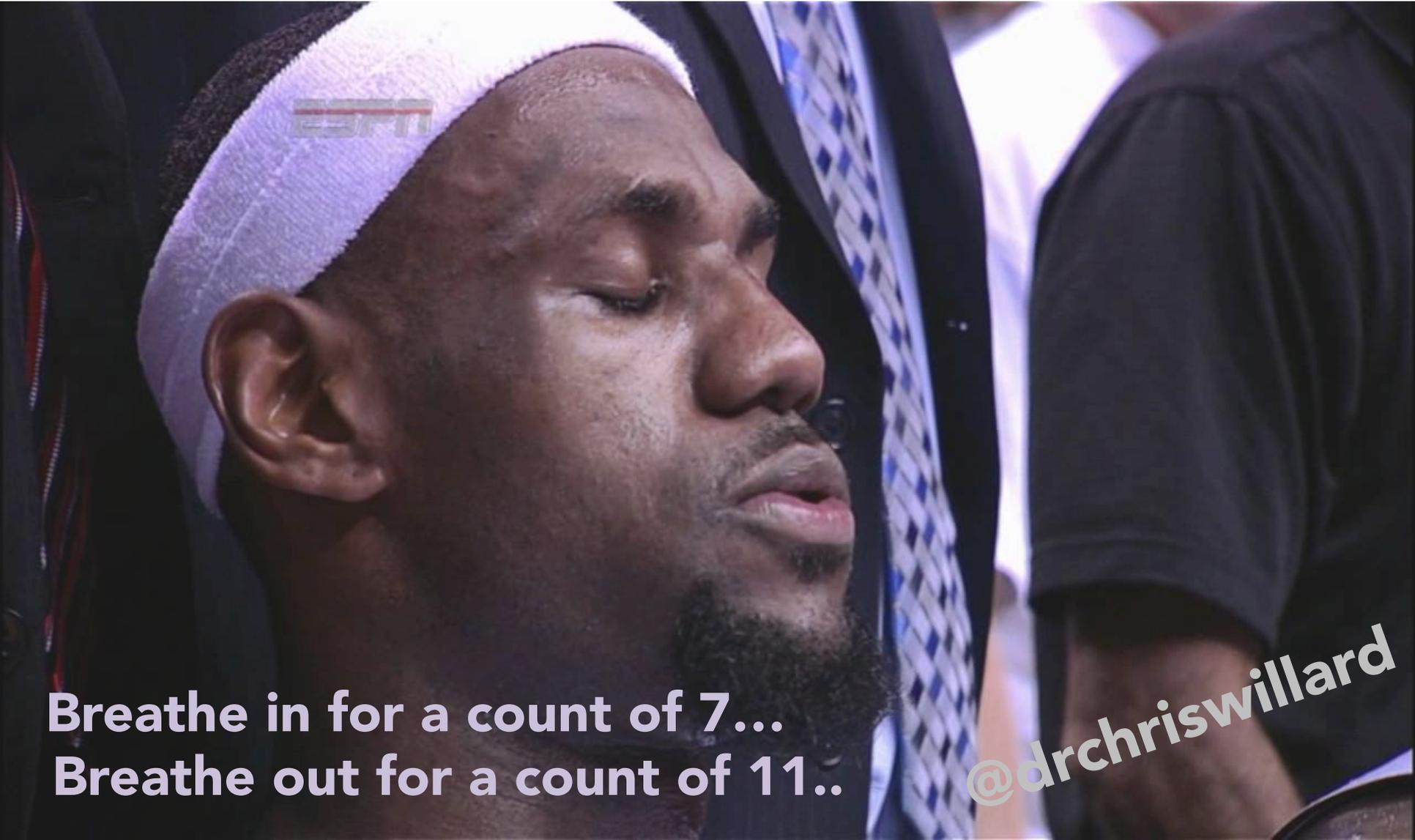
C

C: Chocolate Breath:
Breathe in smelling...
Breathe out cooling off...



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7/11 BREATH



Breathe in for a count of 7...
Breathe out for a count of 11..

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THE SILENT SIGH



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HOBERMAN SPHERE



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UN-WILTING



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ADAPTING MINDFULNESS

Using the Breath

Engaging the five senses as anchors

Engaging the imagination as an anchor

Utilize natural learning styles in teaching & reflecting

Play, games, music, arts, sports and more!

Bringing mindfulness into everything we do

Eating, walking, working, even chores and more

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SOUND COUNTDOWN

AIRPLANE

ECHO OF
AIRPLANE

BIRD

WIND

BIRD

HUMAN
VOICES

BIRD

WIND

WIND

WAVES

WAVES

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Different glitter for thoughts/feelings impulses

Larger jar to add all different colors for emotions and stir

Use as a timer

Pass the jar and everyone shares about their day

Different colored (or tinted) jars to pick up to represent different moods

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WALKING MEDITATIONS

- **Walking with coins on shoes**
- **The Ministry of Silly Walks**
- **Walking with all of our senses**
- **Walking to notice the beautiful**
- **Walking as quietly as possible**
- **Walk like... animal, emotions, zones...**

