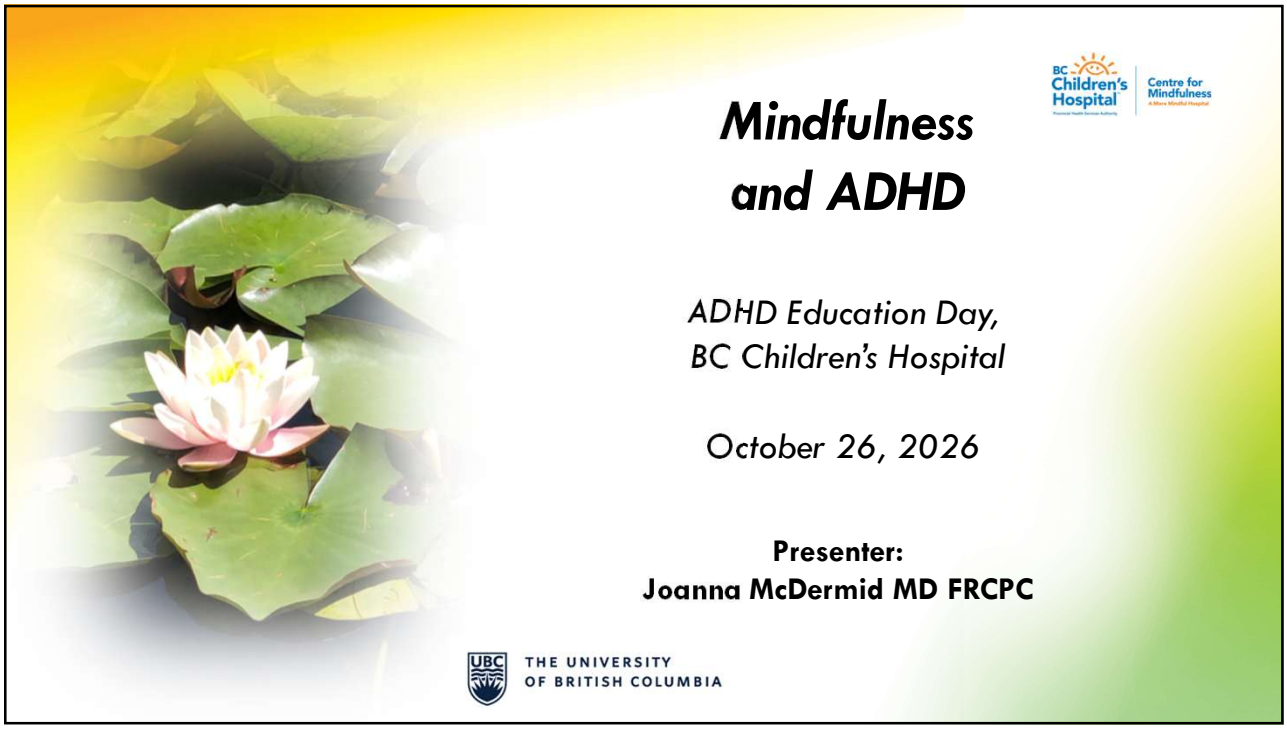


1

OBJECTIVES

Define **what** mindfulness is and isn't

Consider **why** mindfulness and compassion can support the ADHD journey

Explore **how** to discover more mindful moments in your day

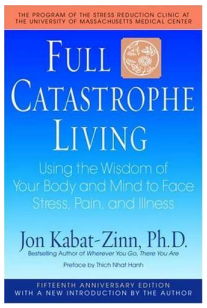
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DEFINING MINDFULNESS

3

"Paying attention in a particular way:
on purpose,
in the present moment,
without judgement"

-Jon Kabat Zinn



Mindfulness is paying attention here
and now,
with kindness and curiosity, and then
choosing your behavior

-Sharon Salzburg

4

Attention

Attitude



Intention

*"What **you** practice grows stronger"*
-Shauna Shapiro

5

Beginner's mind



6



7

What mindfulness is NOT

- Relaxation or a technique
- Therapy or religion
- Passive
- Time consuming
- About teaching your child to meditate
- About perfectionism
- Unscientific

8

WHY MINDFULNESS?

