



A collaborative project of Penn State, BJS Training Services, and YDC/YFCs in PA

# WHY IS THIS SO IMPORTANT?

- Through the JJSES, fewer youth are coming into facilities who are low risk/low need. This is a great thing for the youth, for the staff it means a lot more stress.
  - Higher risk/Higher need kids
  - More of them at each facility
  - More accountability (read more paperwork) associated with work being done



# BEYOND THE CLIFF: LAURA VAN DERNOOT LIPSKY

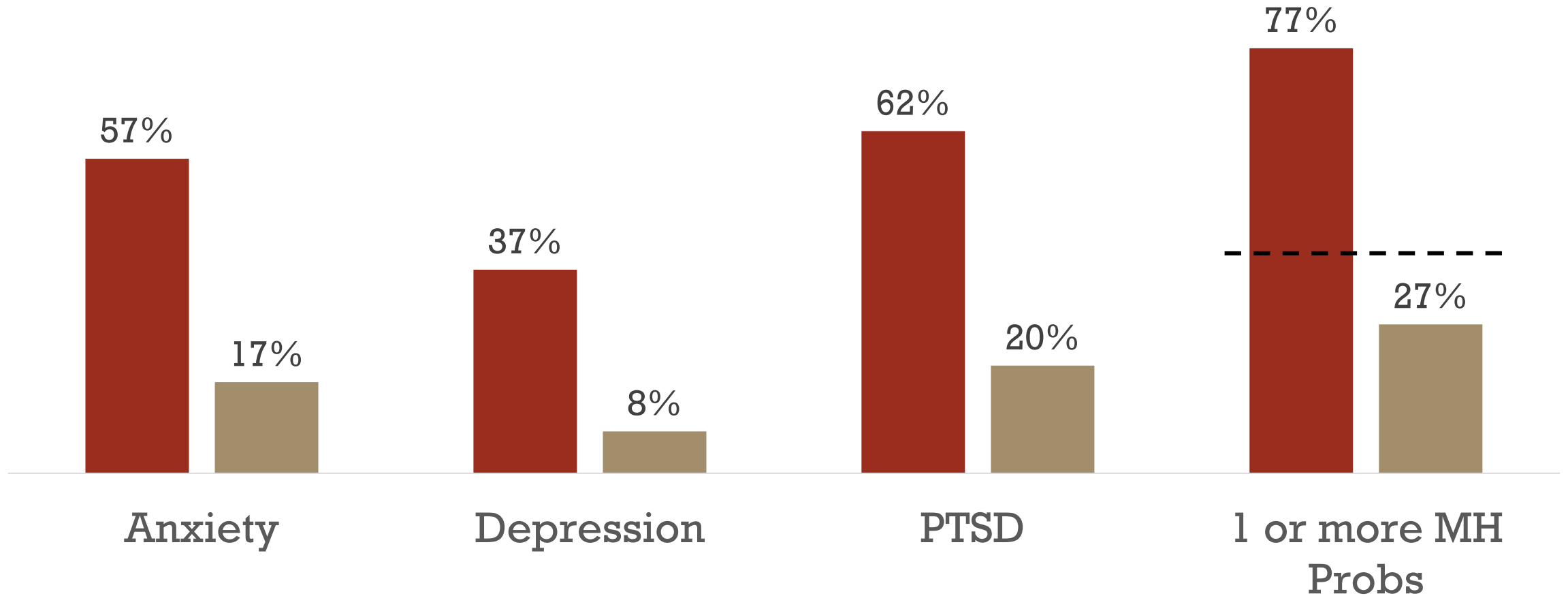
- <https://www.youtube.com/watch?v=uOzDGrcvmus>



# Mindful Awareness and Mental Health for BJJS Staff:

■ Low Mindful Aware (N=103)

■ High Mindful Aware (N=133)



Staff who reported low levels of mindfulness awareness were **~three times** more likely to indicate being at risk for one more mental health problems.



# WHAT WE THINK OF:



# POLICE ARE USING MINDFULNESS-BASED RESILIENCE TRAINING TO COMBAT EFFECTS OF STRESS



Richard Goerling, developer of MBRT



# MILITARY USING MBSR FOR STRESS MANAGEMENT AND FOCUS DURING DEPLOYMENT AND FOR RESILIENCE AFTER



# ATHLETES ARE ALSO USING ATTENTIONAL FOCUSING TO IMPROVE THEIR GAME





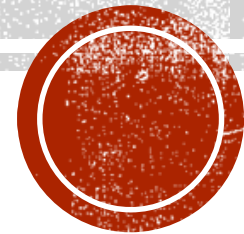
# TEACHERS ARE USING MINDFULNESS-BASED TECHNIQUES IN THE CLASSROOM TO PREVENT EMOTIONAL EXHAUSTION AND BURNOUT



