

***‘The best weapon against stress is
your ability to choose one thought
over another’***

William James

HARVARD UNIVERSITY



W is for WELLBEING

Because teachers' mental health will have an impact on their students
(regardless of their age or discipline).

4 sections combined with brief
'open awareness' practices

1. Mental Health,
2. Emotional Health,
3. Stress and chronic stress,
4. Cultivating wellbeing skills,



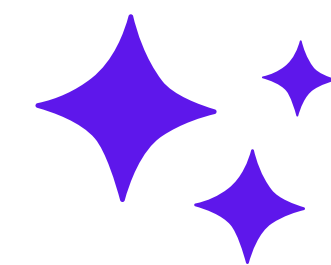
Wellbeing and Self care skills and resources for good mental and emotional health.

created by @mindfulenglish

PRACTICE

ANCHOR

ANCHOR



Good Mental Health

A state of wellbeing in which an individual

- realizes their own abilities,
- can cope with the normal stresses of life,
- and is able to work productively and
- make a contribution to their community'

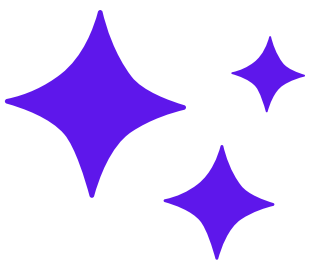
World Health Organization 2018

Wellbeing Education

Education that supports and promotes good mental health for the learning community.

This can have a positive impact on learners'

- academic attainment,
- self-efficacy,
- self-esteem,
- motivation and
- decreased probability of drop out.



What is wellbeing?

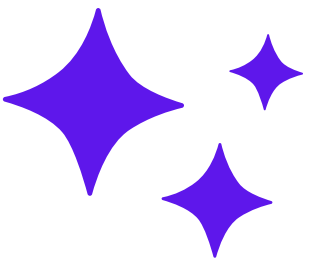
the state of feeling healthy and happy



What is well-being for you?



What are your Selfcare strategies?



MENTAL



A Wandering Mind is an Unhappy Mind

Mathew A. Killingsworth* and Daniel T. Gilbert (Harvard University)

HEALTH

wellbeing & stress

20^s

50^s

80^s

90^s

2009

WALTER
CANON



HOMEOSTASIS

American
Physiologist

HANS
SELYE



BIOLOGICAL
STRESS

Hungarian-
Canadian
Endocrinologist

SUSAN
FOLCKMAN



INNER RESOURCES
ENVIRONMENT

Psychologists
University of Psychology
California in Berkeley

RICHARD
LAZARUS



JON
KABAT-ZIN



MBSR

UMASS
Molecular
Microbiologist

ROBERT
SAPOLSKY



WHY ZEBRAS
DON'T GET
ULCERS

Leading expert on the
Neurobiology of stress

ELIZABETH
BLACKBURN



NOBEL PRIZE
TELOMERASE

Australian
Molecular
Biologist

stress & wellbeing

created by @mindfulenglish



HANS SELYE

Hungarian-
Canadian
Endocrinologist

Only as a **PhD student**, he already publishes for the first time on the effects of stress on **patients**.

Observes the importance of silence in the healing process.

MAJOR
STRESSORS



JON KABAT-ZIN

UMASS
Medical
School

We can become **co-participants** of our own medical state.

Founder of the **Mindfulness Based Stress Reduction Program**

MBSR

7 October 1955, Volume 122, Number 3171

SCIENCE

created by @mindfulenglish

János Hugo Bruno "Hans" Selye (January 26, 1907 – October 16, 1982)
Hungarian-Canadian endocrinologist who pioneered work on the
response of an organism to stressors

‘It's not stress
that kills us
but how we
react to it’

Stress and Disease

GAS

General Adaptation Syndrome

Hans Selye

hormone ‘cortisol’

Almost two decades have passed now since the publication of a short note on “A syndrome produced by diverse nocuous agents” (1). Since that time, the relationships between this “general-adaptation syndrome,” or “stress syndrome,” and virtually every branch of physiology and clinical medicine have been subjected

any one disease, they have received little attention in comparison with the specific ones. They were thought to be of lesser interest to the physician, for, unlike the specific symptoms and signs, they did not help him to recognize the “eliciting pathogen” or to prescribe an appropriate specific cure. Whenever it was impossible

