

Presented by



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- 1. Introductions and Review of Family Resource Night
- 2. Guided Meditation
- 3. Compassion, Gratitude, and Mindfulness at Home





This is a space for families to receive information, resources, and education on student mental health, social-emotional learning, and other relevant topics.

This space is for YOU, our families. We are open to receiving feedback and guidance on what you would like to learn about!

Tentative Topics - 2022 - 2023 School Year

December - Surviving the holidays

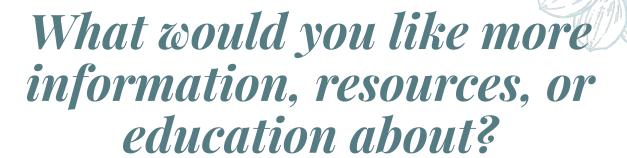
January - Family submitted topics

February - Special Education 101

March - Mindful March

April - Supporting LGBTQ+
youth

May - Mental Health Awareness Month







Scan here to request a resource!



How are you feeling right now?



	Feelings when your needs are not satisfied	
AFRAID	CONFUSED	EMBARRASSED
apprehensive	ambivalent	ashamed
dread	baffled	chagrined
foreboding	bewildered	flustered
frightened	dazed	guilty
mistrustful	hesitant	mortified
panicked	lost	self-conscious
petrified	mystified	FATIGUE
scared	perplexed	beat
suspicious	puzzled	burnt out
terrified	torn	depleted
wary	DISCONNECTED	exhausted
worried	alienated	lethargic
ANNOYED	aloof	listless
aggravated	apathetic	sleepy
dismayed	bored	tired
disgruntled	cold	weary
displeased	detached	worn out
exasperated	distant	
frustrated	distracted	PAIN
impatient	indifferent	agony
irritated	numb	anguished
irked	removed	bereaved
	uninterested	devastated
ANGRY	withdrawn	grief
enraged		heartbroken
furious	DISQUIET	hurt
incensed	agitated	lonely
indignant	alarmed	miserable
irate	discombobulated	regretful
livid	disconcerted	remorseful
outraged	disturbed	SAD
resentful	perturbed	depressed
AVERSION	rattled	dejected
animosity	restless	despair
appalled	shocked	despondent
contempt	startled	disappointed
disgusted	surprised	discouraged
dislike	troubled	disheartened
hate	turbulent	forlorn
horrified	turmoil	gloomy
hostile	uncomfortable	heavy hearted
repulsed	uneasy	hopeless
. op older	unnerved	melancholy
	unsettled	eianchory

upset

TENSE

anxious cranky distressed distraugh edgy fidgety frazzled irritable jittery nervous

stressed out VULNERABLE

overwhelmed restless

fragile guarded helpless insecure leery reserved sensitive shaky

YEARNING

envious jealous longing nostalgio pining wistful

unhappy

wretched



What is Gratitude?

The Oxford dictionary defines gratitude as:

"The quality of being thankful, readiness to show appreciation for and show kindness" It can also include the feeling when we are thankful for something, or someone. Say someone brings you a cup of coffee and you appreciate it, you're being thankful. You can also feel thankful for that green light while driving to work, a gift you received, your friend, your family—anything.

What is Gratitude?



Emmons and McCullough (2003 & 2007) state that Gratitude is a recognition that...

- There's goodness in our lives, gifts or benefits that we enjoy (and might often take for granted)
- This goodness is often due to actions of another person. When we're grateful, we recognize the intention and effort that went into those action on our behalf, and the benefits they gave us

Benefits of Gratitude

Research shows that people who practice gratitude are...

- Happier, more optimistic and satisfied
- Are less anxious and depressed
- Have strongerimmune systems

- Sleep better
- Enjoy stronger relationships
- Feel more connected
- non-judgemental
- Recognize and appreciate what they have

- Attract more happiness
- Live a better quality of life
- Show more empathy
- Transforms your perspective on life

How we can practice gratitude...







Start a GRATITUDE

ofot 3 things you've thankful for before sunshine sleeping.

oit can make someone's DAY!

it reminds people they are

important

thank u

there spend TIME with

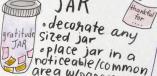
Thank y

omake intentional time operaturities you have to grow closer

remind them you care about them

Cartastherapy

Make a FAMILY (OR) PERSONAL GRAtitude



read notes on hard days

SMILE 9

· proven to strengthen GASTS

· makes you more (As)
confident!
doesn't cost \$\$\$

volunteer

Gratifude Journal Prompts

- 1. What was the best thing that happened today?
- 2. Who makes you feel loved and why?
- 3. Name something that makes you happy.
- 4. What is your favorite outdoor activity?
- 5. Name someone that helps you.
- 6. Name someone that is nice to you.
- 7. What is your favorite thing to do on the weekend?
- 8. Name something that you are grateful to have.
- 9. What do you like to do with your family and why?
- 10. Where is your favorite place to go?
- 11. Name someone that makes you smile.
- 12. Who is your best friend and why?
- 13. What do you like most about your school or job?
- 14. What do you like most about your favorite subject?
- 15. Who was the last person to give you something?
- 16. What is the best gift that you have ever received?
- 17. Name the best thing that has ever happened to you.
- 18. What is your favorite game or sport and why?
- 19. Where is your favorite place to play or relax?
- 20. What do you like most about your family?
- 21. Name an animal that you feel thankful for.
- 22. What is your favorite thing to do at home?
- 23. Name a person that you love and why?
- 24. What is your favorite hobby and why? 25. Who do you like to spend time with?
- 26. Name someone that your feel grateful for.

rhythmsofplay.con

Compassion

Compassion literally means "to suffer together"

Researchers have also defined it as the feeling that arises when you are confronted with another's suffering and you feel motivated to relieve that suffering





Benefits of Compassion

Research shows people who practice compassion have:

- Increased happiness
- Greater optimism
- More positive moods
- Decreased stress
- Stronger personal initiative
- A sense of curiosity and exploration
- Agreeableness
- Conscientiousness
- Better able to relate to others

How can we practice compassion?