9

Why Mindfulness: Entryways for Transforming our Suffering



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"Mindfulness at its best, at its most healing and most powerful, is a way of life, a way of being in the world, with more presence and compassion"

Blogpost from September 2024 authored by Dzung Vo, Charlene Black, Joanna McDermid

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Mindfulness based interventions can have positive effects on core ADHD symptoms

* Mindfulness may help lessen (over)reactivity

* Mindfulness may support self regulation

CADDRA
CANADIAN ADHD RESOURCE ALLIANCE

1. Mindfulness and Behavior Change. Schuman-Olivier Z et al. Harvard Review of Psychiatry, vol 28, number 6, November/December 2020.
2. Mindfulness-Enhanced Behavioral Parent Training of Children with ADHD: A randomized Controlled Trial. Mah J et al. Journal of Attention Disorders 2021, Vol.25(12) 1765-1777
3. The effectiveness of Mindfulness Training for Children with ADHD and Mindful Parenting for their Parents. van der Oord S, Bögels SM, Peijnenburg D; J Child Fam Stud. 2012;21(1):139
4. Mindfulness-based psychoeducation for parents of children with attention-deficit/hyperactivity disorder: an applied clinical project. Anderson SB, Guthery AM; J Child Adolesc Psychiatr Nurs. 2015;28(1):43.
5. The Effectiveness of Mindfulness Training on Behavioral Problems and Attentional Functioning in Adolescents with ADHD. van de Weijer-Bergsma E, Formsma AR, de Bruin EI, Bögels SM; J Child Fam Stud. 2012;21(5):775.

11

The role of stress



12

(Fight, flight, freeze)





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Short clip:

Hand model of the brain

(Dan Siegel)

https://www.youtube.com/watch?v=gm9CIJ74Oxw

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Mindfulness can help us with the stress response…

Reaction (*habit/automatic*) → Response (*intentional*)

…And to be more present

Automatic pilot → Mindful awareness

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"The pause" between experiencing stress and reacting is a crucial skill that mindfulness training can develop

You can follow three breaths mindfully whenever you notice signs of stress

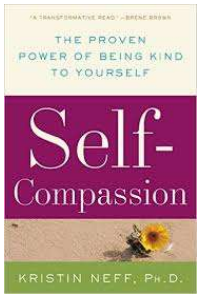
Pause….breathe…begin

16

Self-Compassion

"When we suffer, caring for ourselves as we would care for someone we truly love."

- *Kristin Neff*



17

Taking care of ourselves

"It is possible to be at peace with yourself: what was, what is, and what will be. To me, this is the ultimate power: to be comfortable with ourselves and to be our own soulmates.

Soulmate means one who remembers, who knows, and who can master themselves by taking care of their own feelings, thoughts and body.

I always focus on the basics, such as coming back to my breath to come back to myself. Mindful breathing is my soulmate."

- *Sister Dang Ngiem*



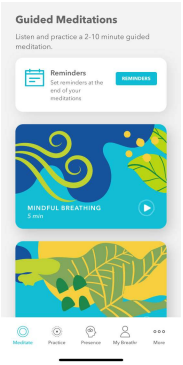
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EXPERIENCING MORE MINDFUL MOMENTS

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Building the muscle of mindfulness!

- Dedicated ('formal') and spontaneous ('informal') practices
- Repetition is intentional
- Check out guided practices on Breathr



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moment by moment
step by step
breath by breath

**noticing positive events*
**noting personal strengths*



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STOP Practice

1. Stop
2. Take 3 mindful breaths
3. Observe
4. Proceed



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Mindful eating (savoring)



23

Mindful Walking



Mindful movement



24



Closing practice

"Love meditation for your child"

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PROGRAMS THROUGH BC CHILDREN'S HOSPITAL AND BC CHILDREN'S HOSPITAL CENTRE FOR MINDFULNESS

1. Mindful **A**wareness and **R**esilience **S**kills for **Adolescents (MARS-A)**
Eight-week mindfulness course for adolescents struggling with psychological distress
-Referral by health care professional

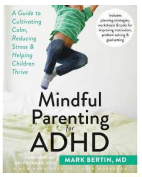
2. Mindful **A**wareness and **R**esilience **S**kills for **P**arents/**C**aregivers **(MARS-PC)**
Six-week mindfulness course * for caregivers whose children are receiving support through BC Children's Hospital*
-Referral by BC Children's Hospital MARS-PC Ambassador

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Thank you





BREATHR

Mindful approach to parenting and caregiving:
https://keltymentalhealth.ca/mindful-approach-parenting-caregiving

BC Children's Hospital Centre for Mindfulness:
https://keltymentalhealth.ca/centre-mindfulness

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