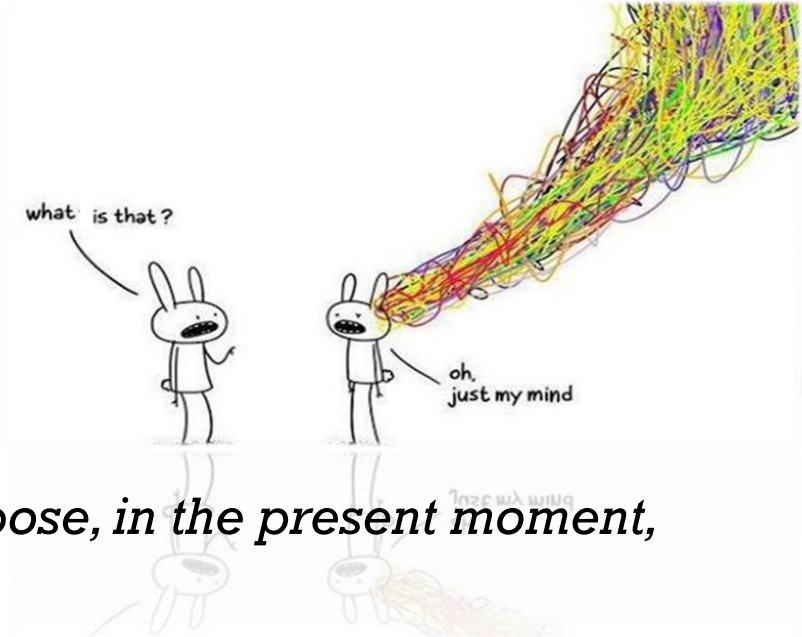
# 3 FOCUSING BREATHS



**WHAT EXACTLY IS  
MINDFUL AWARENESS?**



# WHAT IS MINDFULNESS?



*"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." ~ Jon Kabat-Zinn*

- Paying attention, on purpose, to what is happening right now rather than focusing on the future or past.
- Being aware, in the present moment, of our thoughts and feelings and bodily sensations
- Letting go of judgement about the thoughts, feelings and sensations occurring

**\*No cushions or yoga pants required.**



# MINDFUL ATTITUDES

- ***Non-Judging*** - Be an impartial witness to your own experience
- ***Patience*** - Let things unfold in their own time
- ***Beginner's Mind*** - Seeing everything as if for the first time
- ***Trust*** - Trusting in yourself (feelings, instinct)
- ***Non-Striving*** – Do what you are doing right now without expecting things to go a certain way or to change
- ***Acceptance*** – Allowing things to be as they are
- ***Letting Go*** - Letting things go that cannot be changed right now



# **MINDFULNESS-BASED STRESS REDUCTION TECHNIQUES HELP YOU:**

- Take a pause to gather your resources when responding to a stressful situation
- Let things go when stressful situations occur
- Strengthen your “attention muscle” so you are able to focus on what you want to focus on rather than being distracted by other things
- Identify what YOU are feeling so it does not affect your actions without your awareness
- Notice biases or scripts that you may have during interactions
- Use positive coping skills to ward off the effects of stress



# **OTHER USES FOR THESE TECHNIQUES INCLUDE:**

- **Chronic Health Concerns (e.g.- hypertension, chronic pain) and Post Traumatic Stress Disorder**– Mindfulness-based Stress Reduction
- **Reduction of Conflict with Citizens** – Mindfulness-based Resiliency Training
- **Depression and Anxiety**- Mindfulness-based Cognitive Therapy (known previously as Attentional Training)
- **Improved Focused Attention**- Mindfulness-based Mind Fitness Training
- **Substance Use and Relapse Prevention**- Mindfulness-based Relapse Prevention, MBSAT for Adolescents
- **Racial and Age Bias** – Mindful Meditation



# WHAT WE DID...



**TEAM  
AWESOME**





# TOPICS COVERED DURING THIS TRAINING INCLUDE:

- Coping skills
- Mindfulness-based stress-management tools
  - Body scan, breath awareness, mindful walking & stretching, etc.
- Brain and body responses to stress
- Healthy eating habits
- Emotion skills awareness
- Compassion fatigue, secondary traumatic stress, and burnout
  - Learning how to cultivate compassion when needed
- Self-care planning



# MINDFUL TOOLS TAUGHT IN TRAINING:

- Breath Awareness
- Mindful Walking
- Mindful Eating
- Mindful Listening
- Emotional Awareness
- Body Scan
- Mindful Movement
- Visualization
- Compassion for Self and Others