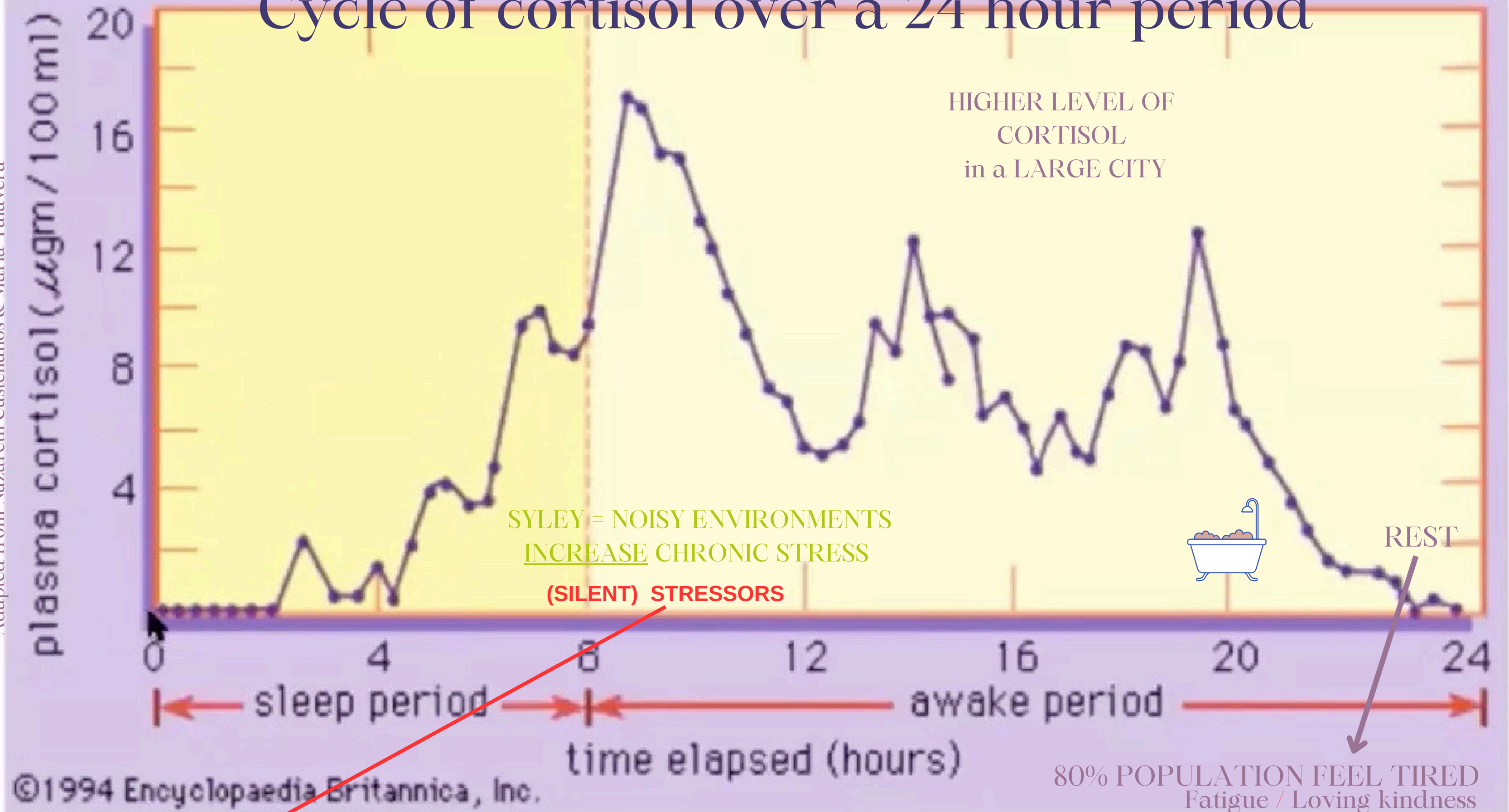
them, for they recognized that these treatments were actually stabs in the dark whose consequences could never be accurately foretold.

