**MINDFULNESS INTERVENTIONS FOR TRAUMA RELATED SYMPTOMS IN SCHOOLS**

**NASP 2017**

* *Interventions* *Tier 3: Intensive Individual Intervention*
  + *Interrupt hyperarousal / Psychoeducation on hyperarousal*
    - *Breath Work*
      * Quiet the mind through breath work
      * Meditation
    - *5 Senses (e.g,* mindful eating*,* mindful listening*,* mindful walking)
  + *Focus (TIG:* Take in the good*)*
    - *Acceptance & Defusion of Thought*
      * Stop the labeling of our experiences, relationships, and even our thoughts
    - Alien or explorer mentality
    - Lean into experiences, use of acceptance
    - Wonder about reactions, both yours and others (curiosity)
    - Defusion practices / ACT work
      * Breaking Habits:
    - Creatures of habit: comfort in sameness/autopilot and taking things for granted
    - Try something new (new seat/new path)
      * Body Posing Work

We must practice what we are teaching: therefore, we must first become comfortable with

Mindfulness practices ourselves and incorporate them into our daily lives.

***Select Resources for School Programs***

* *Mindful schools (K-12) www.mindfulschools.org*
* *Mindful Life Project http://mindfullifeproject.org*
* *Inner Kids Program (K-8)* [*www.susankaisergreenland.com*](http://www.susankaisergreenland.com)
* *Inner Resilience Program (K-8).* [*www.innerresilience-tidescenter.org*](http://www.innerresilience-tidescenter.org)
* *Learning to Breathe:* [*http://learningtobreathe.org*](http://learningtobreathe.org)
* *MindUP: (preK-8)* [*www.thehawnfoundation.org*](http://www.thehawnfoundation.org)
* *Still Quiet Place (K-12)* [*www.stillquietplace.com*](http://www.stillquietplace.com)
* *Stressed Teens (13-18yo)* [*www.stressteens.com*](http://www.stressteens.com)
* *Wellness Works in Schools (3y-18y) www.wellnessworksinschools.com*

***Practice: Select Resources***

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* Cuddy, A. (2015). Presence: Bringing your boldest self to your biggest challenges. NY: Little Brown and Company.
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* Hansen, R. (2009). *Buddha’s brain: The practical neuroscience of happiness, love and wisdom.*  Oakland, CA: New Harbinger Publications.
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