



# **Welcome to IDGE 2016!**

## **Mindfulness-Based Stress Reduction For Gifted People**

**Presenter: Kerry Philo**



# Introductions

*Kerry Philo, MA.Ed.*

- Intermediate classroom teacher
- GT/SENG Facilitator, GT Endorsed
- Trained, Mindful Life Program
- Yoga Teacher certified
- Passionate about neuroscience
- Mom of Nathan and Katie Farbish

[kphilo@cherrycreekschools.org](mailto:kphilo@cherrycreekschools.org)

[kerryphilo@gmail.com](mailto:kerryphilo@gmail.com)

Mindfulteachermindfulstudents.com



# Disclaimer

I am not an expert in any of the topics that I am about to share. Please chime in if you have additional information!

I am a fellow traveler on this journey of teaching and raising gifted children and I fail miserably all of the time!



# Norms

- Take care of needs
- Set phones to vibrate
- Stay present
- Ask questions
- Share and be vulnerable
- Listen with an open heart
- Maintain confidentiality





# Objectives of this session:

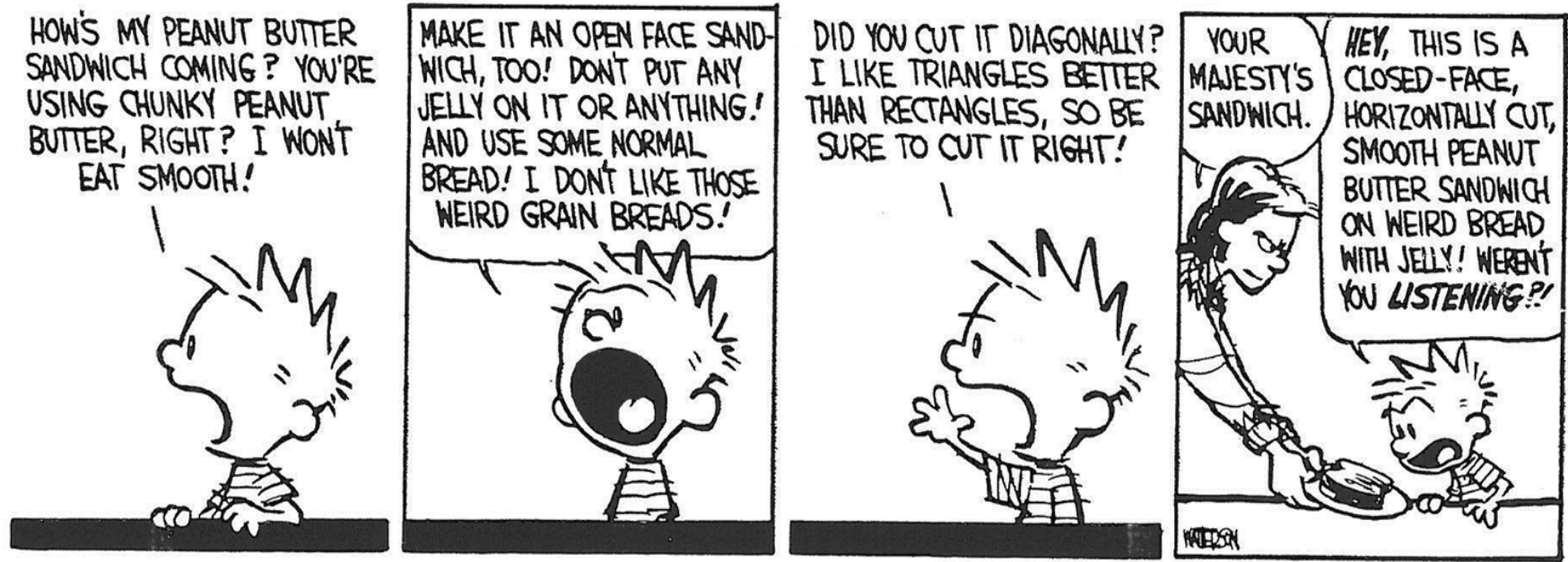
- For participants to reflect on the challenges involved in working with and/or parenting gifted children
- For participants to reflect on their current self-care strategies and add to their “toolbox”
- To offer strategies from Mindfulness-Based Stress Reduction (MBSR) for participants and their GT children/students

# Turn & Talk

What are some of the joys of working with and/or parenting gifted children?