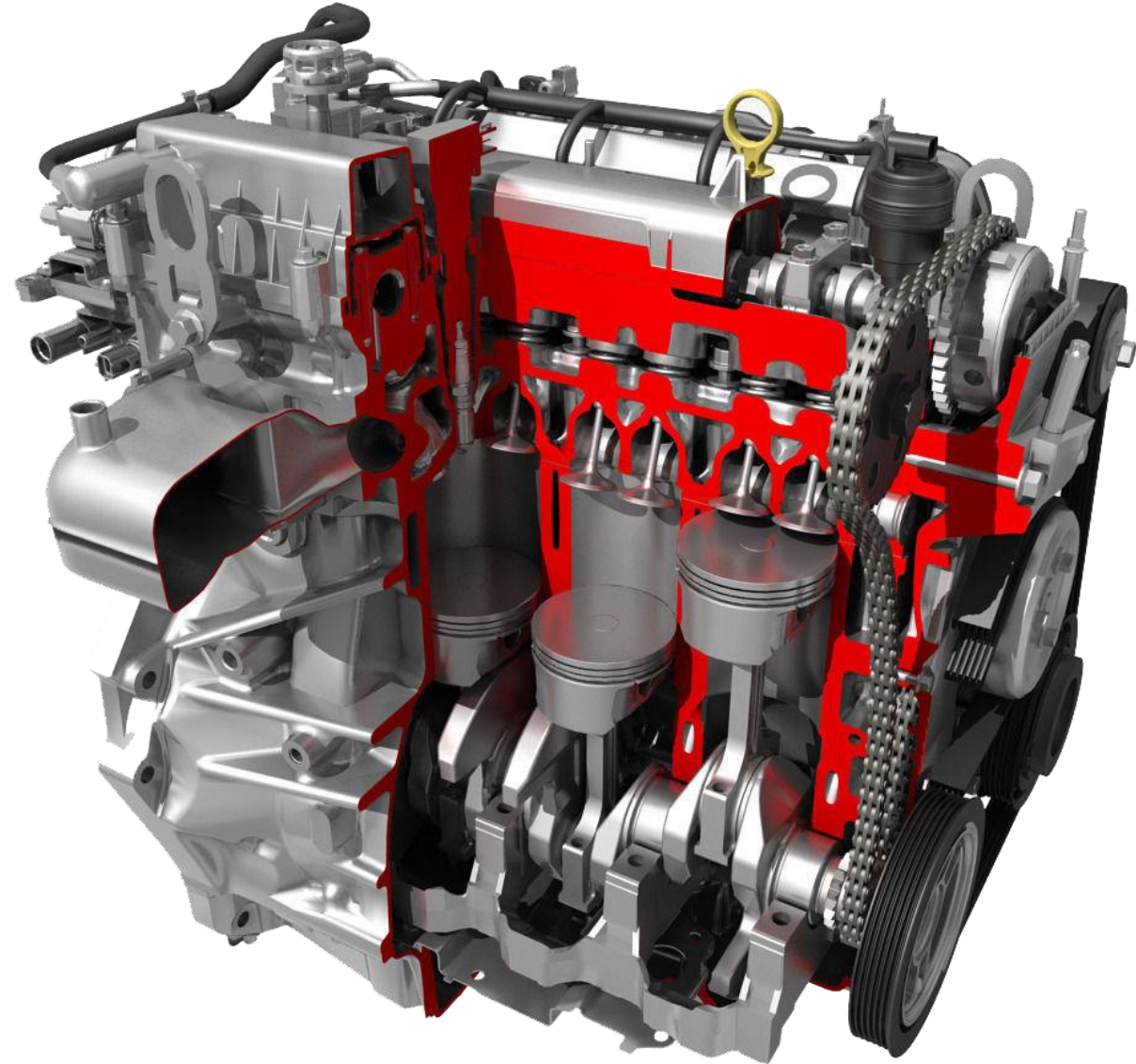
*These practices help us learn how to focus our attention on purpose, building our “attention muscle” and increasing our overall mindful awareness.*