MINDFUL GAMES

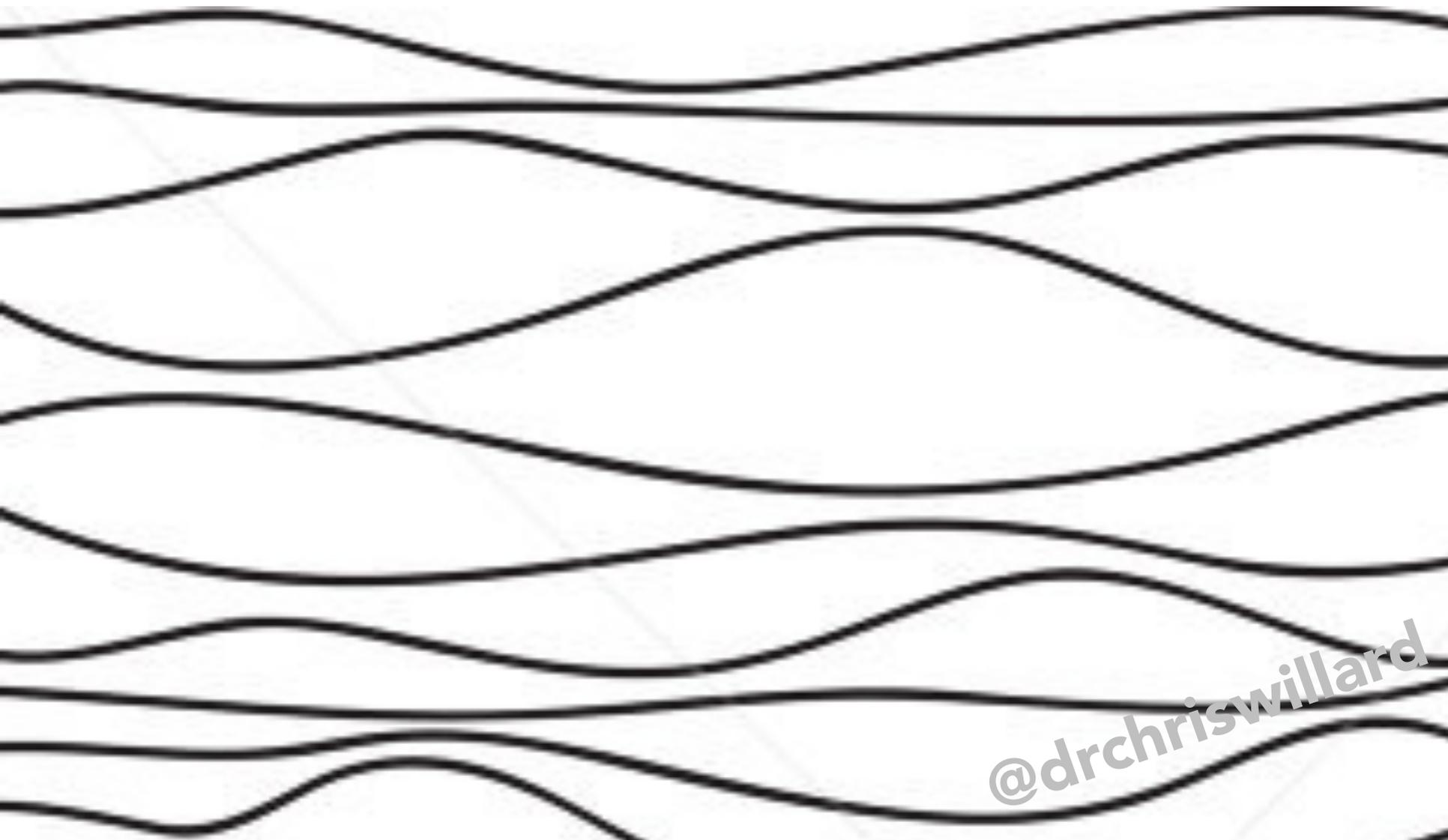
- **Jenga blocks with mindfulness practices**



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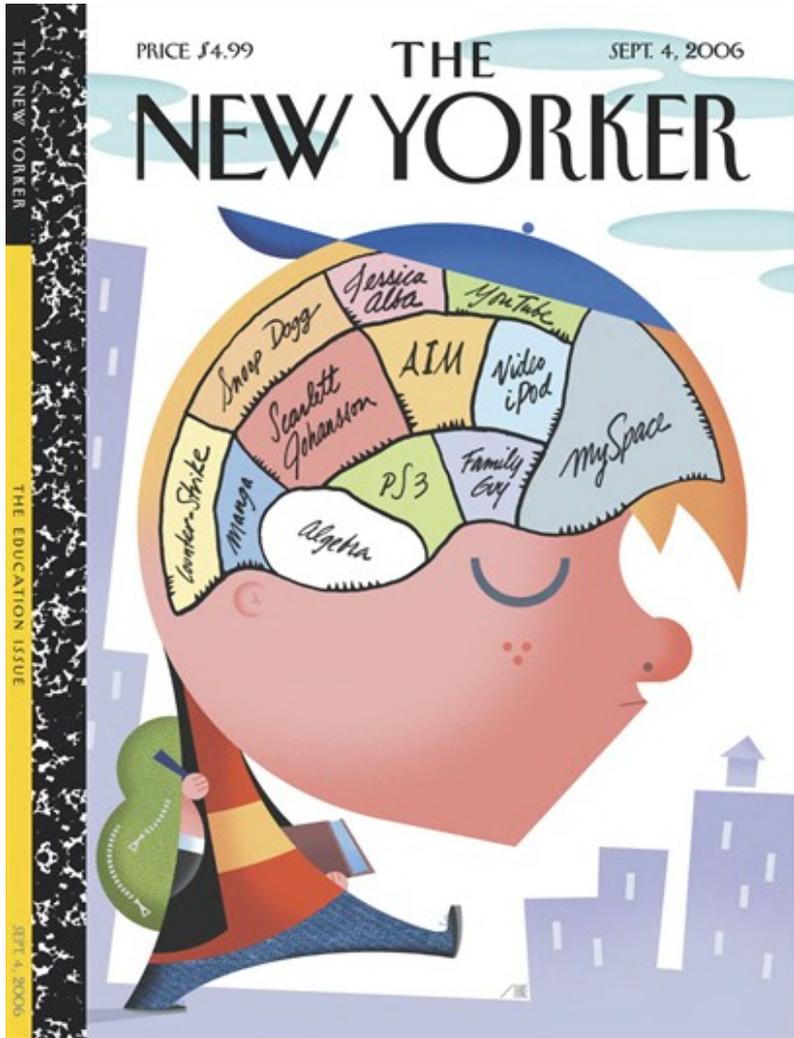
MINDFUL CANDYLAND

- **Blue:** Describe a time that you were sad, or something that makes you sad, and how you felt better.
- **Yellow:** Describe a time that you were glad, or something that makes you glad to think about, and how you shared that with a friend
- **Red:** Describe a time that you were mad, or something that makes you mad to think about, and how you can deal with mad feelings.
- **Purple:** Notice one sound.
- **Orange:** Take one mindful breath.
- **Green:** Describe a sensation somewhere in your body.
- *Remember, if you get a double card, you have to think of two things!*



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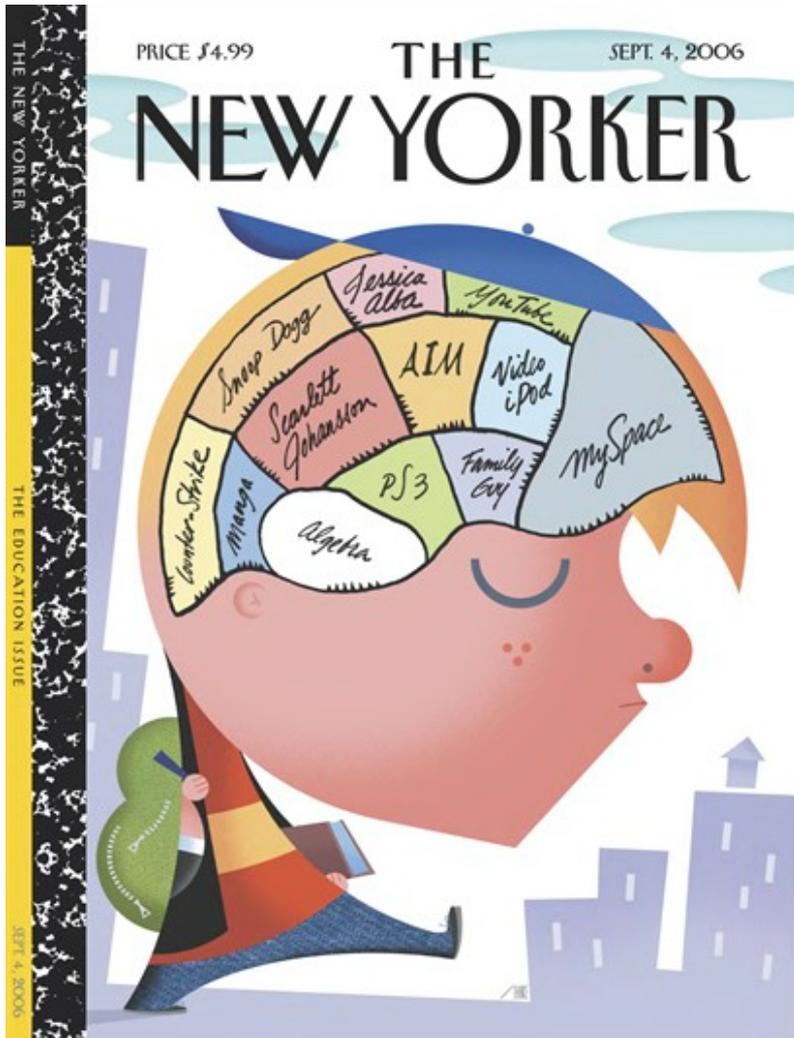
THE DEVELOPING BRAIN



