Mindfulness Based Stress Reduction at Home and at School
Making Things Possible: Educating the Whole Child
November 18, 2017
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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