

INTRODUCTION TO MAP

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Outline

Mindfulness: What is it?

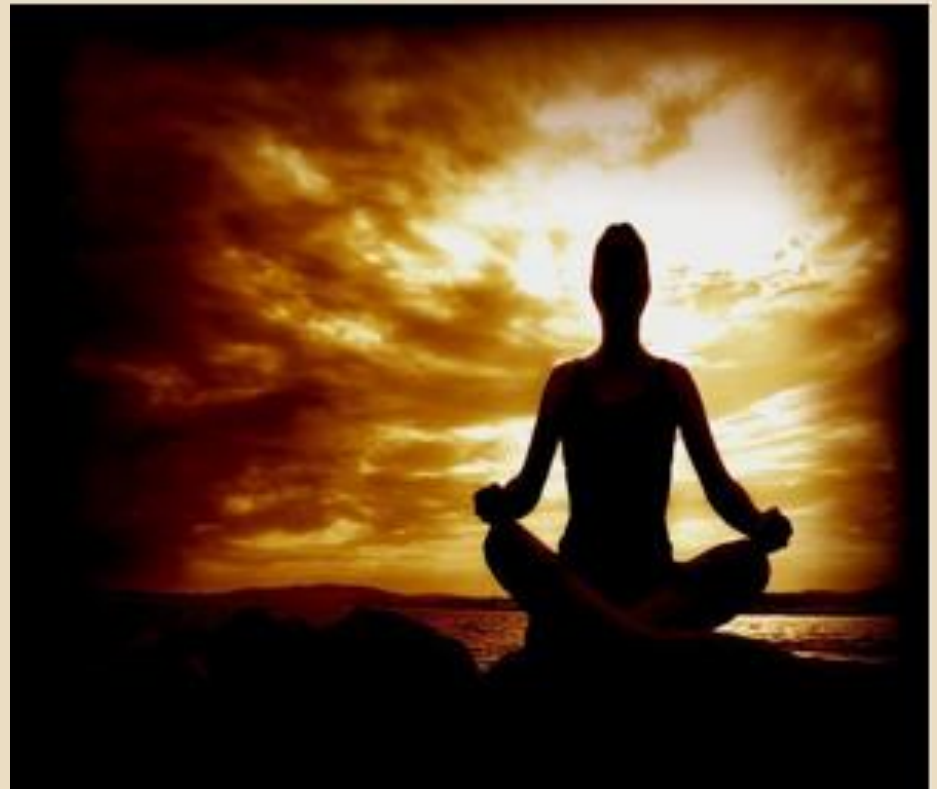
How does it help?

