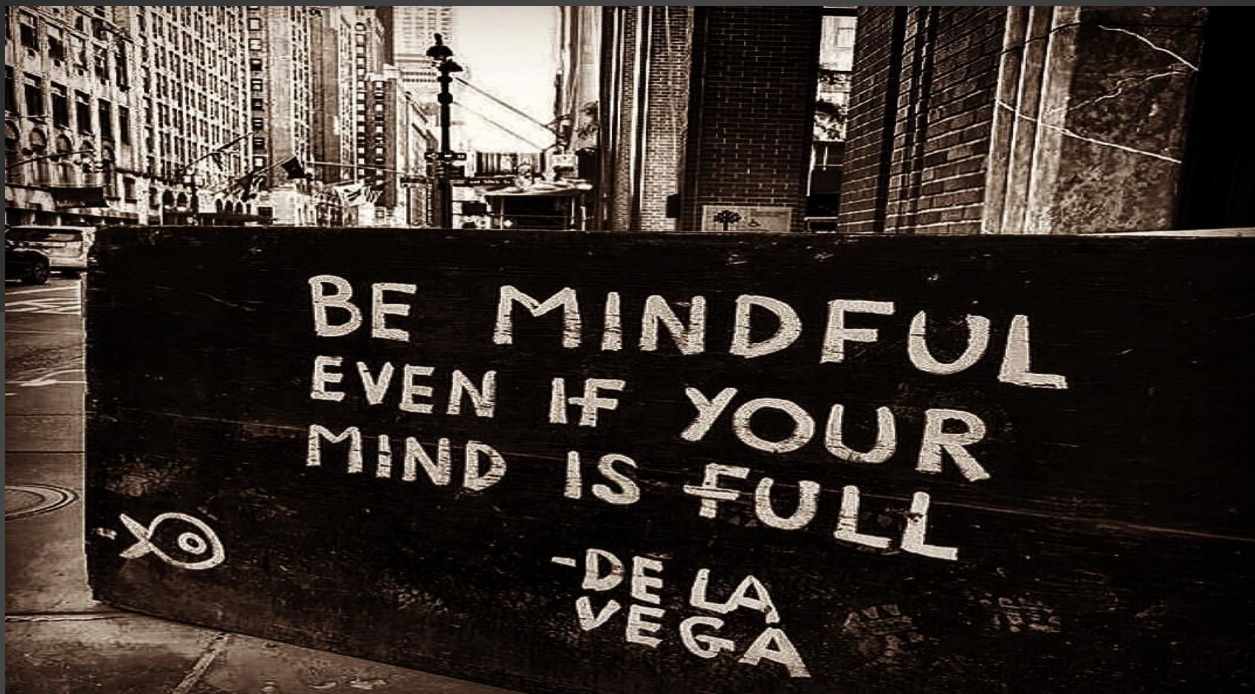


# MINDFULNESS

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80/20



**NOTICING WHAT IS  
HAPPENING INSIDE  
AND OUTSIDE OF YOUR  
BODY,**

**RIGHT NOW**

# SCIENCE SAYS...

Neurobiologist, Candace Pert, confirmed that thinking occurs in the body and brain, while all other kinds of information (feelings, ideas and even spiritual impulses) are processed all through the body.

# IN PROCESS...



Mind Full, or Mindful?

## WHEN CHILDREN RECEIVE THE GIFT OF MINDFULNESS AT AN EARLY AGE, THEY DEVELOP THE FOLLOWING ASSETS

- Kindness
- Creativity
- Concentration
- Competency
- Self-advocacy
- Self-control
- Inquisitiveness
- Proficiency
- Problem-solving
- Managing fears and worries



# TRAUMA AND SOCIAL EMOTIONAL LEARNING (SEL)

- What conversation starters do you use when you initially meet with a family?
- What techniques do you use to build relationships with children and families?
- How do you work to establish trust within your relationship with children and families?
- Why does trauma affect your families?
- How does mindfulness play a role in understanding different climates and culture of the families you work with?

*This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
As an unexpected visitor.  
Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still treat each guest honorably.  
He may be clearing you out  
for some new delight.  
The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.  
Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.*

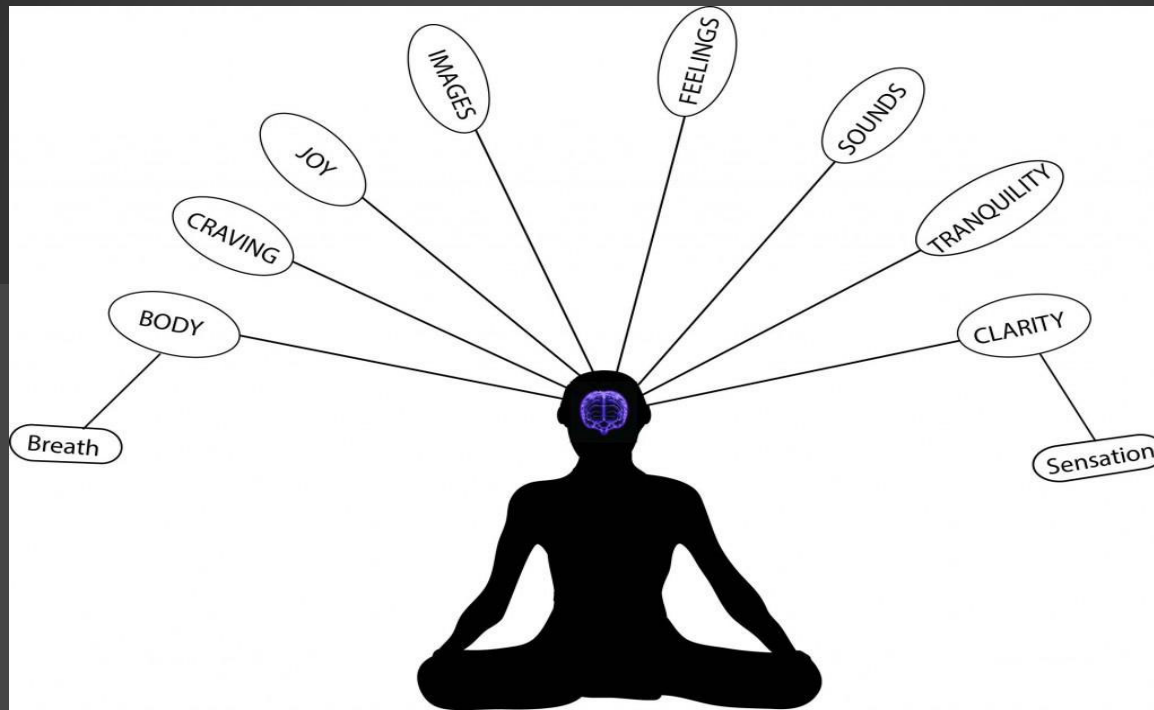
— Jalaluddin Rumi, translation by Coleman Barks (*The Essential Rumi*)



# 5 SENSES

- 5 new things to SEE
- 4 new things to TOUCH
- 3 new things to HEAR
- 2 new things to SMELL
- 1 new thing to TASTE

# MIND MAP



# RESOURCES

- Mindfulness First (AZ)
- Insight Timer
- Headspace (\$)
- All Trails
- Zen Sand
- Breathe Adult/Kids
- Apple Health
- Mindful Schools
- Calm
- #Mindful
- Declutter
- WoofTrax