



## Mindfulness & Self Compassion Practices

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### Agenda for Today

- Introduction to the Center for Child & Family Well-Being (CCFW)
- Defining Mindfulness and its benefits
- Mindfulness practice: Stress Check
- Defining Self-Compassion
- Practice: Self-Compassion break
- CCFW Resources to stay connected

## CCFW Mission

We transform innovative research in child and family well-being into practical solutions to ensure all children, youth and families are resilient and thriving.



Promoting Resilience & Well-Being



Supporting Parents



Addressing Adversity & Inequity



Cultivating Mindfulness & Compassion



## Our programs

**NEW Moms:** Nurturing Emotional Well-being

**SEACAP:** Social Emotional and Academic success of Children and Parents

**Be REAL:** Resilient Attitudes & Living for UW students

**REAL Pro:** Resilient Attitudes & Living for Professionals



## Social and Emotional and Academic Success of Children and Parents (SEACAP)

Promotes child social-emotional competence through cultivating mindfulness in parents, which supports warm, consistent interactions, and scaffolding.



### Results with more than 100 families

- Increases in parent warmth, scaffolding, consistency, and decreases in negativity
- High participant satisfaction
- Easily integrated in early learning settings

“All of it was helpful! Every meeting I learned at least one thing that has helped me effectively parent.”



## Be REAL: Resilient Attitudes & Living



### 6 week group program

Mindfulness & emotion coping skills & practices



### Increased well-being

Executive function, resilience, coping, flourishing, more!

### Campus Expansion

Academic advisers, general course, seminar series



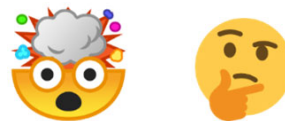
# Mindfulness

Awareness of the present moment, with a kind and open attitude.

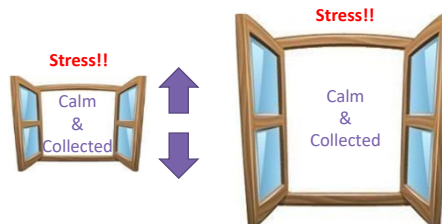


## How can mindfulness support us?

1. Respond effectively instead of respond automatically



2. Expand our tolerance and experience less negative reactions



3. Model for Children



## Mind-Body Connection

### The Body Scan

Also called a Stress Check, this practice helps us notice when our body is holding stress. Sit or lie down in any position. Moving awareness from your head to feet, notice (without judgement) physical sensations in each area.



- Mindfulness can strengthen the connection between our mind and our body.
- It can allow us to notice tension in the shoulders or notice our heart pounding.
- When we practice this regularly, we start to learn how and when to listen to our body's cues.

## Self-Compassion

*Self-compassion is caring for ourselves the same way that we would care for a friend during a difficult time.*



## Self-Compassion



**Mindfulness**

- Aware of our emotions with a curious attitude



**Common humanity**


- Mistakes are part of the human experience



**Self-Kindness**

- Treat ourselves as we would treat a friend

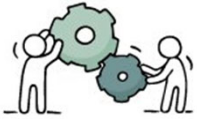
## Self-Compassion Break



**Acknowledge the Difficulty**

*Mindfulness*


Without judgement  
Self-validation



**Remember Others' Experiences**

*Common Humanity*

You are not alone!  
Everyone makes mistakes




**Extend Kindness to Yourself**

*Self-Kindness*


What do you need to hear or need for support?

# CCFW Resource Page



**CENTER FOR  
Child & Family  
Well-Being**  
UNIVERSITY of WASHINGTON


[ccfwb.uw.edu/resources](http://ccfwb.uw.edu/resources)



**Browse Categories**


**For Parents**

Resources for supporting effective parenting, as well as your own well-being.




**For Practitioners**

Learn new skills for well-being to share with families, children, and youth – and ideas for strengthening your resilience.




**For Researchers**

A collection of tools for measuring stress, adversity, parenting, well-being, and mindfulness.




**Mindfulness and Compassion**

Discover inspiration, audio recordings, and guides to support a range of contemplative practices.




**Child and Youth Well-Being**

Information on promoting social-emotional well-being from infancy through adolescence.



**Adversity and Trauma**

Information and resources on toxic stress and evidence-based approaches to promote healing.



## Resources for Your Practice



**Free weekly drop-in  
mindfulness sessions**

English & Spanish  
[ccfwb.uw.edu/community](http://ccfwb.uw.edu/community)

**Guided Audio  
Mindfulness Practices**

[soundcloud.com/uwccfw](https://soundcloud.com/uwccfw)  
**en Español**  
[bit.ly/CCFWEspanol](https://bit.ly/CCFWEspanol)



**Mindfulness & Early  
Learning Resources**

[padlet.com/ccfw/ECEresources](https://padlet.com/ccfw/ECEresources)



**CCFW Hosted Events**

Free public lectures  
Multi-week courses  
Professional workshops  
[ccfwb.uw.edu/events-classes](http://ccfwb.uw.edu/events-classes)

[More at ccfwb.uw.edu/resources](http://ccfwb.uw.edu/resources)