*What
is
happening?*

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THE DEVELOPING BRAIN



**Impulsive,
labile,
no perspective,
poor decision making,
moody,
irrational,
poor moral reasoning,
reactivity,
lack of perspective,
short attention span,
aggressive,
poor executive control...**

(& many WONDERFUL qualities too)

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NEUROPLASTICITY

*Neurons
that fire
together,
wire
together.*

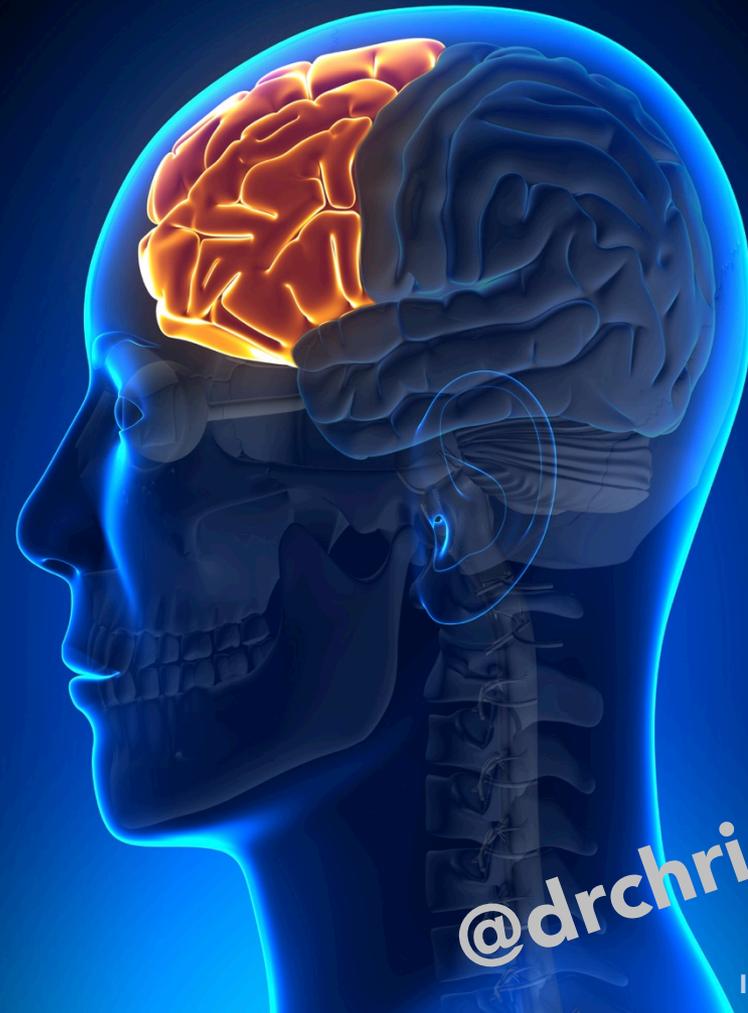


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Image courtesy shuttersto

PREFRONTAL & INSULAR CORTEX

*Our most
evolved self*



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Image courtesy shuttersto

THE AMYGDALA

*Our inner
caveman*

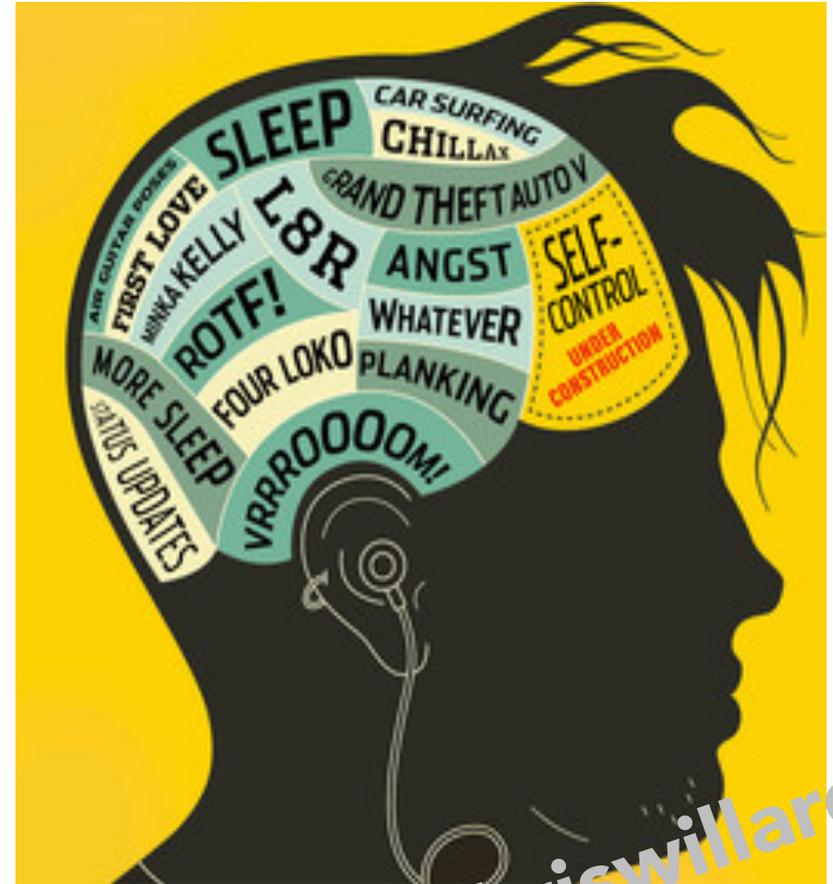


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THE DEVELOPING BRAIN

- Impulsive, labile, no perspective, poor decision making, irrational, poor reasoning, reactivity, lack of planning, short attention span...
- **And what do mindfulness and meditation appear to influence?**
- Reduced impulsivity... Mood/emotion regulation... Rational decision making... Perspective-taking... Better moral reasoning... Less emotionally reactive... Boosting attention span... Positive affect