# Why Would Those Who Work With The Gifted Population Need MBSR?





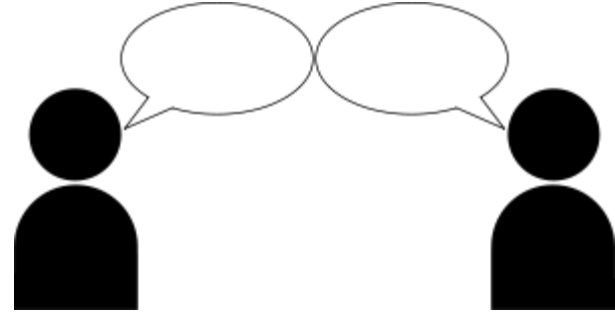
# Name It To Tame It

Some primary characteristics of the gifted:

- \*Intensity, sensitivity and overexcitabilities
- \*Perfectionism and/or underachievement
- \*Asynchronous Development
- \*Executive Functioning challenges
- \*Feeling different and outside of the norm



# Turn & Talk



What are some ways that you already “put on your oxygen mask” and take care of yourself so that you can be at your best for the gifted children that you work with and/or raise?

# What is Mindfulness?

Mindfulness is being in the present moment with kindness and non-judgement.

Mindfulness is focusing on one thing at a time and slowing yourself down so you can more frequently notice and appreciate the beauty of people and your environment.



# Mindful Life Curriculum for Schools

Dr. Kristen Race, [mindfullifetoday.com](http://mindfullifetoday.com)





# **Mindfulness: Brain-Training, Not Brain-Washing**

Came from Buddhism, but is a secular approach, based in neuroscience.

Aligns well with any religion/spiritual tradition.

Capitalizes on neuroplasticity--rewire your brain to be more positive and resilient to stress.

# Mindfulness-Based Stress Reduction

- Mindful Listening
  - Mindful Breathing/Meditation
    - Mindful Movement/Posture Awareness
      - Mindful Seeing
        - Mindful Eating
          - Gratitude
            - Wellness/Time in Nature
              - Social Support
                - Time Alone/Journaling

# Mindful Listening





# Mindful Breathing

#1--Full diaphragmatic breathing  
(aka “belly breathing”)  
“Pitcher of water” metaphor



#2--Finger Ball Breathing  
#3--Navy Seal Breath  
#4-- “6-2-7” Breath

# Meditation



Some tips:

- Do it every day in a quiet place
- Use a meditation app on smartphone or device
- Focus on the breath
- Refocus when the mind wanders, but don't chastise yourself if you have "monkey mind"
- Allow insights on issues to arise



# Mindful Movement

Formal:

Breathing & Stretching in unison

Benefits: Integrates  
Body  
Mind  
Heart





# The Body Influences the Mind: Posture

Amy Cuddy's  
TED Talk:

“Power Poses”--  
Your biology  
can determine your  
Psychology.



# Mindful Seeing

“Good afternoon,  
\_\_\_\_\_,  
I see your eyes  
look \_\_\_\_\_  
today.”



# Mindful Eating



# Gratitude

Cultivating gratitude in your daily life will significantly enhance your sense of well-being.

Research indicates that people who feel and express gratitude are more likely to feel positive emotions and have stronger personal relationships. ---[health.harvard.edu](http://health.harvard.edu)





