Helping Pre-service Teachers Achieve Social-Emotional Competency Through Mindfulness-based Stress Reduction Techniques

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What is mindfulness?

According to Jon Kabat-Zinn, "mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally." (1994, p. 4).

An individual can practice specially developed mindfulness activities, such as breathing meditations, body scans and other activities to learn how to pay attention and stop the thinking mind so as to be focusing entirely on the present.
Why Mindfulness?

There is ample empirically-based, scientific research that outlines a host of benefits of mindfulness training especially for K-12 educators in addressing stress and anxiety and helping them develop their own social-emotional competency (SEC) skills?

- Teaching is one of the most stressful professions in the US currently rivaling healthcare and law enforcement professions (Jennings et. al., 2017).
- Mindfulness practices can create a greater sense of happiness (or more positive outlook) (Feldman, Greeson and Senville, 2010).
- Mindfulness practices can significantly decrease stress, anxiety and the perception of stress (Deckro et. al., 2002).
Why Mindfulness Continued?

- Can improve emotional self-regulation and concentration (Metz et al., 2003).
- Can decrease anxiety, depression and distress and can significantly increase empathy (Shapiro, Schwartz, & Bonner, 1998).
- Can build and improve SEL skills (Jennings, 2009).
How Can Teachers Acquire/Engage in Mindfulness?

There are a number of mindfulness programs for educators

➤ One of best programs for educators is Cultivating Awareness and Resilience for Teachers (CARE) – Jennings et. al., 2017.

➤ Koru Mindfulness 4-week Program for Emerging Adults - Koru. http://www.korumindfulness.org

➤ Mindfulness for Teachers - http://www.mindfulteachers.org/

➤ Mindful Schools - https://www.mindfulschools.org/
How can we practice mindfulness?

Let’s practice a common mindfulness activity called a gatha.

I am breathing in
I am breathing out
I am in the present moment
I am in a precious moment
Compassionate Schools Project - Spotlight
References


References