Perhaps the most fundamental difference between medieval and modern medicine is that the former was primarily based on pure empiricism and directed by mysticism and intuition, whereas the latter attempts to understand the mechanisms of disease—through an objective scientific analysis—and to treat it by influencing well-defined points along the pathways of its development. Up to the present time, the greatest progress that has been made along these lines has resulted in specific therapeutic procedures that are designed to eliminate in each case the particular primary cause—the eliciting pathogen of a disease—for instance, by chemotherapeutic measures or with the surgeon’s knife.

By contrast, throughout the centuries, we have learned virtually nothing about

Cycle of cortisol over a 24 hour period

Adapted from Nazareth Castellanos & Maria Talavera



NOISE ACCELERATED A STRESSFUL RESPONSE IN THEIR BODY
SCHOOL AIRPORT NOISE IMPAIRS LEARNING, MEMORY & ATTENTION PROCESSES

TOOL NO.1 (SILENT) STRESSORS



PRACTICE

SOUNDS

created by @mindfulenglish



TOOL NO.2

IRR



The Seahorse, the Almond, and the Green peas



memory



emotional
content



body
response

How we react to stress
The effects of stress
The effects of chronic stress

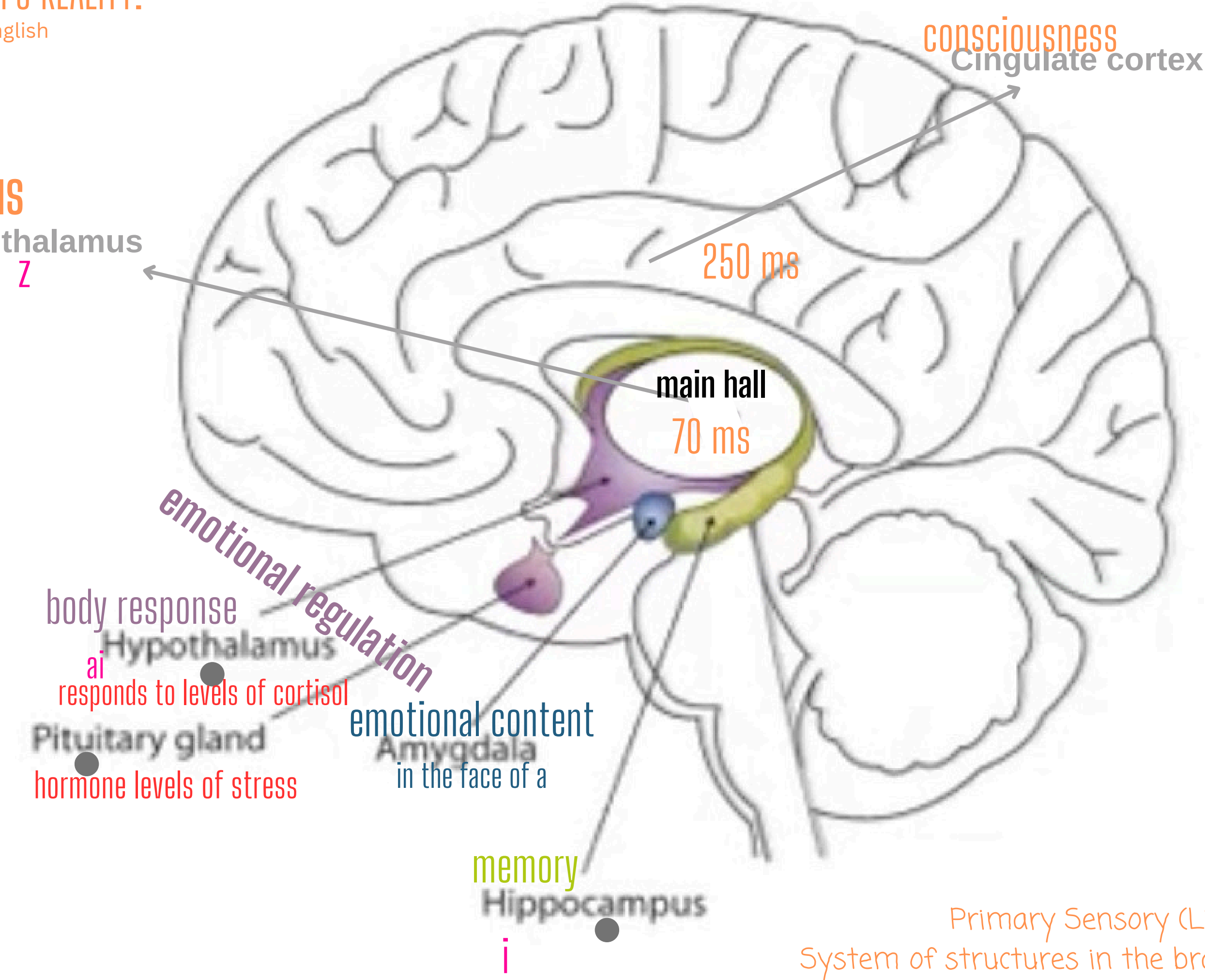
created by @mindfulenglish

HOW THE MIND MAPS REALITY:

created by @mindfulenglish

Adapted from
Nazareth Castellanos
& Maria Talavera

INTERNAL
REPRESENTATIONS



Primary Sensory (Limbic) System
System of structures in the brain that process emotions

1 Fear instinct



The fear instinct receives the message the moment danger is perceived.

