Anxiety and Mindfulness

Facilitator: Caitlin Young

Notetaker: Melanie Potter

Anxiety Treatment

* Relate the stress response that patients feel to stress and then normalize it

Patient challenges

* Students have trouble using class-learned mindfulness in real life. There is a disconnect when they are stressed.
  + Caitlin suggested asking clients to share a time they were able to practice mindfulness in their lives.
* Students get discouraged after trying something once and it doesn’t work. Or don’t remember to continue the practice
  + Caitlin suggested an App that could remind them to practice mindfulness.
  + Another provider suggested praising any effort. Even though they don’t want to hear it, some things require repetition and trying over and over again.
* Families who have little kids have difficulty building space into their home life for practice. This can be a challenge for older kids who want to try.
* Students’ attention is drawn to electronics. It’s hard for them to turn off.
* Hard sell with teen boys.
  + Recommendation—get silly.

Provider challenges

* Where does mindfulness fit with all the other job duties of MH providers?
  + Caitlin has prevention hours in her job that she was able to use to start her class.
* How to approach it and be aware of what is on the students’ plates?
  + Wilson was able to make it a for-credit class
  + Jeremy from ODE mentioned adding it to a Special Education Class but invite everyone.
  + Gilchrist has as sensory room that all students are invited to
  + Caitlin leads mind/body/stress groups after school at the high school that she works at. Students set group norms and it is more informal than other groups. The group is a lot of storytelling and mindfulness is inserted between the stories

Resources

* Breathing Star video to practice mindfulness for little kids
* Wilson HS—for how to make it a for-credit class
* Special Education—possibility to partner
* Gilchrist School to learn more about their sensory room
* Taft HS/SBHC has a few mindfulness groups
* Mind Up Curriculum
* Yoga Calm Curriculum—elementary school self-regulation curriculum
  + On provider uses this in the classroom, in small groups, and one-on-one
* DBT
* Mindful Schools Facebook group
  + Suggestion to show it to principals.
* Peace In Schools—this is a Portland non-profit organization
* Book: Mindfulness Based Treatment Approaches by Ruth Baer
* Gonoodle.com is a children’s website that adults can use
* Ashland HS has yoga PE classes
* Alternate idea to sensory room is “Pause Area” of a classroom. Can still be supervised
* Caitlin will co-facilitate a mindfulness class with the SBHC MH provider next year.

Request

* MH providers want an on-going blog or online space to share mindfulness ideas and experiences. We could have a space for each table topic to continue sharing.