# LET'S TRY NAVY SEAL BOX BREATHS



# UNDERSTANDING AN ENGINE

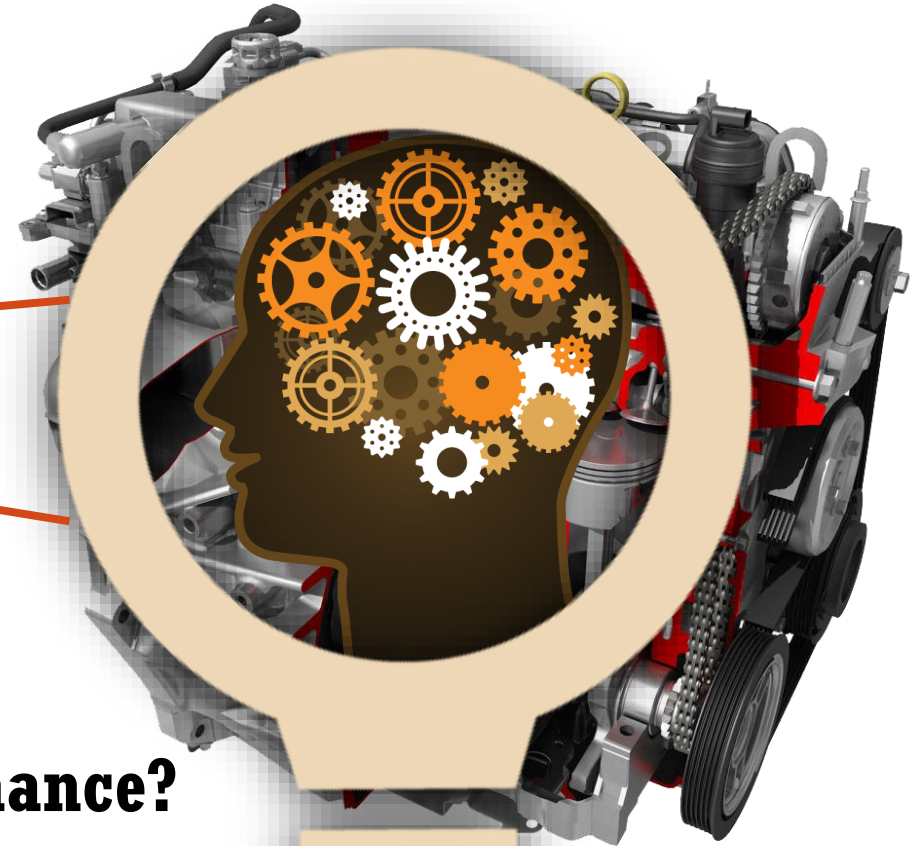


- Having a Maintenance Schedule
  - Fluid Changes
  - Inspections
- Identify Signs of Wear/Points of Failure
  - Sounds
  - Smoke/Smells
  - Visual Signs of Wear
  - Leaks
- MTBF (Mean Time Between Failures)



# BEING AN “INNER MECHANIC”

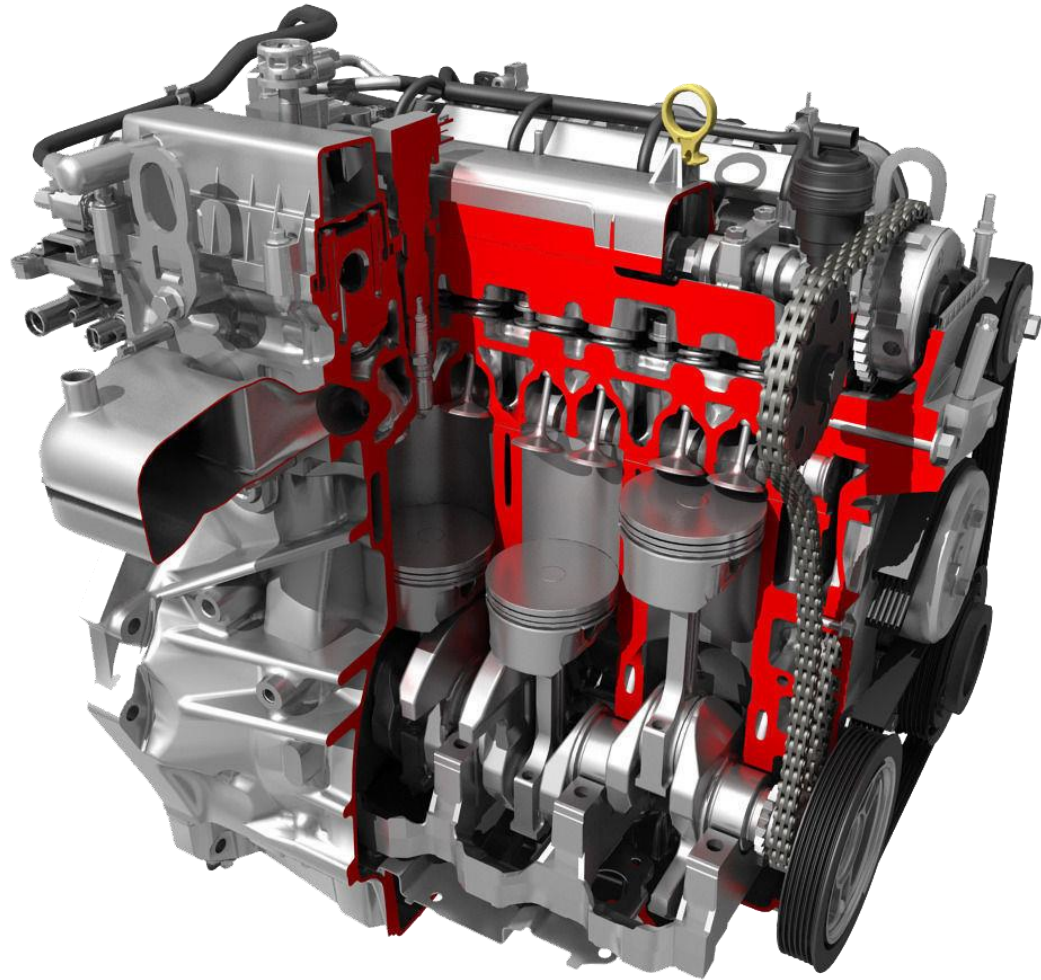
?