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NEUROPLASTICITY



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EVIDENCE

- Concentration
- Creativity
- Fluid intelligence
- Patience
- Decision making
- Sustained and selective attention
- Learning & Memory
- Depression
- Anxiety
- Health
- Sleep
- **STRESS**

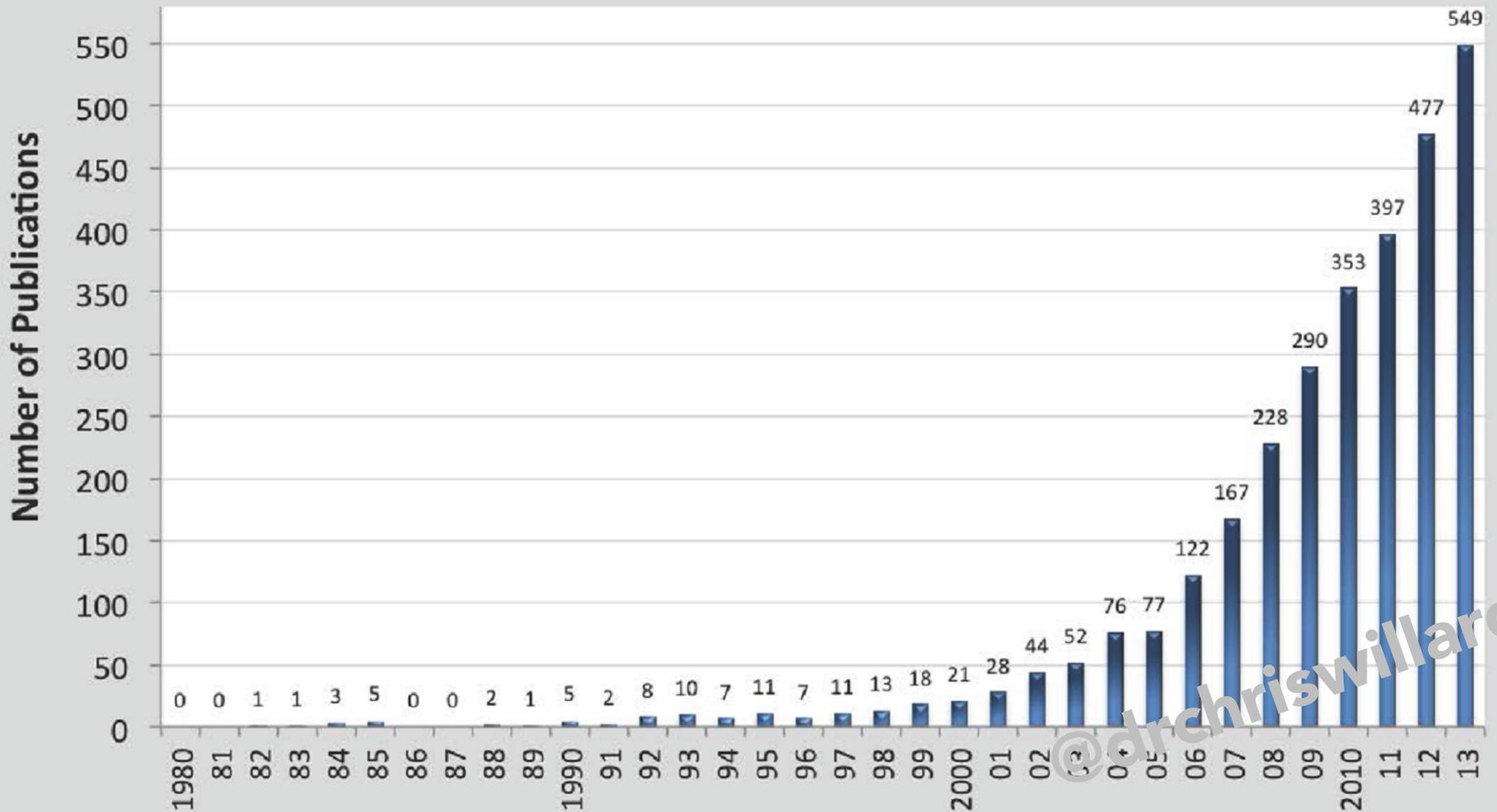


EVIDENCE

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EVIDENCE

MINDFULNESS RESEARCH PUBLICATIONS BY YEAR, 1980 - 2013



WHO IS PRACTICING?



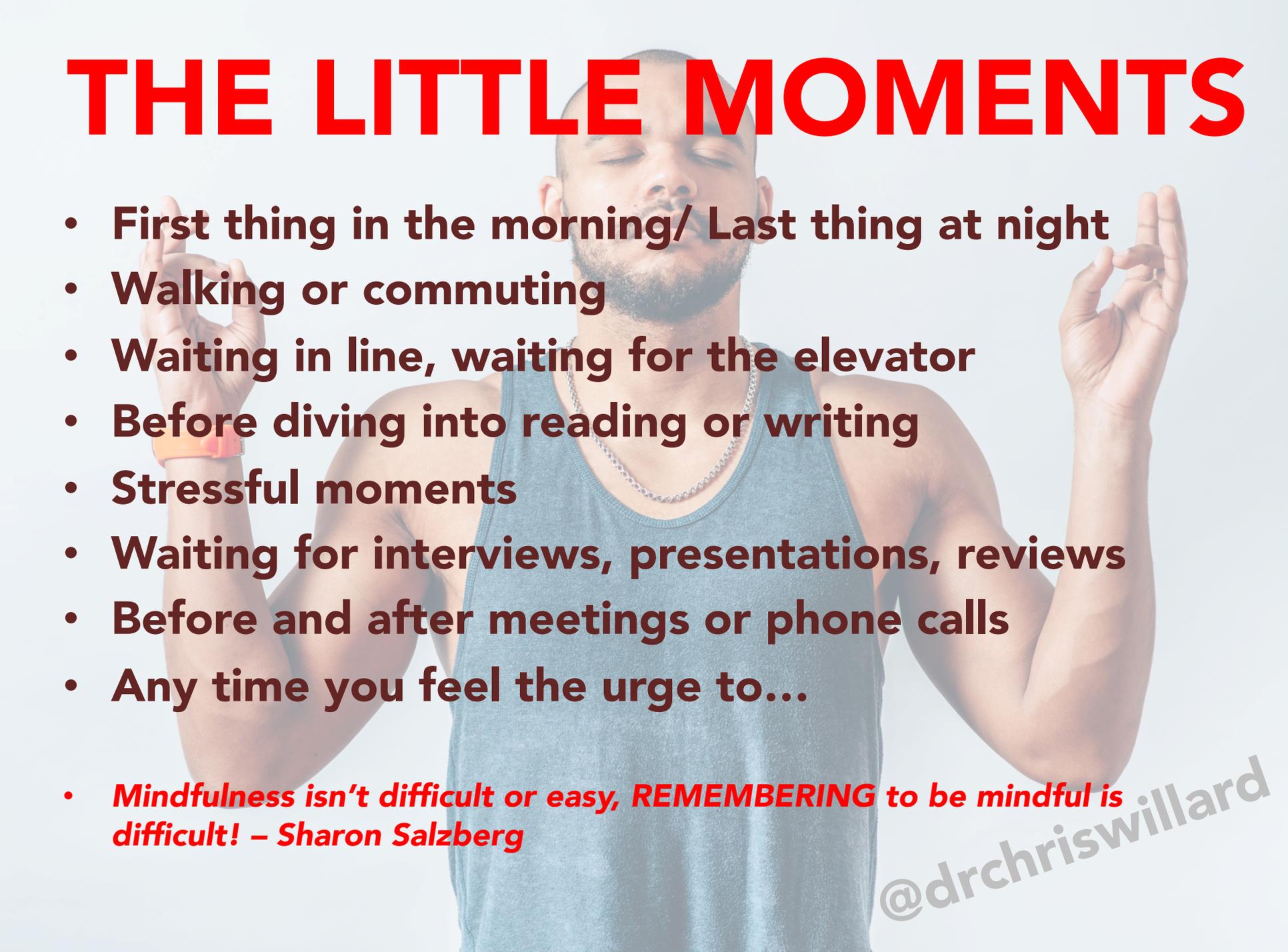
- Athletes
- Politicians
- Musicians
- First Responders
- Actors
- Doctors
- Artists
- Scientists
- Writers
- CEO's and business leaders
- And more...

