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MINDFULNESS SUMMARY- 3 pages

Mindfulness:

- * A particular way of paying attention to the present moment- sensations, thoughts, and feelings
- * With an accepting and nonjudgmental stance
- * “Just the facts”
- * Being completely immersed in a moment
- * Becoming aware of thoughts but not BEING our thoughts
- * *allows us to choose what kind of relationship we want to have with a situation*
- * Distractions and thoughts are INEVITABLE
- * Builds compassion for self, others, & situations
- * All activities can be done mindfully
- * Helps build tolerance for challenging emotions

Mindfulness is not:

- ... about being calm
- ... to make ourselves feel better, but to get better at feeling
- ... the absence of thought
- ... about being complacent or passive
- ... religious

Benefits of mindful parenting:

“Hit the pause button” when feeling activated

Balance emotional stress and central nervous system

Help children calm down & feel safe

Help children develop prefrontal cortex

START WITH:

The Breath.

Anchoring attention on physical sensations associated with breath. When distracted, gently redirecting attention back to your breath. Continue this practice for 5 minutes as tolerated.

Mindful breathing integrates Parasympathetic nervous system (thinking brain) with sympathetic nervous system (feeling brain) to help regulate emotions, be more aware, and pay attention more effectively-- to live more mindfully every day.

Steps:

Proactive practice → Mindful living → Grounding in the moment → Responding mindfully.

1. Be mindful of triggers
2. Notice smaller cues your body is giving you
3. BREATHE through the moment
4. Take a break when you need it (and be okay with it!)
5. Be aware of your narrative v. the facts
6. "Lean in" to experience with children- *bring presence*
7. Put technology down! intentionally.
8. Create distraction free time for your family to BE together.
9. Try to not overschedule.
10. Be intentional.
11. Model coping the way you want your children to.
12. Make you a priority.

RESOURCES

The Whole Brain Child- Dr. Dan Siegel

Growing up Mindful- Dr. Christopher Willard

Parenting from the inside out- Dr. Dan Siegel

Mindful Parenting- Dr. Kristen Race

Insight Timer (app)

Headspace (app)