STRESS PHYSIOLOGY

2 Panic button



The fear instinct presses the panic button

Breathing accelerates

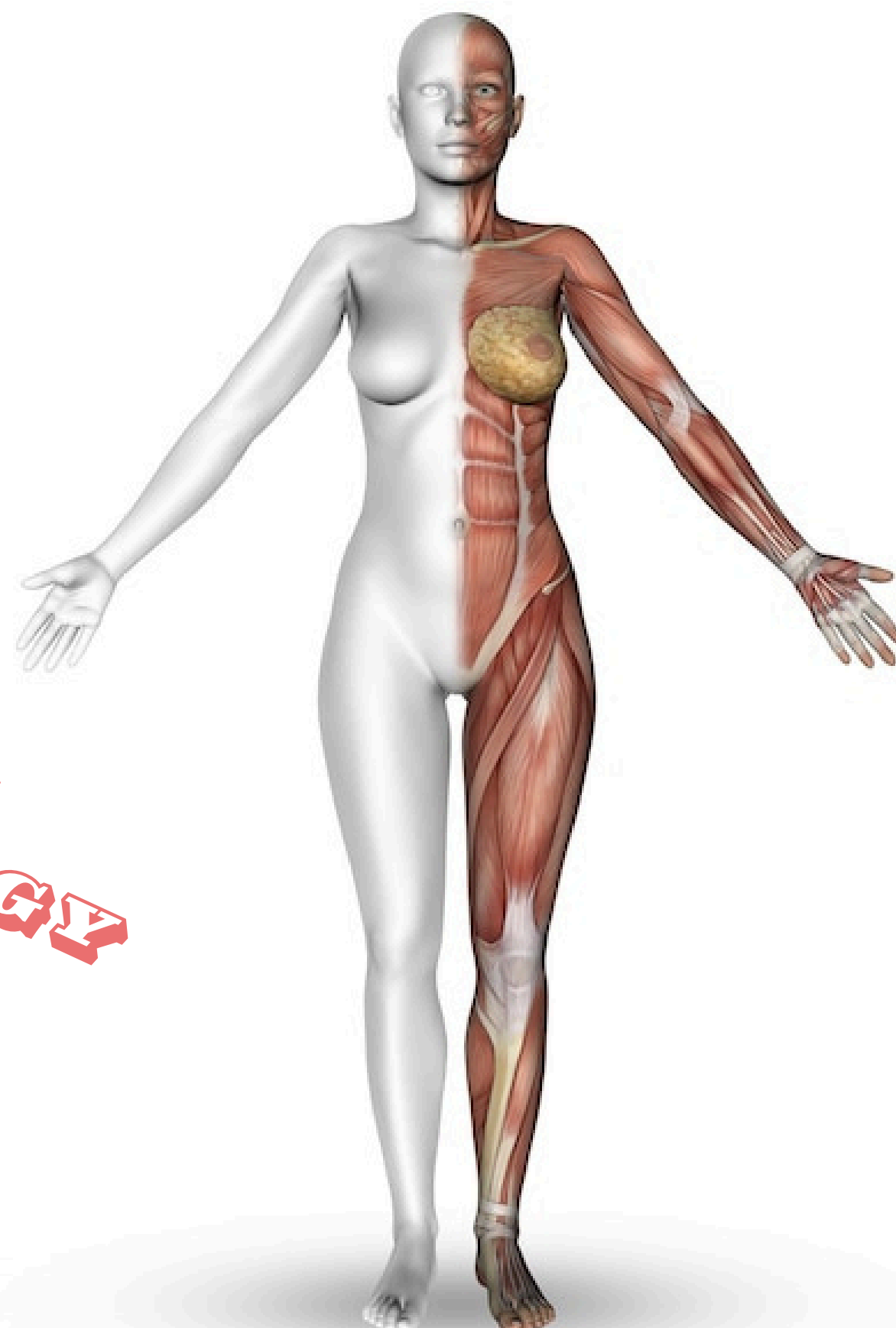


3 Breath

4 Lungs



The lungs bring more oxygen to the blood



5 Liver



The liver releases sugar in large quantities to provide extra energy

6 Adrenal glands



The adrenal glands stimulate the heart muscle

7 Heart

The heart muscle reacts and increases speed (organs of digestion contract to provide more blood)