WHAT IT'S NOT

- Not getting rid of stress – *optimizing* stress
- Not passive, *active*
- Not shutting off thoughts
- Not time consuming
- Not self-indulgent

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THE LITTLE MOMENTS

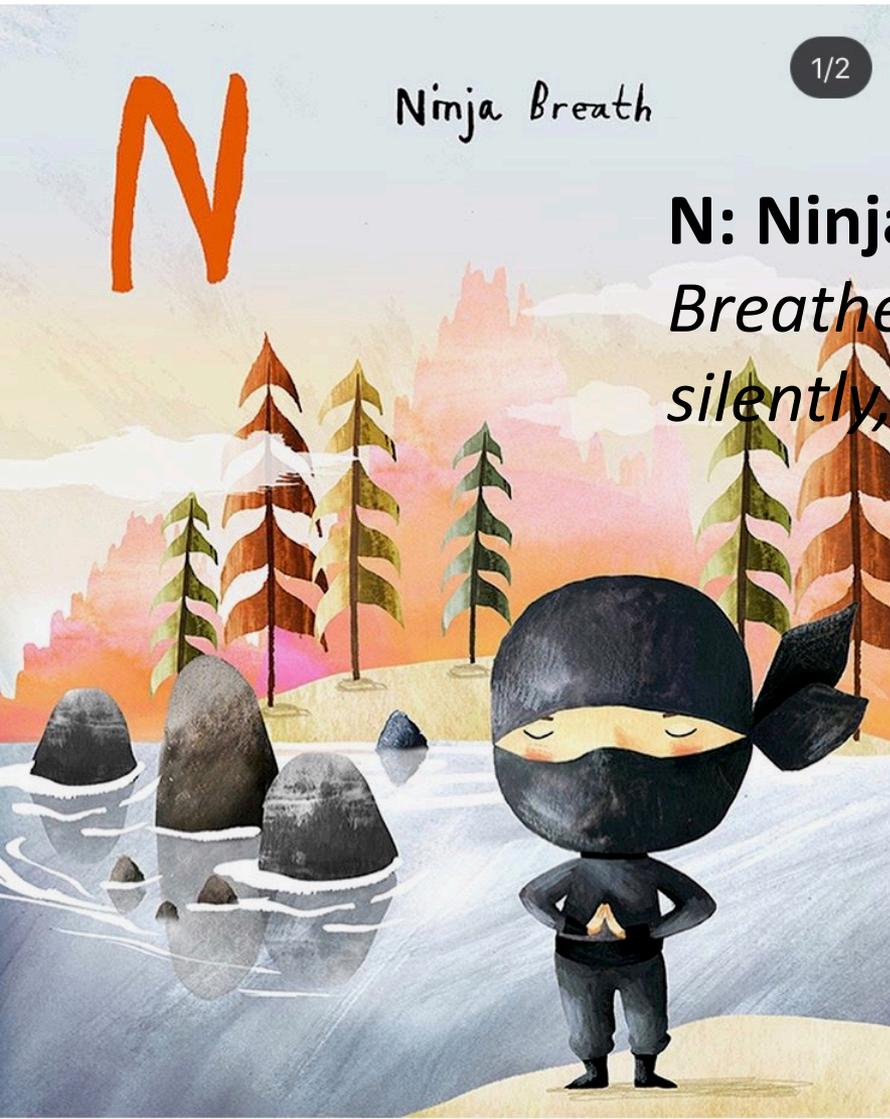


- First thing in the morning/ Last thing at night
- Walking or commuting
- Waiting in line, waiting for the elevator
- Before diving into reading or writing
- Stressful moments
- Waiting for interviews, presentations, reviews
- Before and after meetings or phone calls
- Any time you feel the urge to...

- *Mindfulness isn't difficult or easy, REMEMBERING to be mindful is difficult! – Sharon Salzberg*

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ALPHABREATHS



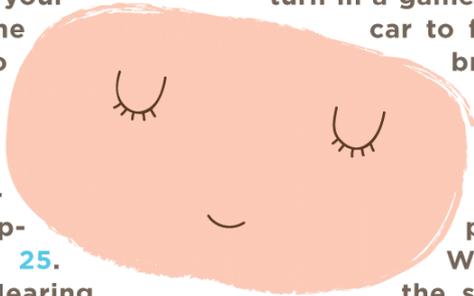
N: Ninja Breath

Breathe in and breathe out as silently, slowly and still as you can.

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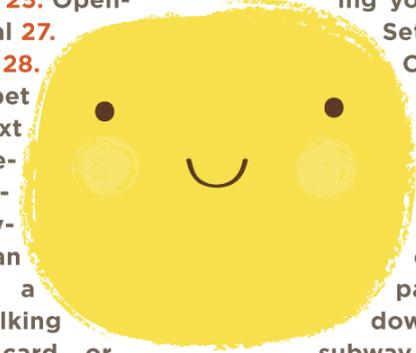
50 MOMENTS AND REMINDERS TO CHECK IN RATHER THAN CHECK OUT!