# Your Wellness: Baby Steps

Diet

Exercise

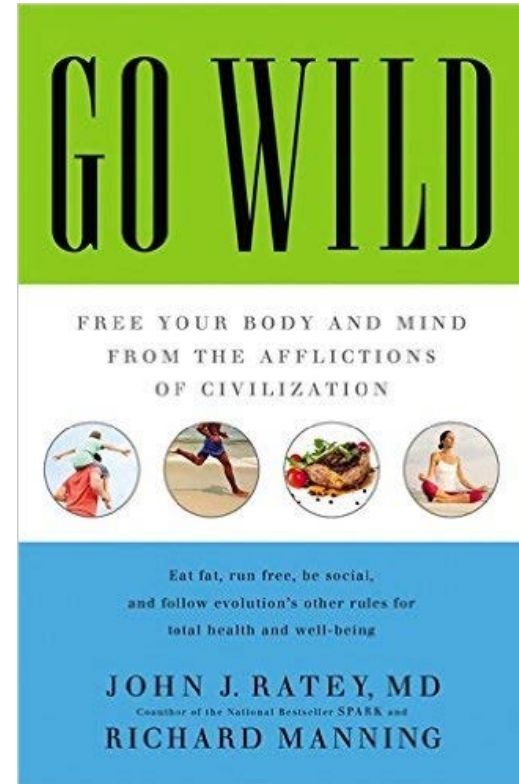
Time in nature

Downtime

Laughter

Play

Music

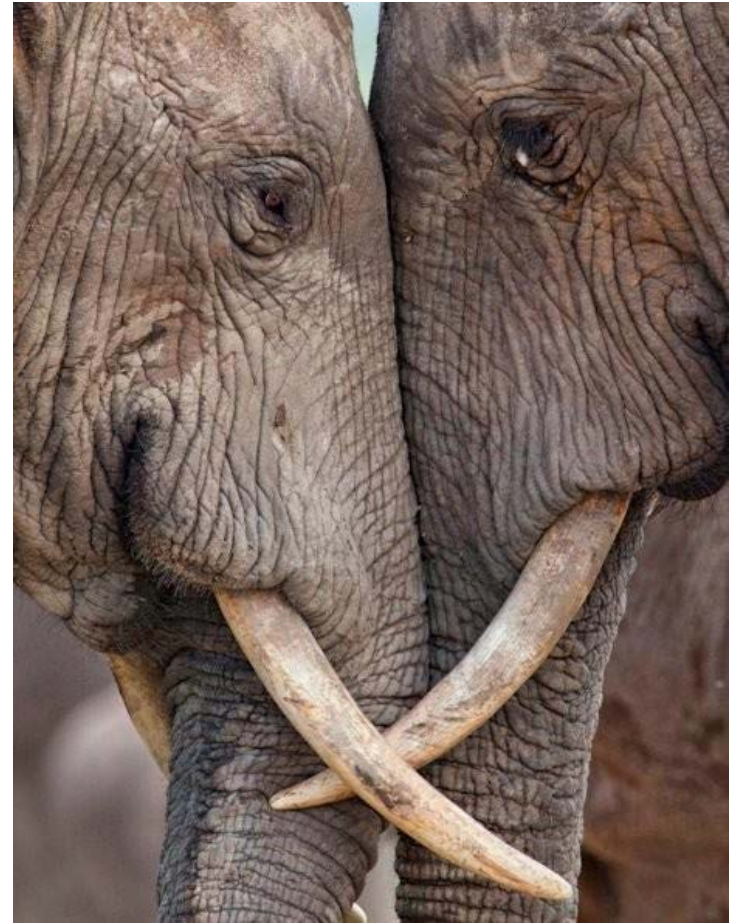






# Social Support

Reach out and connect!  
Other teachers and parents  
of GT children are especially  
helpful because they can truly  
empathize with you.  
(SENG-Serving Emotional  
Needs of Gifted Children)





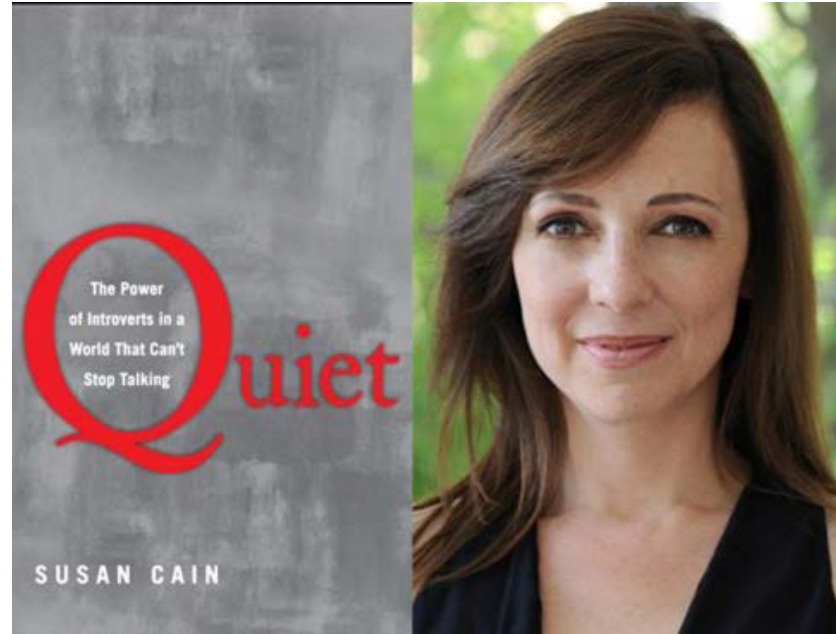
# Time Alone

Extrovert?

Introvert?

Ambivert?

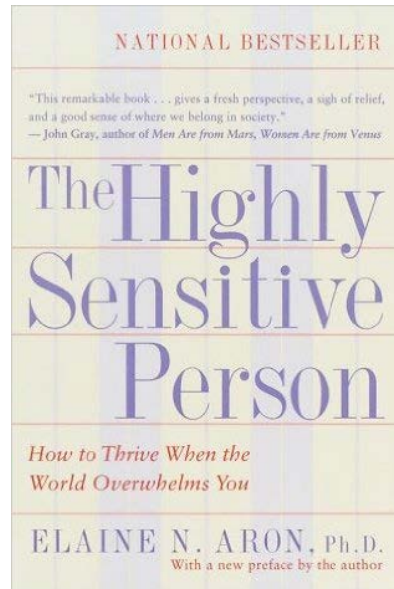
Know yourself and  
try to strike a balance.