- ... **Necessary Maintenance?**
- ... **Signs of Wear?**
- ... **Points of Failure?**
- ... **MTBF?**



# FIRST... LET IT COOL DOWN.



# BEING AN “INNER MECHANIC”

## MAINTENANCE

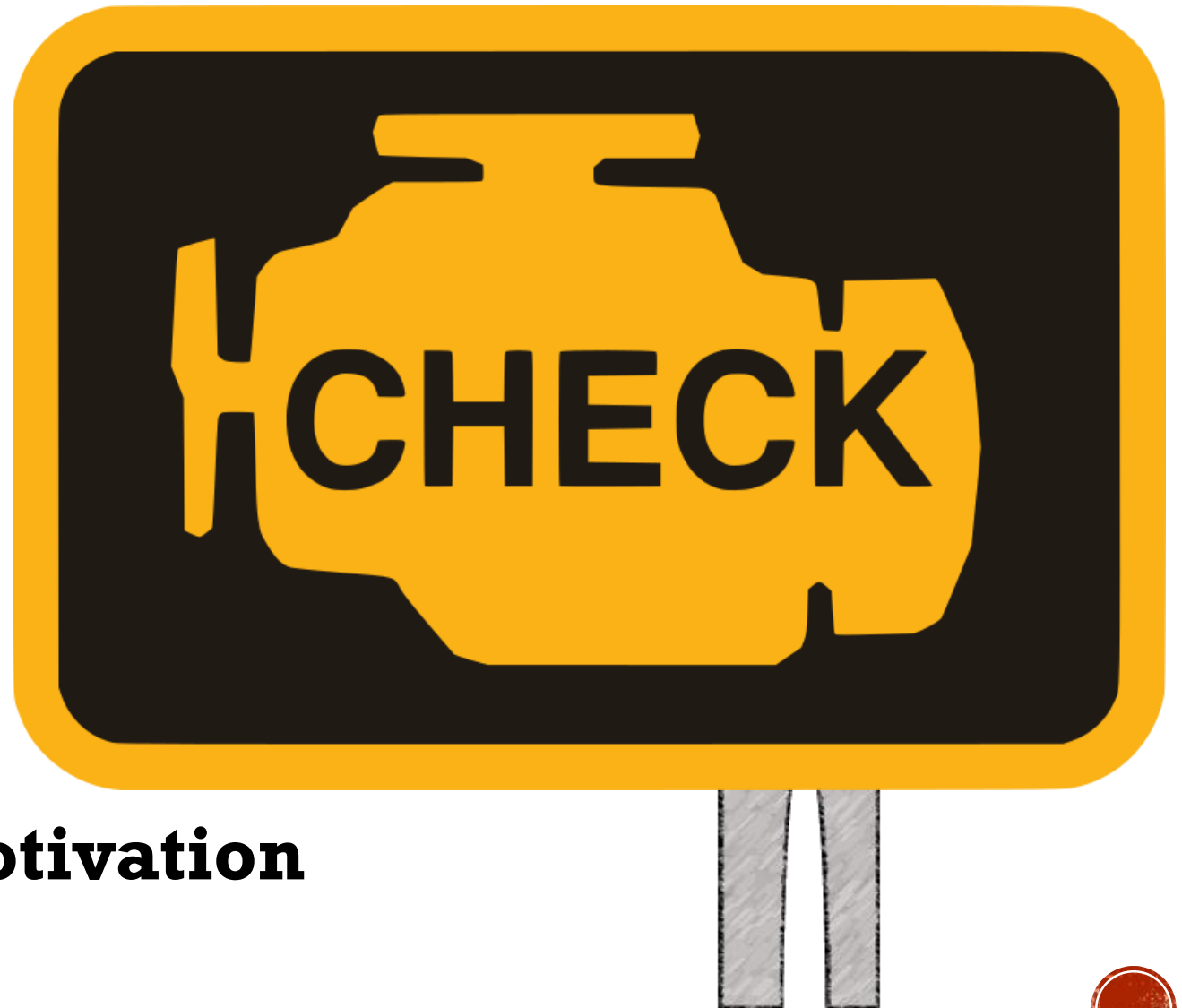


- What are some necessary “maintenance” items for us, as people?
  - Daily?
  - Multiple times per day?
  - Weekly?
  - Monthly?
  - Yearly?



