

# Mindfulness

3:30-5PM December 4th, 2018



# Check In

How are you feeling? End of the semester.

Roses and thorns, Ows and Wows

# Check In Continued

How are your students doing?

What have you noticed about

their behaviors

and stress-levels?

Article from *The Atlantic*

How Graduate School Affects Mental Health

[Graduate School and Mental Health](#)

# Dance Break

Happy

# Mindfulness

Slowing down- in the classroom

Breathe

Form of self-care

Being present with work, with yourself

Something you want to do before a big decision



# Why is mindfulness important for instructors?

Ideas

# Why is mindfulness important for instructors?

Effective Teaching

Tone is conveyed to students

Recognize mood and provide alternative lessons- students teach each other, perform

You can be upfront and honest about your situation while still being professional

Assigning meaningful texts, maybe do less—> Breadth instead of Depth

# Why is mindfulness important for students?

Ideas

# Why is mindfulness important for students?

They might not know techniques

They might not have self awareness

It will affect their individual performance in class and the overall tone of the class

Age of putting up fronts on social media and in adolescence

Pain is temporary

GPA is forever

•my motto for the next 2 weeks•

# PIE Break!



# Ways to practice

Meditation

Breath

Breathing exercise

Checking in, becoming present

# Mindfulness

Listening to difficult conversations

Practicing empathy

Particularly important in discussions of diversity and inclusion

Triggers

Not taking things personally

You are teaching students life skills by example

# Mindfulness

## Journaling

You can bring this into the classroom in a number of ways

Before, during, after class

Taking a moment to reflect, inviting others to do the same

Beholding



# Mindfulness

## Brain dance - Full Body and Brain Warm-up

Before presentation/test, after sitting for long periods of time, increases energy and reduce stress.

Breath - Tactile - Core Distal - Head Tail - Body Sides - Upper-Lower - Cross-Lateral - Vestibular

[www.creativedance.org](http://www.creativedance.org)

# Scenario

Applications

Examples

# Campus resources for well being

[Counseling Center](#)

[Campus Rec](#)

[Food Pantry](#)

[Dean of Students Case Management](#)

# Connect With Us!

Find out more about all of PIE's resources @ [pie.fsu.edu](http://pie.fsu.edu)

PIE's Facebook page @ [facebook.com/fsupie](https://www.facebook.com/fsupie)



DIRECTO's Facebook page @ [facebook.com/fsudirecto](https://www.facebook.com/fsudirecto) (Diversity & Inclusion in Research & Teaching Organization)

PIE Newsletter @ [pie.fsu.edu/newsletter](http://pie.fsu.edu/newsletter)



Email [pie-info@fsu.edu](mailto:pie-info@fsu.edu) to ask a teaching question for our pie Q&A Hotline or nominate a TA for our Spotlight of the month