
Self Care / Mindfulness

Presented by Longleaf School of the Arts Counselors

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Mindfulness

- Choosing what you pay attention to
 - Very easy right now to pay attention to news, articles, posts, negative and stressful things happening.
 - Art- take a favorite color, make a mark on a page, and turn it into a whole picture- Color a page (adult coloring books have become popular for this)
 - Make a list of your top ten favorite songs then listen to them, maybe share them.
 - Puzzles & games
 - Focus on what is within your control
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Mindfulness Continued

- Five Things- List five things you see, feel, smell, or hear
- Sorting Thoughts- Sort the thoughts into categories of things are facts/known, and things that are opinions or possibilities.
- Tech Break: Take a 20 minute break from technology! It can help reset your mind and body
- Good Things: Focusing on good things, or even things that are neutral, is a great way to help us realize that the situation is not as bad as we think.

<https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/>

Dos of Self-Care

Do:

- 1.) Honor and validate that however you are feeling right now is okay
 - 2.) Pull yourself back to the here and now
 - 3.) Ask yourself questions about what you need right now, how you are feeling right now, and what you can do for yourself with what you have
 - 4.) Repeatedly do what works for you- none of these strategies are a one and done. Our feelings and needs change. Find your favorites and do these continually
 - 5.) Reach out if you need help
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Don'ts of Self-Care

Don't:

- 1.) Assume everyone's current feelings or needs are the same
 - 2.) Judge feelings or needs as "right" or "wrong"- they are different.
 - 3.) Assume that because a self care strategy works for you that it will work for everyone in your household. Or that something that doesn't work for you won't work for them.
 - 4.) Think too big or set expectations too high- think going from a 4- 5 not a 4-10
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#1- FISH Philosophy

- Seattle Fish Market- Google it- it's great to see!
 - Play
 - Be there- be mentally present
 - Make their day- do one thing to make someone else feel good (careful with this one, though!)
 - Choose your attitude- This is a lot harder right now for some- but there are things we can do daily to choose how we're approaching a situation
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#2- Hygge (pronounced Hugh-ga)

- Denmark always tops research when it comes to happiest countries
 - Hygge is a way of being- translates in to “warm and cozy”- Think candles, fires, sweatpants, comfort food such as homemade sweets and hot drinks,
 - Hygge is not starting at your phone all day or necessarily even staying inside all of the time, but allowing yourself to indulge in comfort as needed.
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#3 Nature & EMDR

- Dr. Francine Shapiro- late 80s received distressing news, became very sad, went out for walk in nature, and realized by the time her walk was over, she felt better. Started asking herself why this was. Being a doctor- Chose to research it- Found that the way the light and shadows and movement outside in nature interact have us constantly looking left and right and left and right, back and forth. Making sure you don't trip and fall.
 - Bilateral stimulation retrains and reprograms and re processes the brain
 - Used with those who have experienced even intense traumas. We are in a stressful and uncertain time, while some may be experiencing more traumatic changes, others are still stressed and uncertain.
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#4- Structure and Schedule

- Get dressed, showering, doing hair, or putting makeup on- studies show that how we dress ourselves affects our attitudes
 - Having work spots setup for all who are working or doing school from home- mentally transition
 - Give a rough bucket list of your day- provide yourself with 5 intentions- what do you hope to accomplish- thinking small is good- a load of laundry, the next step of a home project, exercise. This doesn't need to be an hour by hour thing.
 - Schedule both social and alone time daily- this is important for families to do together and communicate about as all needs are different.
 - Schedule “fun” for family time- a family game night, family TV show, exercise (like a greenway walk or walk around neighborhood, etc.)- I suggest looking at the week for this.
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#5- Family and Self Check-Ins

- 1.) Three things you are grateful for- look at SoulPancake- they've done a lot on the Science of Happiness, and did a video about gratitude.
 - 2.) Something you are looking forward to- big small, long term or short term- right now, small is good- maybe getting a new book off the library app or e-book downloaded- a video chat with a friend or family member this week- a walk.
 - 3.) Something you are proud of- I put on real clothes today, kept up with exercise routine, made a good snack choice, cooked a good meal, etc.
 - 4.) Something you wish you had done better, or something you'd like to improve
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Final Notes

Remember the Dos and Don'ts

These may require effort, but it's worth the reward.

Self care is individual, as we all have individual needs.

This presentation summarizes and sometime directly quotes:

Aaron Munson Self-Care Videos

1.5-5 minute videos

Day 1 Daily Reflection: <https://youtu.be/fMErapGmPZY>

• Day 2 FISH Philosophy (have fun) : <https://youtu.be/hY9T64wZzlw>

• Day 3 Habits- Get Dressed: <https://youtu.be/9rYKTAJzqUM>

• Day 4 Daily Bucket List:

https://www.youtube.com/watch?v=XBpQRu2EIY4&feature=youtu.be&fbclid=IwAR3CLIQ9oONNSohWwA_KPoujTm9onCaFCL_wDOvmiQvpcCtsM4oyTemUIQQ

• Day 5 Identifying Needs:

<https://www.youtube.com/watch?v=qN5lsDSTumQ&feature=youtu.be&fbclid=IwAR27AgglUrNTdW2XINsrYrAg6dJYaNiwxlOAG-yVOiOMPzmZpHvnZ7xgxeo>

• Day 6 Hygge (being cozy):

https://www.youtube.com/watch?v=uP93rUw3ilA&feature=youtu.be&fbclid=IwAR3kOfU62KJ6_HJie_yaxpeLYaQUbM9SG8wjKz8W2_XIU2UVwHzOB9U1c6s

• Day 7 Gratitude:

https://www.youtube.com/watch?v=Y8dfCi6SOJo&feature=youtu.be&fbclid=IwAR19TPq_uww1AjFue7vfUXiMxSA57tRaU1GXdP3ToWSZ-FOIQcJTSfUMxEQ

• Day 8 Nature and EMDR:

<https://www.youtube.com/watch?v=G5GqHU6PUA&feature=youtu.be&fbclid=IwAR0bbEwNLNGroXOPkyQWtmkHYYyOetKlRQ9oCG-VTAxDd1RJVBkp3eXGz1g>

• Day 9 Mindfulness:

https://www.youtube.com/watch?v=yCa1_eRWDrs&feature=youtu.be&fbclid=IwAR2BqC-GpIRiNWrXCt2tbcWjUWBQyx5csB72p_ZRofK-WtG2X-YSsoxn-flk

• Day 10 Scaling:

https://www.youtube.com/watch?v=VH_guuF-YoM&feature=youtu.be&fbclid=IwAR3jKLQ8CVgSQak3Dsj6_5vUkZoc1CT81wBZj8tM1HZIJDD9OHxll8Pra6k

Course/College Planning

The registration window closes on March 16th at 8:30am

Registration is a great opportunity to speak to your student about their goals for high school and beyond!

Reminder that colleges and universities look for students to maintain and increase their rigor during their high school career

If students are thinking about furthering their education/career in the arts they may want to consider pursuing an Arts Endorsement

Please encourage students to reach out if they have questions!