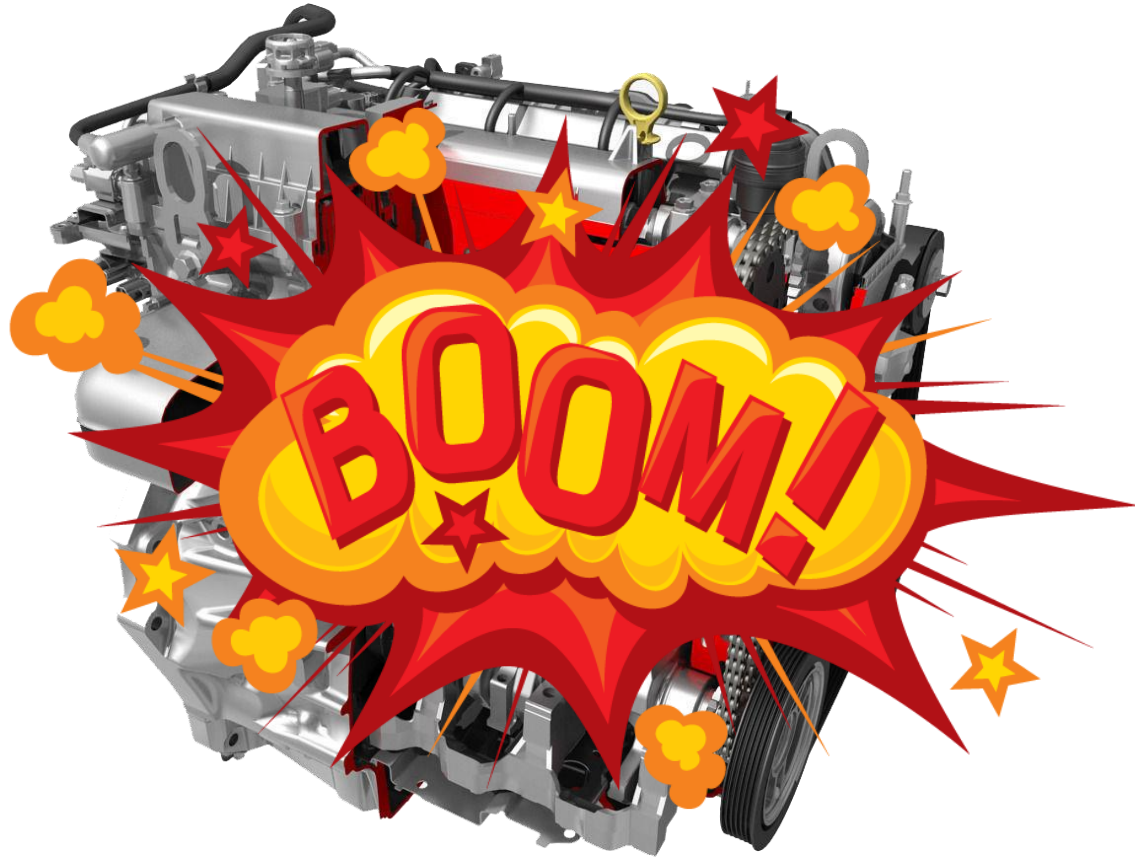
# SIGNS OF WEAR

- **Anger / Irritability**
- **Anxiety**
- **Feeling Overwhelmed**
- **Sexual Dysfunction**
- **Nervousness**
- **Relationship Problems**
- **Depression / Sadness**
- **Lack of Interest / No Motivation**
- **Feeling Fatigued**