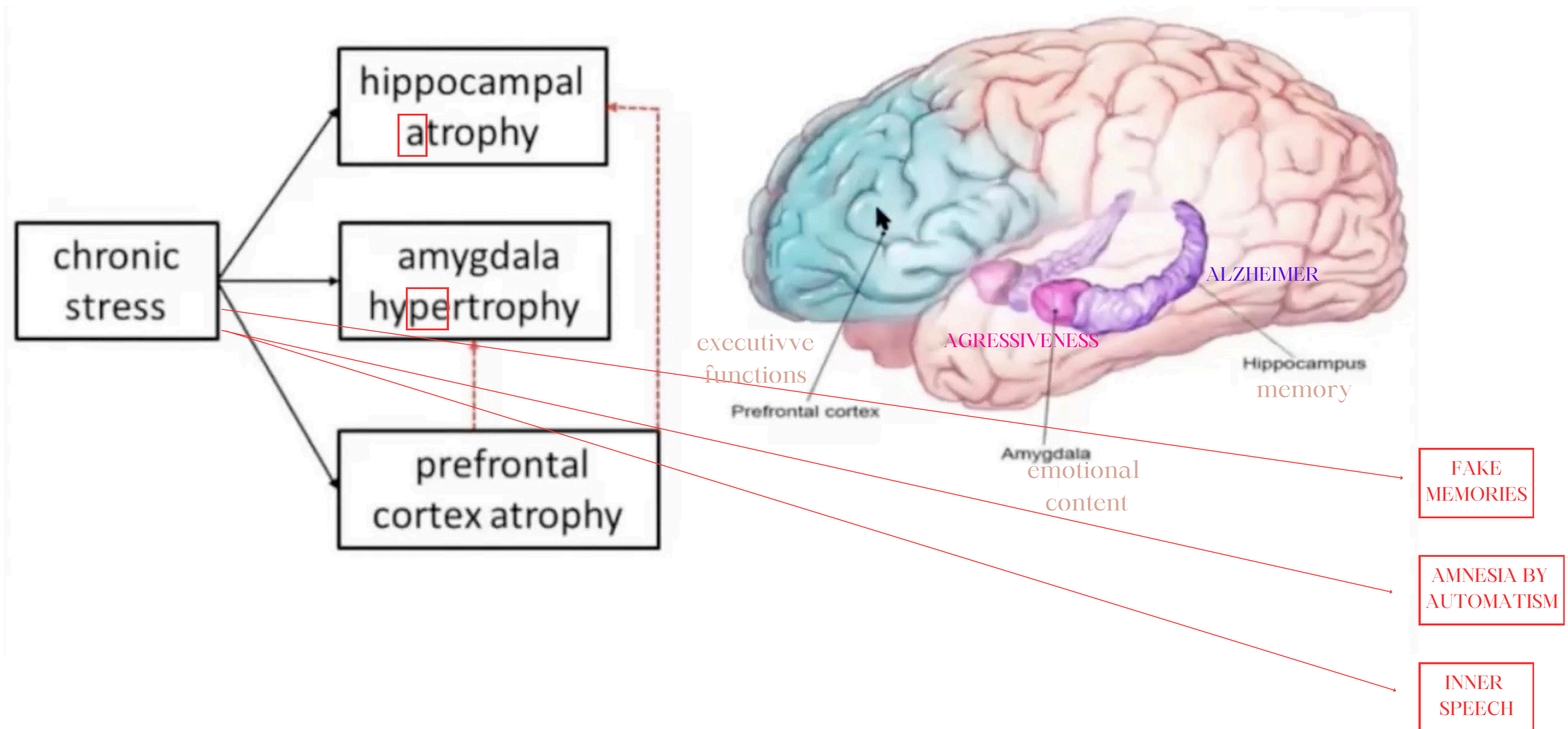


8 Fight or Flee



More blood is available for the muscles to fight or flee

[video in Spanish language](#)



TOOL NO.3

AWARENESS



"Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)

MIND OVER MATTER

Reappraising Arousal Improves Cardiovascular and Cognitive Responses to Stress
J Exp Psychol Gen. 2012 August; 141(3): 417-422, doi:10.1037/a0025719 HARVARD UNIVERSITY

A LOVE AFFAIR WITH REALITY

JON KABAT ZINN

The founder of Mindfulness

1 UMASS

Emeritus Professor of the Faculty of Medicine at the University of Massachusetts

2 1971

Doctorate in molecular biology from the Massachusetts Technological Institute

3 SALVADOR LURIA

Studies under the direction of Nobel Prize of Medicine Salvador Luria

CONNECTIVITY
NEUROPLASTICITY



more comfortable in your own skin



SCIENCE
&
CLINICAL
MEDICINE

4

MBSR