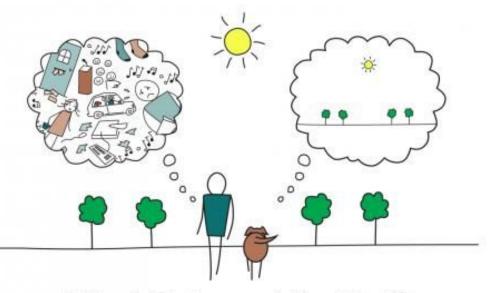
Compassion can be learned!

Although research has said compassion is an innate human trait, it can also be cultivated through learning and experience.

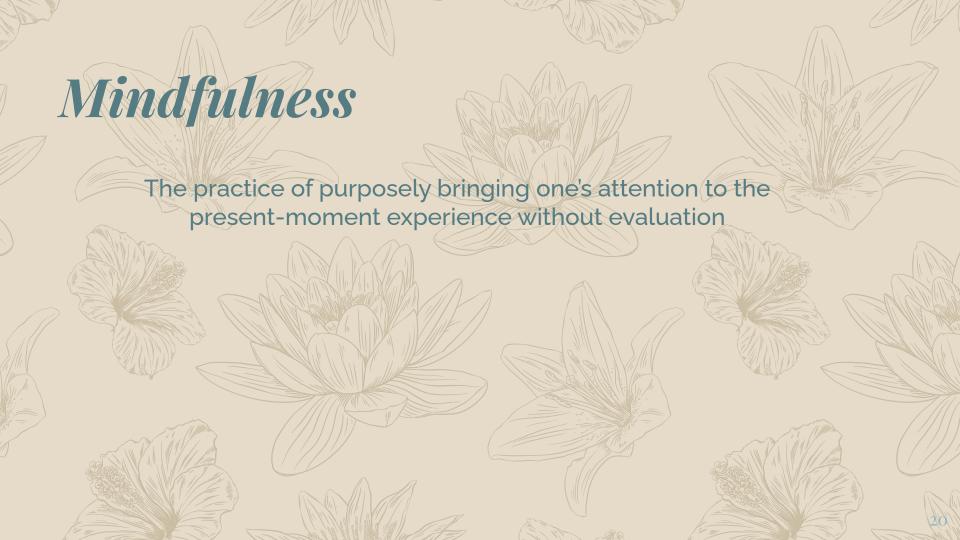
Some of these experiences can include:

- Compassion meditations
- Showing compassion for ourselves
- Observe without judgement
- Being present to the moment
- Understanding that all humans suffer, we are suffering together





Mind Full, or Mindful?





- Make gratitude a habit
- Check in with how your body feels
- Activate all 5 of your senses
- Conscious eating
- Observing your thoughts (without judgement)
- Focus on your breathing
- Learn how to actively listen (to yourself and others)
- Give yourself pause before making decisions
- Meditation





9 WAYS TO PRACTICE MINDFULNESS

We have more control over our mind and thoughts than we think. The power is within and comes from wasking up to what we let run a muck in our mind. The tips below will guide you to not attach to harmful thoughts and cultivate your mind for success and happiness.



To stop thought taking control and being on automatic pilot you first have to become aware of your thoughts. What dominates your mind when you're vulnerable, sad, tired, happy? Be curious

HABITS

To break from old habits and thoughts that are keeping you in unhappiness you must become aware of them and change your relationship to them. With awareness the thoughts and habits will change naturally.

COMPASSION

Forgive yourself for feeling stuck and overwhelmed at times. It happens. This is when it is most important to have compassion for yourself.

GRATITUDE

The sun rose today and so did I. How will you make this day a positive one? Practice gratitude and kindness. Be Grateful for kindnesses done to you, and give others a kindness to be grateful for.

SEEDS

If your mind is a garden and your thoughts are seeds, what seeds will you plant today? What weeds are getting in the way of joy. Cultivate and nourish your mind garden wisely.















RELATIONSHIP

It is not necessary to change your thoughts. That is impossible most times. It's necessary to change your relationship to them. See them as thoughts and watch how they change constantly, without getting attached to any one particular thought.

7 SELF-LOVE

Our greatest desire is to be loved. Start with loving yourself. Spend time each night to recall 5 things you did well today. Either a job competed, a step taken, or a kind word to another,

INFLUENCES

There are always people out there who are negative and hurtful. Choose your relationships wisely.

IT'S NOT PERSONAL

Take nothing personally. How others react and how they treat us is coming from them. Just as our behaviour is coming from us.

HOW TO PRACTICE MINDFULNESS IF YOU JUST CAN'T MEDITATE

lucilehr.com

Try these mindful habits!

1. Chores:

Connect to your senses and the present moment.

Your roommates will love your practice

2. Commute:

Focus on your breath, practice non-judgement. Avoid road-rage.

3. Walks:

Be in the moment. Notice things you haven't seen before but see every day.

4. Physical activity: Not only yoga!

5. Listening:

Focus on both words and body language. Finally hear "you're such a great listener!"

5. Eating and drinking:

Wine but also matcha, kombucha, coffee... don't forget the food pairings!

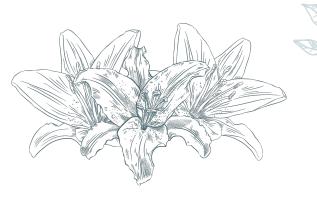




Questions?











Please complete our Feedback Form

