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Mindfulness Based Stress Reduction at Home and at School

Making Things Possible: Educating the Whole Child

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1. The experience of stress

- We can't avoid it
- Stress is necessary for survival

2. A new way to look at stress

- Preventing the accumulation of stress
- Stress accumulates when we are “over-working” mentally and physically in response to problems, and “under-working” in self-care and physical recovery
- Recovery requires focus-- not “doing nothing”, but also not complicated

3. Mindfulness based stress reduction: a recovery strategy

- Better title: Mindfulness Based “Recovery-from-Stress” at Home and at School
- The Relaxation Response
- No right way or wrong way to do this, and there are many ways to practice....

4. Mindfulness Based Stress Reduction at School

- Start small and simple
- Establish a routine
- Try a variety of tools
- Explore, individualize, modify

5. Mindfulness Based Stress Reduction at Home

- Stress reduction at home can begin with you: modelling, reducing the stress contagion
- Maintain energy and focus for “Long-Haul” parenting and survival
- Remember...
- This is stress reduction, not problem reduction
- Be kind to yourself
- Spend some time “single-tasking”
- Notice what is going well

6. Mindfulness practice: Lion Mind

