Mindful Parenting Three: How to Practice Meditation & Mindfulness with children & teens

- Becoming a Mindful Parent
- How to Parent Mindfully
- Teaching your kids to be mindful
- Meditation with Teens
- How to use meditation to manage anxiety
Anxiety: Intense, excessive, and persistent worry and fear about everyday situations.

Psychological & physical response to stress
Every day anxiety vs Anxiety disorder

Worrying about college applications, grades, sports performance, romantic relationships, friendships

Embarrassment or self-consciousness in an uncomfortable or awkward situations

Realistic threat of a dangerous object, place or situation

Anxiety, sadness or difficulty sleeping immediately after a traumatic event

Constant and unsubstantiated worry that causes significant distress and interferes with daily life

Avoiding social situations for fear of being judged, embarrassed or humiliated

Irrational fear or avoidance of an object place or situation that poses little or no threat or danger

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years ago

Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion by Wendy Suzuki
### Every day anxiety vs Anxiety disorder

<table>
<thead>
<tr>
<th>Every day anxiety</th>
<th>vs</th>
<th>Anxiety disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recent estimates suggest that 90% of people experience every day anxiety</td>
<td></td>
<td>6 types</td>
</tr>
<tr>
<td>Often goes untreated because symptoms are not severe or disabling</td>
<td></td>
<td>Generalized Anxiety Disorder</td>
</tr>
<tr>
<td>Can be controlled by learning tools to manage day-to-day</td>
<td></td>
<td>Social Anxiety Disorder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Panic Disorder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obsessive-Compulsive Disorder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Post-traumatic Stress Disorder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phobias</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intense and disruptive to daily life</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Therapy (CBT) and/or medication to manage</td>
</tr>
</tbody>
</table>

*Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion by Wendy Suzuki*
Social media/constant social comparison

Increased pressure (whether real or imagined) to excel to a “perfect standard”

Schedules, busyness of daily life, no downtime

The effects of the pandemic
Discuss anxiety with your teen

Empower with knowledge
BEGIN TO FIND THEIR
PASSION

USE IT OR LOSE IT!
Be careful what you feed the brain

80% of our thoughts are negative

Negativity bias
Reduce chaos at home

Mindsight activities
Practice Empathy
Compassion
Gratitude

Create opportunities for connection
To others
To nature
To spirituality
Your body is present. Is your mind?

Past
Present
Future

Guilt
Shame
Resentment
Anger

Awareness
Clarity
Calmness
Planning
Focus
Connection

Stress
Worry
Anticipation
Catastrophizing
"What ifs"
Meditation: is the training ground where we familiarize ourselves with the here and now for a limited period of time in order to cultivate...
Mindfulness, the quality of being present that we carry throughout the day.
What if I don't get in?
What will people think of me?
What will I do?
My parents will be so disappointed
I have college applications to do
Oh, yeah I should be breathing
But I have so much to worry about!
What if I don't get in?
What will people think of me?
Why do I think like this?
Thinking negatively isn't helpful
I usually succeed if I try. All I can do is try.
What can I do right now in the moment to help with college applications?

I have college applications to do

Thinking negatively isn't helpful

I usually succeed if I try. All I can do is try.

Breath

Breath

Breath
Empower

Make practicing relevant to their lives/issues/concerns

Be vulnerable and share how meditation has or does help you

Brainstorms times of the day when they can use the breath
Questions?
Thoughts?
Comments?