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

- 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

Mindfulness
Acknowledge the Difficulty
Without judgement Self-validation

Common Humanity
Remember Others’ Experiences
You are not alone! Everyone makes mistakes

Self-Kindness
Extend Kindness to Yourself
What do you need to hear or need for support?
CCFW Resource Page

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

Guided Audio Mindfulness Practices
soundcloud.com/uwccfw

en Español
bit.ly/CCFWEsRanool

CCFW Hosted Events
Free public lectures
Multi-week courses
Professional workshops
ccfw.uw.edu/events-classes

Free weekly drop-in mindfulness sessions
English & Spanish
ccfw.uw.edu/community

Mindfulness & Early Learning Resources
padlet.com/ccfw/ECEResources

More at ccfwb.uw.edu/resources