He creates the Mindfulness Based Stress Reduction program in 1979, where millenary traditions integrated with neuroscience aim at alleviating the suffering of people

5

CENTRE FOR MINDFULNESS

He is the founder of the Stress Reduction Clinic and the Centre for Mindfulness at UMASS Medical School

6

MBSR VALIDATION

He promotes thousands of studies and scientific works in the validation of the Mindfulness Based Stress Reduction program

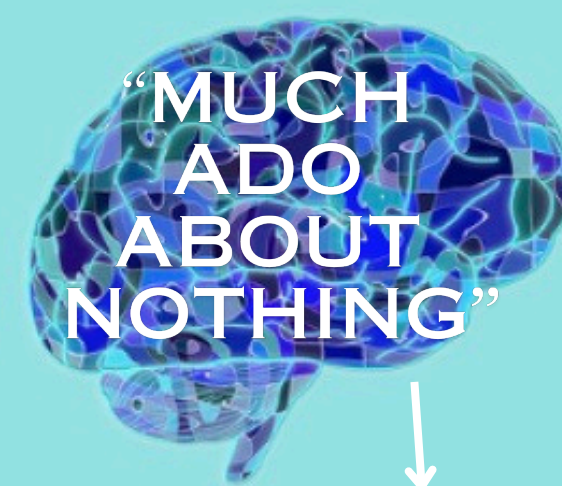
7

STRESS-RELATED DISORDER

CO PARTICIPANT IN THEIR OWN HEALING

His work focuses on mind-body interactions for health purposes, and Meditation and Mindfulness training for people with chronic pain or stress-related disorders. He studies the application of this technique in the nervous system, how it processes emotions especially under stress, and how it acts on the immune system

"MUCH
ADO
ABOUT
NOTHING"