# RUN TO FAILURE?



**Recognize Signs of Wear  
BEFORE you explode!**

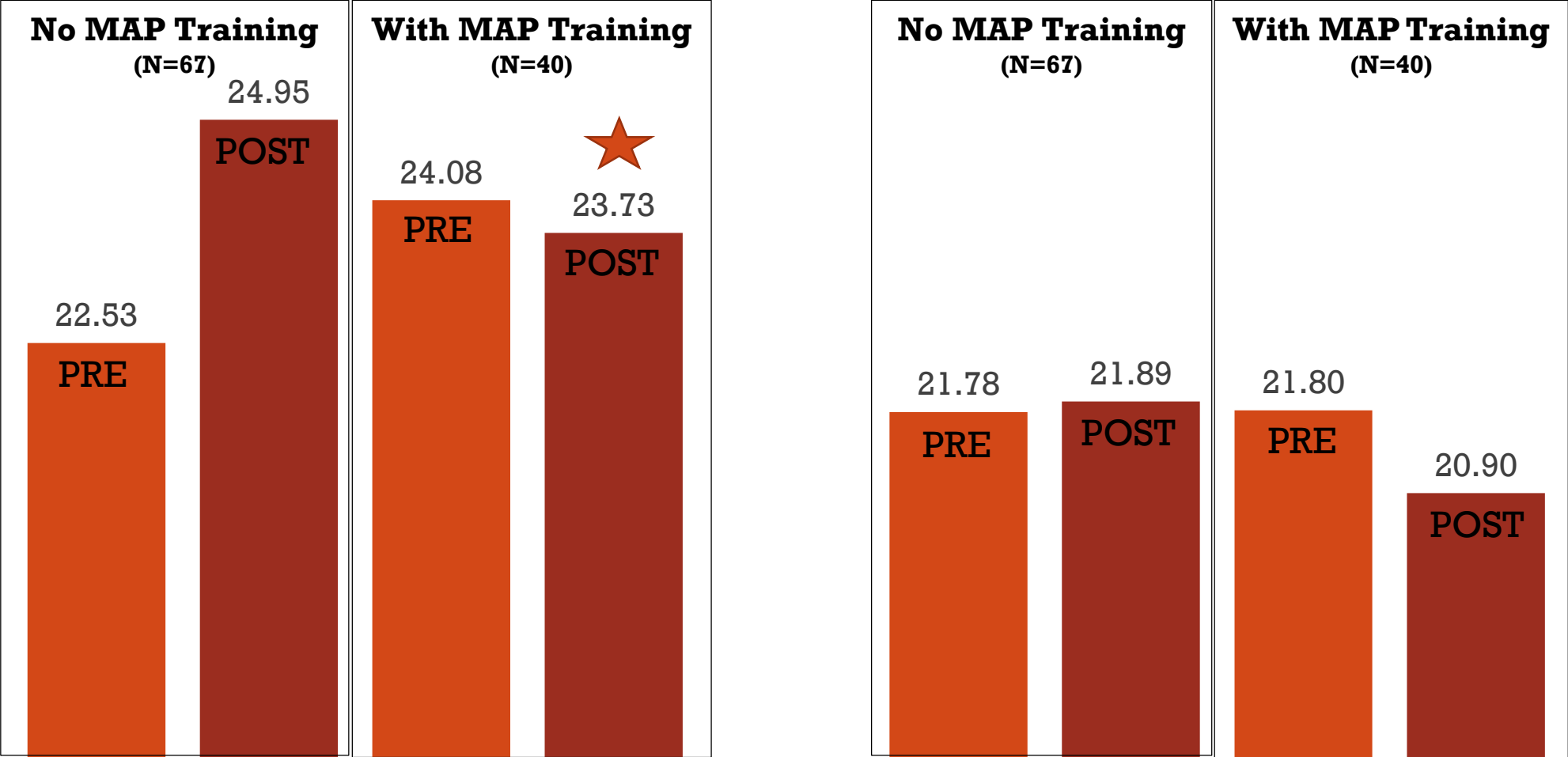


# **AT THE END OF THE PROGRAM:**

- 94% of BJJS staff were satisfied or highly satisfied with program content, 88% with length.
- 95% of BJJS staff indicated overall satisfaction with the training they received.
- 94% of BJJS staff agreed/strongly agreed they would use concepts and activities taught in their life and work.
- 94% felt that this type of training is important for professional development and said they would recommend this training to a co-worker.
- 89% said they had an improved overall sense of wellbeing and that the skills that they have learned will help them do their job better.
- 84% said that they felt like their relationships with others will be better.