1. Lying in bed first thing in the morning, just before getting up 2. Waiting for the bathtub to fill or the shower to warm up 3. Sitting at a stoplight 4. Riding between stations on subway 5. During attendance at school 6. Waiting for a video game to load 7. Waiting for a website to load or an application to open 8. Waiting for the toast to pop out of toaster 9. Waiting for a chat reply 10. Waiting for the bus, the subway, or a ride 11. Waiting to stand up at the end of a flight or bus ride 12. Waiting for everyone else to arrive in a room or at a table 13. Sitting in a waiting room 14. While the printer to print your documents 15. Standing in line 16. Waiting for the Wi-Fi to connect 17. Waiting for a computer to start up 18. Waiting your turn in a game 19. Waiting for the gas tank of the car to fill. 20. Waiting for coffee to brew 21. Waiting for an advertisement on TV or website video to end. 22. Waiting for the microwave to finish 23. Waiting for the street to clear 24. Dropping into a mailbox 25. Walking through a doorway 26. Hearing the sound of a text message 27. Hearing the chime of a social media alert 28. Hearing birds chirp 29. Noticing a certain color. 30. Hearing a particular word that day 31. Touching a doorknob 32. Seeing brake lights on the freeway 33. Standing at the bottom of a staircase 34. Hearing the ring of a phone 35. Passing a specific landmark on your commute to school or work 36. Flipping a light switch 37. Walking or driving by a stop sign 38. Hearing an airplane flying overhead 39. Hearing car horns blare in the distance 40. Feeling the wind on your cheek 41. Turning a faucet handle 42. Hearing an emergency siren 43. Hearing the sound of laughter 44. Glimpsing the moon during the daytime 45. Looking at your watch or a clock 46. Hearing the beeps of a truck backing up 47. Hearing the refrigerator or furnace click on 48. Hearing the sound of a car starting 49. Heading out to walk the dog 50. Right before falling asleep



50 MORE REMINDERS TO PAUSE AND BE MINDFUL

1. Meeting someone for the first time. 2. Giving someone a fist bump or high five 3. During a time out in a game 4. Clicking a pen 5. When an annoying popup ad appears 6. Hearing your dog bark or cat meow 7. Putting your feet on the floor as they get out of bed 8. Hearing the ding of the doorbell 9. Opening your wallet 10. Opening a book or notebook 11. Noticing a certain smell, like the smell of flowers 12. Hearing the sound of a crying baby 13. Feeling your hand creeping toward your phone 14. Whenever you encounter a certain person in your day 15. Scoring a point in a game...or having one scored on you 16. Opening a lock 17. Pressing play on your iPod 18. Stepping into a shower stall 19. Pressing an elevator button 20. Opening a cabinet 21. Seeing brakelights in the distance 22. Pressing the on button on anything 23. Opening an envelope 24. Starting out on a walk or hike 25. Opening your bag 26. Taking the first bite of a meal 27. Settling into paperwork or homework 28. Clicking on the TV 29. Feeding your pet on an email or text message 30. Pressing send 31. Signifying your name 32. Refilling a glass or a water bottle 33. Placing something into the recycling bin 34. Peeling an orange or banana 35. Walking from a parking lot into a building 36. Walking down a hallway 37. Swiping a credit card or subway card 29. Hugging or cuddling someone 30. Loading the laundry into the washer or dryer 31. Putting on socks or tying your shoes 32. Clicking a seatbelt 33. Sharpening a pencil 34. Shaking hands with someone 35. Putting a stamp on a letter 36. Putting money into a vending machine 37. Right before a big game or performance 38. Walking into a busy cafeteria, classroom, or party 38. Before public speaking 39. Waiting for a someone to hand out paperwork or exams 40. Raising a hand to be called on in class or a meeting 41. Hearing a car alarm in the distance 42. Plugging in or unplugging something 43. Whenever a doorbell rings 44. Taking medication 45. Sitting, standing, or transitioning between two body positions 46. Between turns in a game 47. Waiting for the ATM 48. Waiting for your tea to steep 49. Right before you open the refrigerator 50. Every time your hand creeps toward your phone and you feel that urge to check your messages



WHY MINDFULNESS?