QUIET



NOT MOVING
NOT TALKING



NON
DOING

PSORIASIS



SCIENCE
&
CLINICAL
MEDICINE

AWARENESS

A LOVE AFFAIR WITH REALITY

DOING
&
BEING

stillness
territory of wellbeing

more familiar with the domain of being

go into the scanner and do nothing

RESTING STATE FUNCTIONAL CONNECTIVITY
DEFAULT MODE NETWORK

NEUROPLASTICITY

NAVIGATE THE WORLD

ALIGNMENT OWN PURPOSE

ALIGNMENT CORE VALUES



INCREASED
CONNECTIVITY
MINDFULNESS

hardest thing for human beings

RELATIONALITY

MINDLESSNESS

inner experience
outer experience

Mr Daffy lived a short distance from his body
customers of medical care

THERE IS NOT SOME SPECIAL STATE WHERE YOU DON'T THINK



ATTENTION REGULATION

EMOTIONAL REGULATION

PERSPECTIVE TAKING

EXECUTIVE FUNCTION

CONNECTIVITY

DEFAULT MODE SETTING

created by @mindfulenglish

LINK

8-WEEK MBSR

created by @mindfulenglish

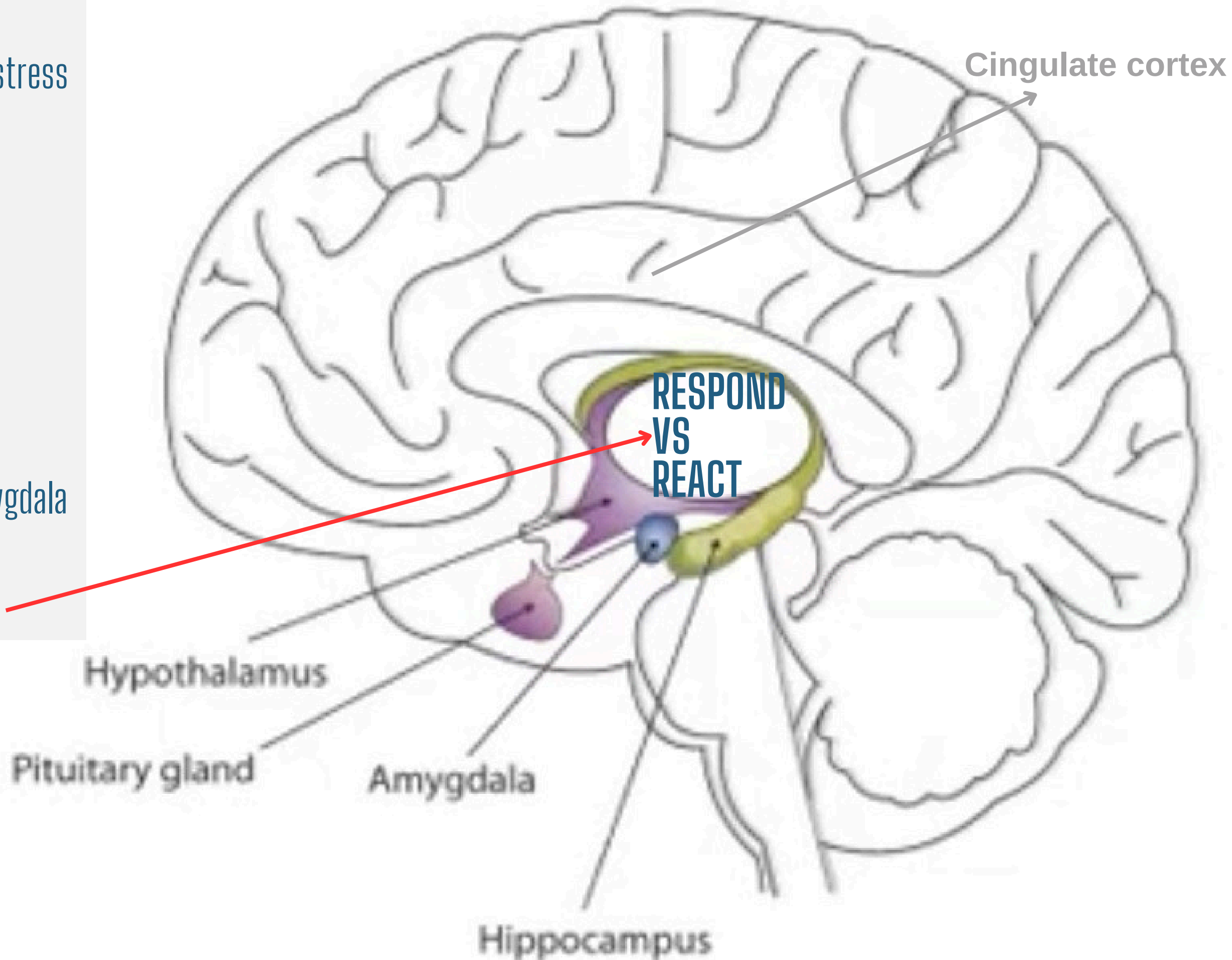
Greater tolerance to stress

More PFC activation

More connections
between PFC and
amygdala

Less activation of amygdala

EMOTIONAL INTELLIGENCE



Adapted from
Nazareth Castellanos
& Maria Talavera

“Our body whispers ...



... we must learn to be silent and get
used to listening to those whispers”

António Damásio

created by @mindfulenglish

TOOL NO.4

LISTEN TO YOUR BODY





TOOL NO.5

EMOTIONAL INTELLIGENCE



NO DIA EM QUE
COMPREENDERMOS
O MOVIMENTO,
TEREMOS
COMPREENDIDO A
EMOÇÃO.



António Damásio

created by @mindfulenglish

EMO TION

Guest House

This being human is a guesthouse
Every day a new arrival
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,

still treat each guest honorably
He may be clearing you out for some new delight
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in

Be grateful for whoever comes,
because each has been sent
as a guide from beyond

-Rumi-



VIOLENCE

RAGE

DEFEND
OURSELVES



Sensations



Thoughts



ANXIETY