# PROFESSIONAL QUALITY OF LIFE

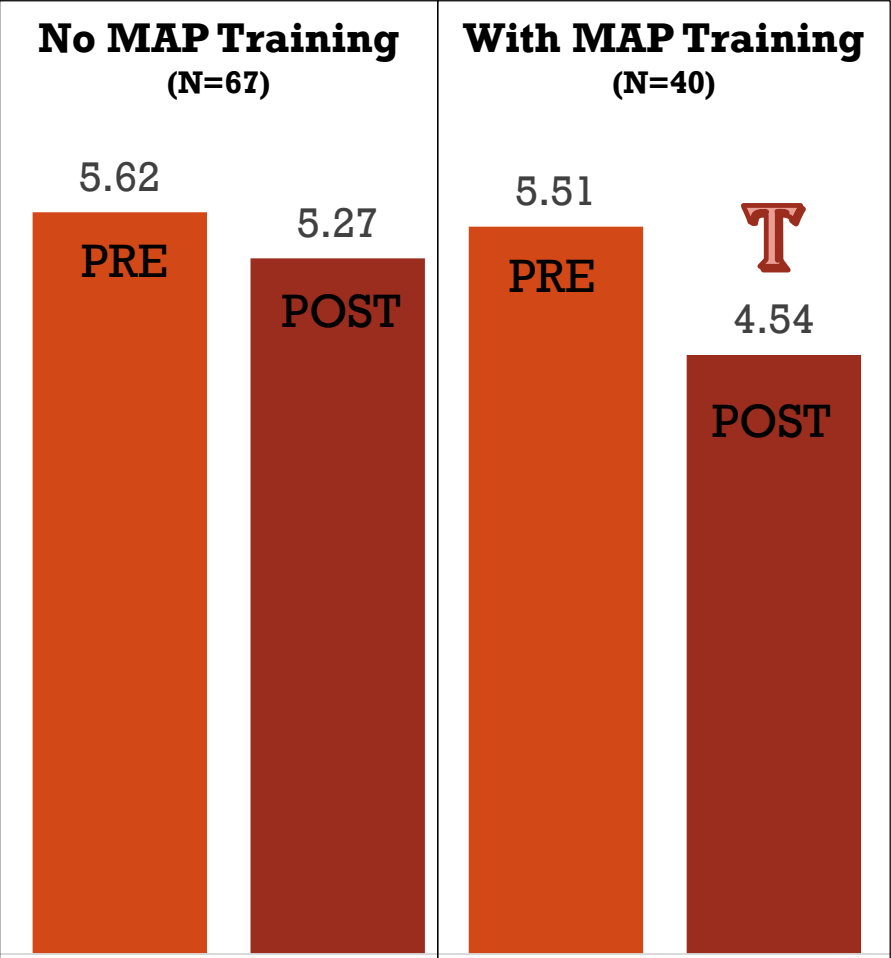


BURNOUT

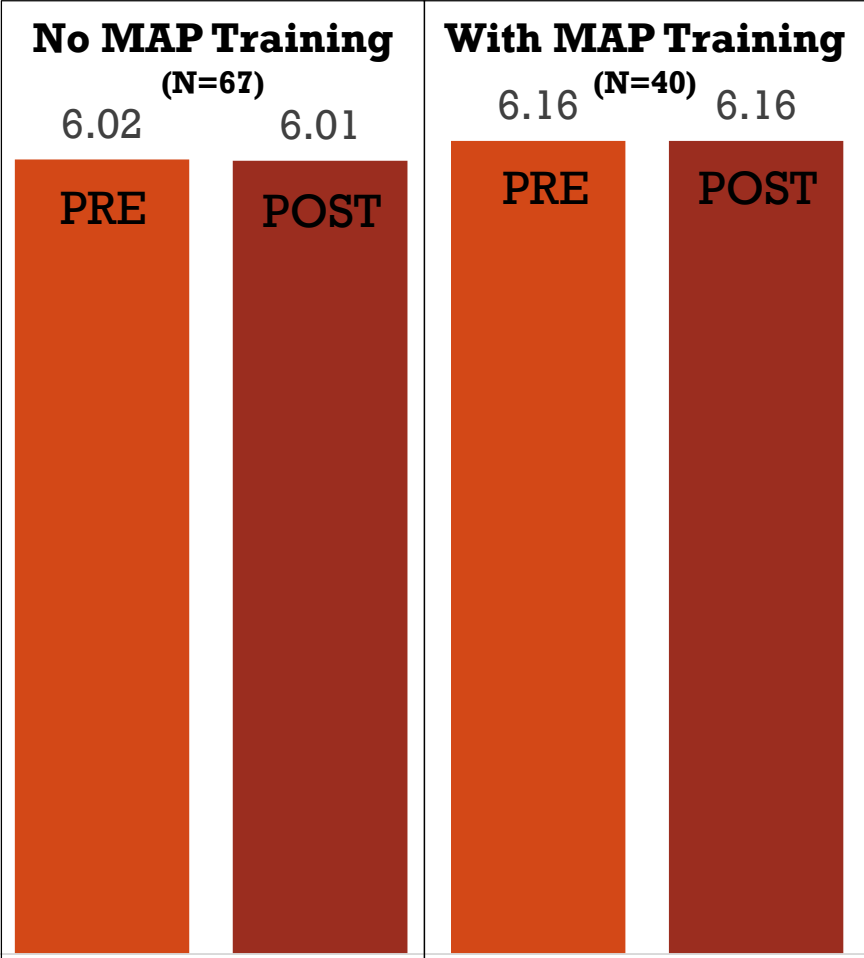
SECONDARY TRAUMATIC STRESS



# REPORTED STRESS



Stress-Home



Stress-Work



# BODY SCAN



Mind Full, or Mindful?