Empowering

Simple, cheap, portable

***Checking In* to our experience rather than *checking out* with distractions**

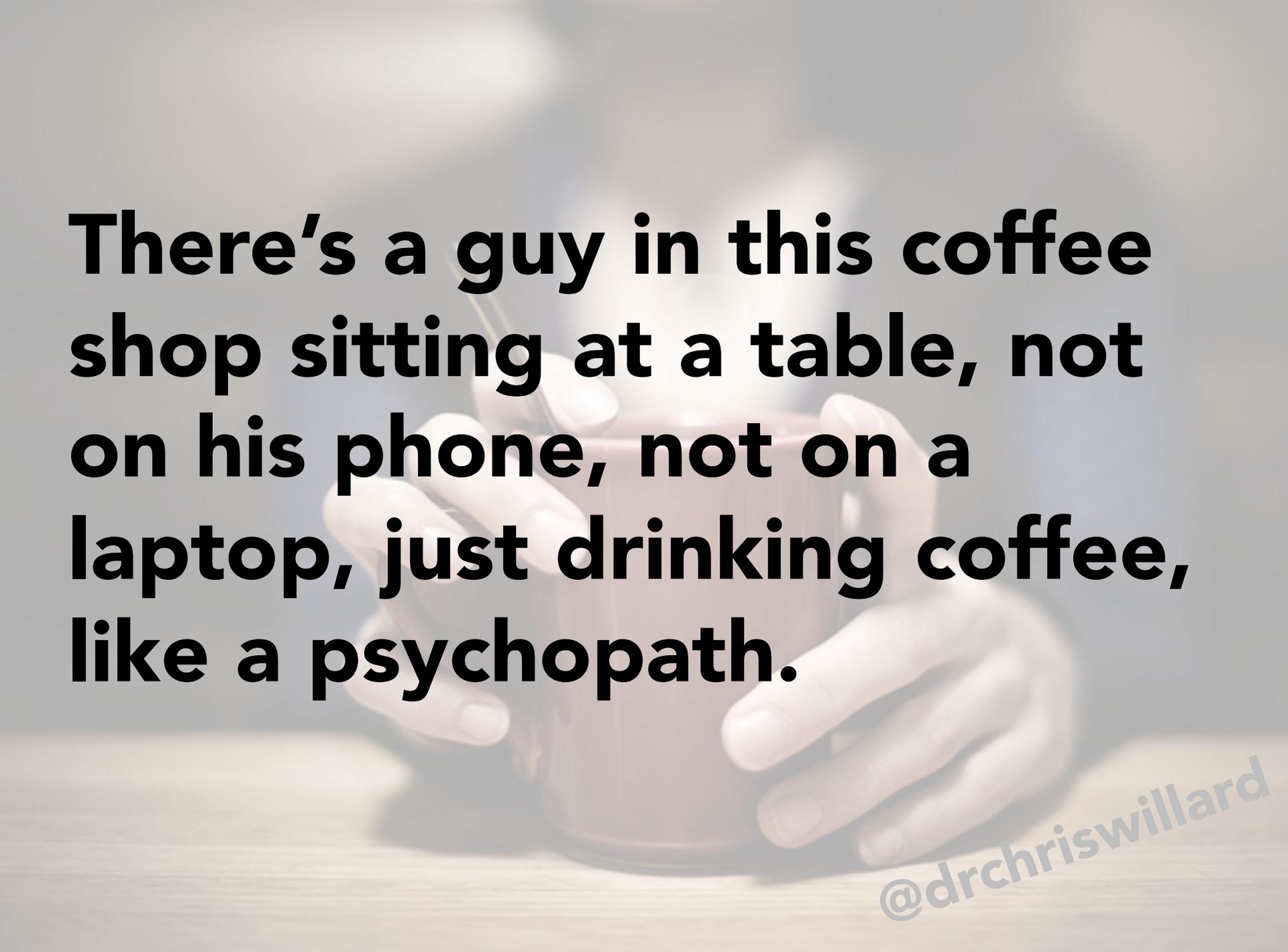
About *connection*, not *disconnection*

Effective, evidence-based

Builds lifelong resilience

Single-tasking not multitasking

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A close-up photograph of a person's hands holding a dark brown ceramic coffee cup. The person's left hand is on the left side of the cup, and their right hand is on the right side. The background is a blurred, light-colored surface, possibly a table or counter. The overall lighting is soft and natural.

There's a guy in this coffee shop sitting at a table, not on his phone, not on a laptop, just drinking coffee, like a psychopath.

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To bring more mindfulness into everything we do, we can simply ask ourselves

**WHAT AM I DOING, AND
HOW DO I KNOW I'M DOING IT?**

and then check in with **our five senses**.
Our thoughts and feelings may race to future or get stuck in the past, but our five senses can always be there to bring us right back into the present moment.

MINDFULLY

1. Breathe in

2. Take a walk 3. Stretch your arms

4. Eat your favorite meal 5. Smell the flowers

6. Shoot some hoops 7. Hug a friend 8. Hug a tree

9. Play with your pet or volunteer at an animal shelter

10. Work on a puzzle 11. Write a poem 12. Take a bath

13. Listen to a friend 14. Balance an egg on its end 15.

Listen to music 16. Speak to a friend 17. Make a list of your favorite things. 18. Draw or paint 19. Sip some tea

20. Listen to a

friend's heart-

beat 21.

Brush your

hair 22.

Play an in-

strument

23. Hum or

Ommm

24. Do

some

yoga 25.

Dance 26.

Tell some-

one you

appreciate

them 27.

scrapbook

Work on a

meal. 29. Build

28. Cook a

Water your plants 31. Do some arts and crafts 32. Put

on a good smelling lotion 33. Look at your baby pictures,

and your parents' baby pictures 34. Make a list

of people you are happy to have in your life 35. Tense

and release your muscles 36. Feel the sunshine and

breeze on your skin 37. Wash your face 38. Tie your

laces 39. Sing! 40. Plant a garden 41. Brush your teeth

40. Wrap a present 41. Build a sandcastle 42. Build a

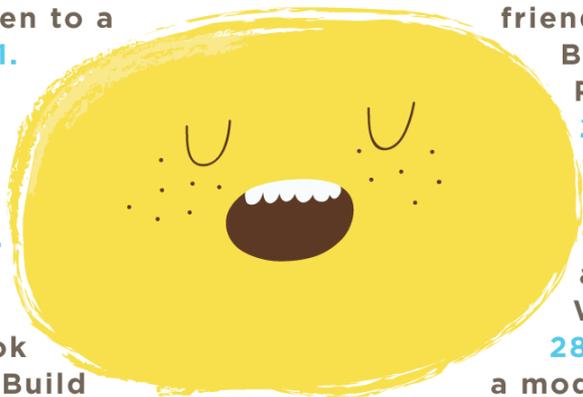
fort with snow or pillows 42. Make origami 43. Doodle

44. Practice calligraphy 45. Dance 46. Peel and eat an

orange 47. Roll dice 48. Finger paint

49. Cook a meal and eat it

50. Breathe out



MINDFULLY

51. Use your non-dominant hand to write, draw, or brush your teeth 52. Swing on a swing 53. Slide down a slide 54. Juggle 55. Make a sandwich 56. Watch the sunset. 57. Look for shooting stars 58. Watch the clouds 59. Yoga! 60. Play with your pets 61. Paint your fingernails 62. Ski or snowboard 64. Walk with something balanced on your head or shoes 65. Water your plants 66. Watch the ripples on a pond or listen to the wind in the trees 67. Lay in the grass 68. Organize your photographs 69.

Teach mindfulness to

a friend 70. Smell

different jars of

collage 72. Give

community

swimming 75.

hot chocolate

Repair some-

thing broken 77.

Count your

blessings 78. Fly

a kite 79. Be

kind to a stranger

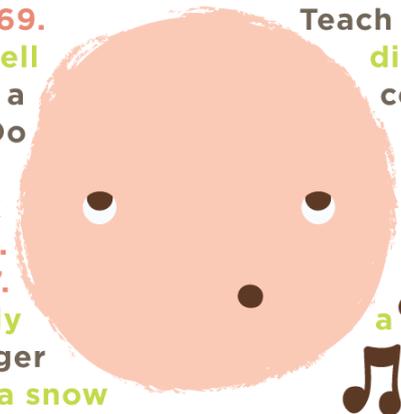
80. Make a

card 81. Shake a snow

globe and

watch the snow settle 82. Smell perfume or candles 83.

Look through an art book, or better yet, an art museum 84. Explore 85. Eat finger foods with a knife and fork 86. Rollerskate or skateboard 87. Tune your instrument 88. Shine your shoes 89. Pat your head while rubbing you belly 90. Brush your hair 91. Sit by a stream 92. Watch a sunset 93. Find the constellations 94. Rake leaves 95. Listen to the sounds of nature 96. Write a thank you note to a friend for being a good friend 97. Write one to yourself 98. Recite a poem 99. Climb a tree 100. Balance pennies on your shoes