FEAR

PROTECT
OURSELVES

DISMAY

SORROW

INTROSPECTION

Behaviour



NEGLIGENCE

JOY

HAPPINESS



cortisol

awareness

gratitude

IRR

Loving
kindness

emotional
intelligence

Listen to
your body



created by @mindfulenglish

A person with blonde hair, wearing a dark blue coat and black pants, is walking away from the camera on a paved path in a park. They are carrying a large, bright yellow shopping bag. The path is surrounded by green grass and trees with some autumn-colored leaves. In the background, there are more trees and a few distant figures.

@mindfulenglish

ONLINE COURSES
contact@mindfulenglish.net

kahoot by 11pm

created by @mindfulenglish



'Reminder of Innocence' by @Steven P



MF RETREATS AROUND THE WORLD

UK

www.gaiahouse.co.uk
www.amaravati.org

USA

www.dharma.org
www.spiritrock.org

FRANCE

www.plumvillage.org

Kabat Zinn, J., (2004) Wherever you go, there you are

goodreads

Sapolsky, R. (2017) Behave

goodreads

goodreads

Siley, H. (1975) Stress without distress

goodreads

goodreads

goodreads

Díaz, N., Recondo, O., Enríquez, H. (2013)

Practica la inteligencia emocional plena: Mindfulness para regular nuestras emociones

MARÍA TALAVERA

Mindfulness Based Stress Reduction & Neuroscience

NAZARETH CASTELLANOS

MNB Neurociencia del cuerpo

NATALIA RAMOS OLIVIA RECONDO HÉCTOR ENRÍQUEZ

PINEP The Mindfulness and Emotional Intelligence Program

JAVIER GARCÍA CAMPAYO

Parar para vivir mejor

ANGEL SAAVEDRA MIGUEL CANILLAS

The Enneagram by Claudio Naranjo

MARÍA TERESA VICTORIA

Be Mindful: one easy guide on reducing anxiety and coping with examination stress

VICENTE SIMÓN

Disclosure and Detachment

MINDFUL SCHOOLS

Mindfulness Foundations

PINEP EXPERIENCE S.L.

ECB universidad Málaga

OLIVER JIMÉNEZ

Una llama en la penumbra

MIGUEL QUINTANA

Decelera Ventures

CENTER FOR MINDFULNESS SELF-COMPASSION

Guided Practices