# Are You An HSP? (Highly Sensitive Person)

Term coined by  
Elaine Aron, Ph.d.

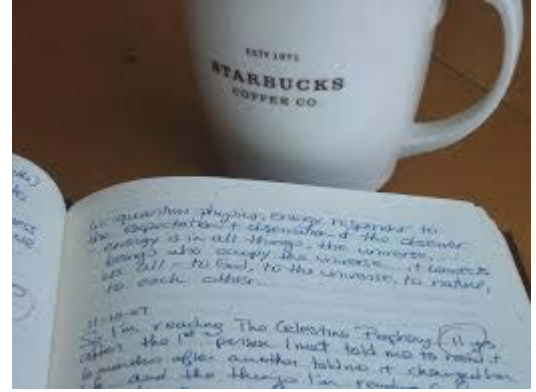
If you know you are an HSP (and many gifted people are), you will do a better job taking care of yourself if you own and celebrate this trait.



# Journaling

Never discount the benefit of journaling to work through troubling situations/feelings or to record valuable insights from meditation.

- Paper or digital
  - Regularly or intermittently

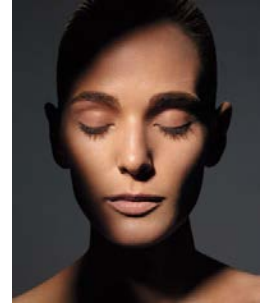


# Another Breathing Tool

## Breathing Strategy #5

Ocean Sounding Breath:

Deep, Inhale & Exhale through nose  
Slightly constrict throat & clear mind



*Conscious breathing returns you to the present moment and breaks the trance of busy-ness.*



# Making Friends With Stress



Check out  
Kelly McGonigal's  
TED Talk

# For the kids—



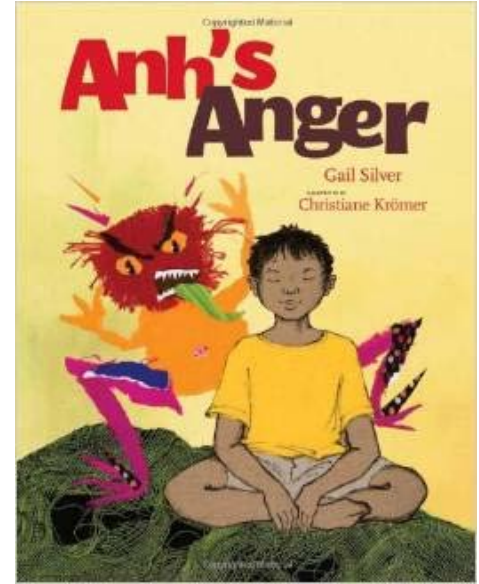
Calm Down Jar

Anh's Anger by Gail Silver

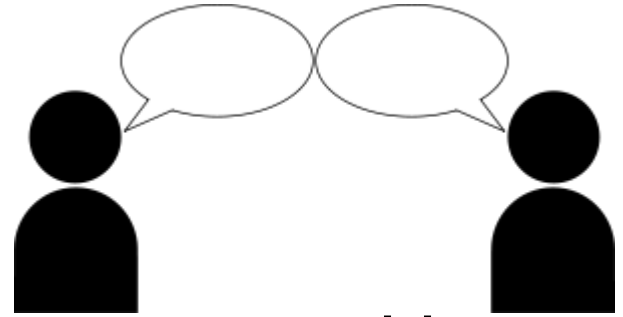
Mindful Listening

Finger Ball Ball Breathing

PFC/Amygdala Connection



# Turn & Talk



We can all do better when it comes to taking care of ourselves, since most of us are so patterned to put everyone else first.

What new ideas or strategies did you hear today that you would like to try with yourself or the gifted children in your life?

Thank you for coming!

Look for this presentation in  
Google Drive:  
“SENG 2015: First Put On Your  
Oxygen Mask”

Also, in resources page of  
[mindfulteachermindfulstudents.com](http://mindfulteachermindfulstudents.com)

[kerryphilo1@gmail.com](mailto:kerryphilo1@gmail.com) or  
[kphilo@cherrycreekschools.org](http://kphilo@cherrycreekschools.org)