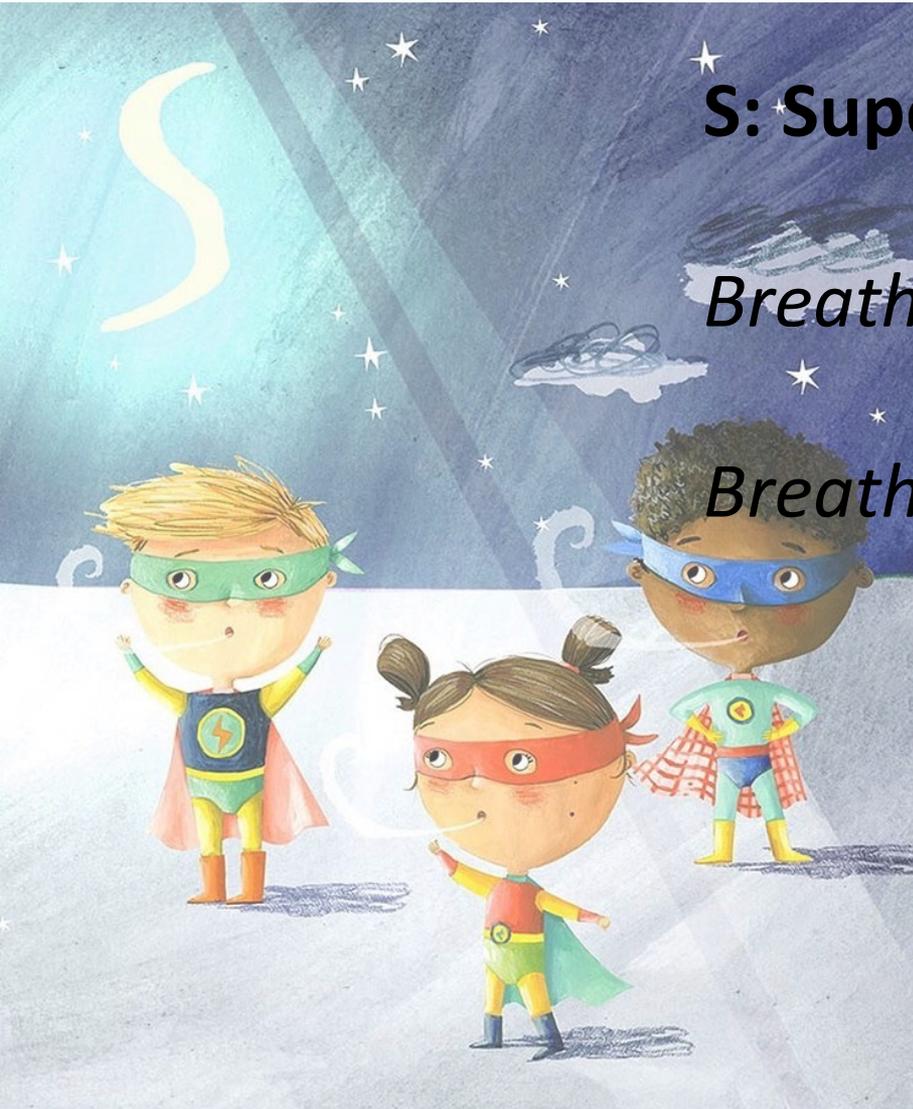




Stop
Take a breath
Observe
Proceed

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ALPHABREATHS



S: Superhero Breath

Breathe in hands on hips,

Breathe out “up up and away!”

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FEEL YOUR FEET



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TAKE 5 BREATHING



Spread your hand out like a star or a stop sign.

Use your pointer finger to trace along your pinky finger, first up and then down.

As you trace up your finger, take a deep breath in through your nose.

As you trace down your finger, let the breath out through your mouth.

Repeat with all 5 fingers. Keep the pace slow and steady.

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**80% of life
is just
showing
up.**

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growing
up
stressed?

or

growing
up
mindful?

Christopher Willard, PsyD

@drchriswillard

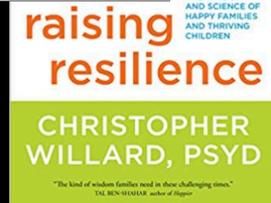
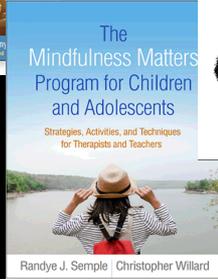
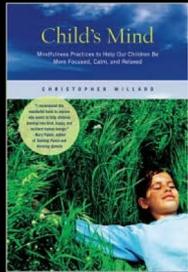
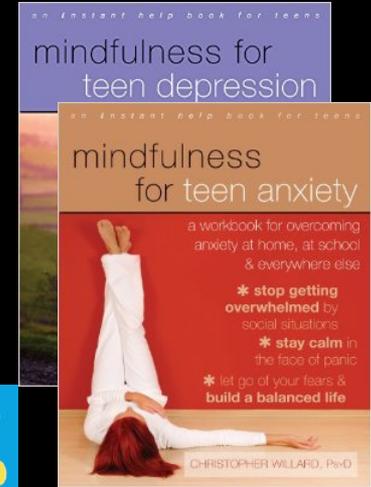
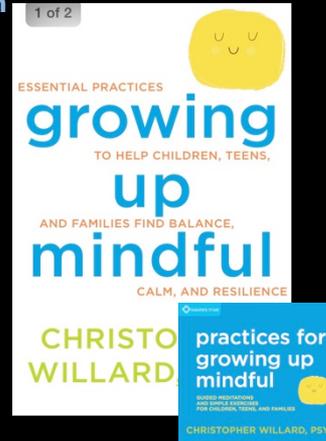
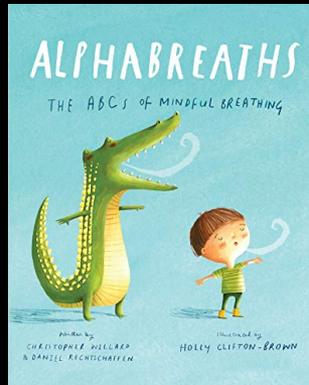
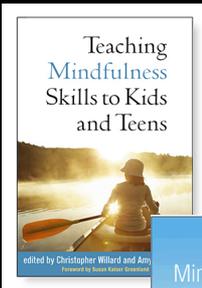


HARVARD
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BOOKS

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"Child's Mind is a wonderful reminder that every young person is capable of great understanding, compassion, and joy." Thich Nhat Hanh

A wonderful approach to learning mindfulness- full of great skills, practical tools, and enormously helpful wisdom." – Jack Kornfield,

Growing up Mindful is filled with wisdom and expert guidance in sharing the blessings of mindfulness with young people. Drawing on his vast experience as a teacher, clinician and practitioner, Chris Willard provides the kind of practical, doable exercises and reflections that will help you bring mindfulness alive in all the situations of daily life." – Tara Brach

"This magnificent collection of pearls of wisdom and practical advice on how to cultivate mindful awareness in our youth, and even ourselves, is an important resource for any educator, clinician, or parent who supports the development of children and teens. Each of the experienced contributors offers a unique perspective on a range of populations and ages, creating a broad spectrum of insights in accessible and useful ways we can apply immediately. Soak in these pages!!" - Daniel J. Siegel, M.D.

"Christopher Willard's delightful book Child's Mind makes the wonder and transformative power of mindfulness meditation accessible to everyone. His elegantly simple practices are a joy to read and will impact kids and families for generations to come." - Susan Kaiser Greenland

"This book is an excellent resource for parents, teachers, and health-care providers who want to share the benefits of mindfulness with children. The varied practices are presented with clarity and joy, making them both accessible and engaging." Amy Saltzman, MD

"If you're considering how to bring mindfulness into the lives of children, this book is the place to begin. It breathes the sweetness of mindfulness awareness.. I recommend this book for anyone who wants to be eased into the original wonder and delight of mindfulness practice, or who wants their kids to grow up savoring each precious moment of their lives." Christopher K. Germer, Ph.D.

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