The Mindful Attention Program

Next Steps...helping your child

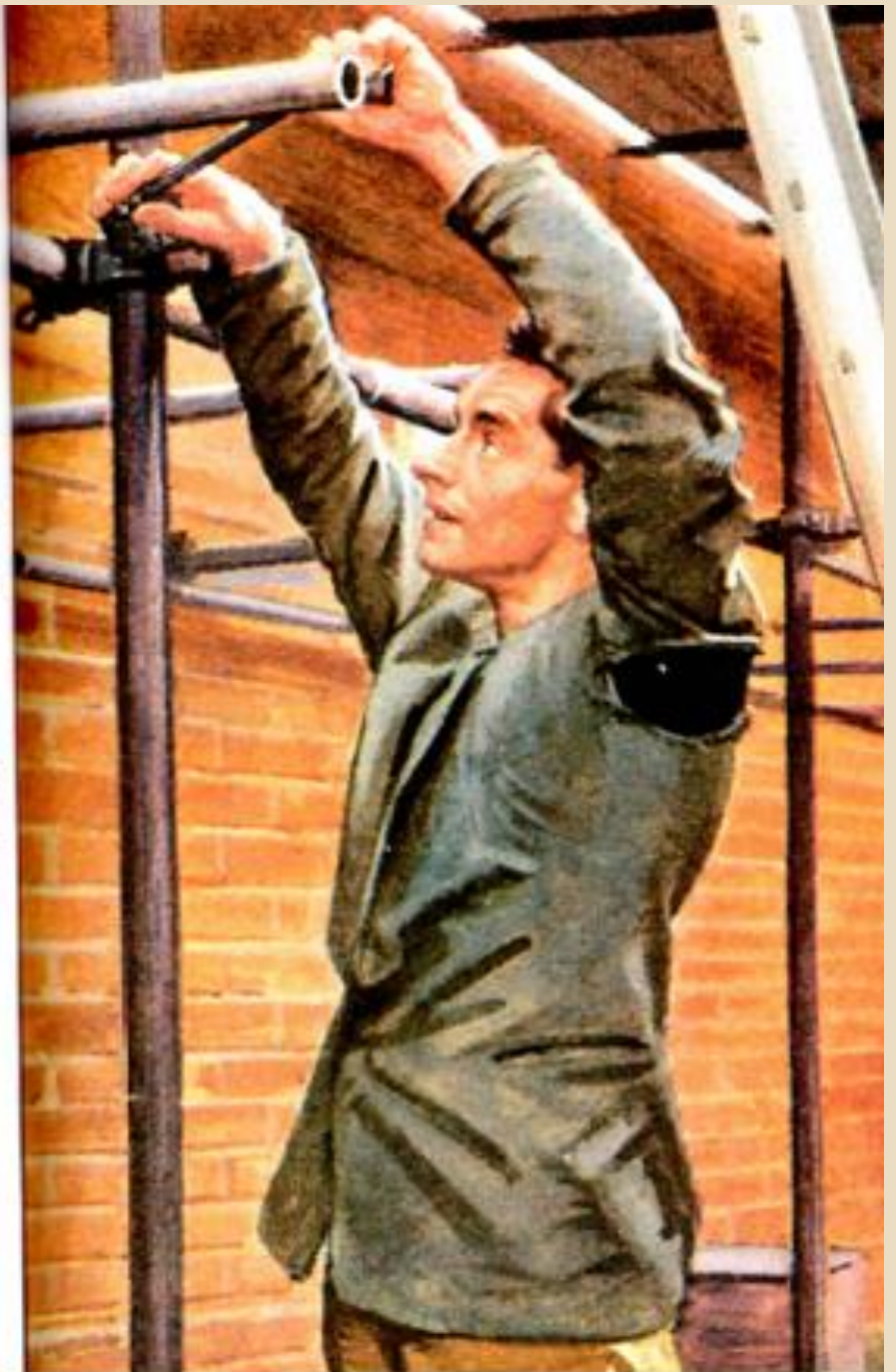
- 
- WHAT IS MINDFULNESS?
 - WHAT IS MINDFULNESS
MEDITATION?

First Google images for meditation



Clive likes to practise loving-kindness meditation. This is when someone thinks of a friend, then sends them love.

Clive finds this easier than bothering to meet his friends or lending them money.



WHAT IS MINDFULNESS?

- Mindfulness means paying attention to what's happening in the present moment in the mind,
- body and external environment, with an attitude of curiosity and kindness.

Report by the Mindfulness All-Party Parliamentary Group (MAPPG) 2015

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First there's one



Then a few more come along....



Before you know it; there's a whole pack



Mind Wandering

Experience sampling results

First, people's minds wandered frequently, regardless of what they were doing. Mind wandering occurred in 47% of the samples.

Surprisingly, the nature of people's activities had only a modest impact on whether their minds wandered and had almost no impact on the pleasantness of the topics to which their minds wandered

Mindfulness of the Breath

□ Two Basic Instructions

1. Try to point your attention where asked, with curiosity about 'sensations'
2. Be kind to yourself – when your mind wanders for the 100th time...

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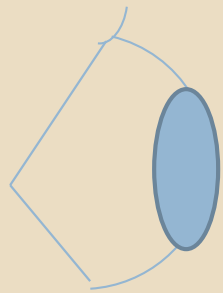
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Mood Congruence

- Happy moods lead to increased number of happy memories retrieved and increased speed of retrieval
- Sad mood likewise

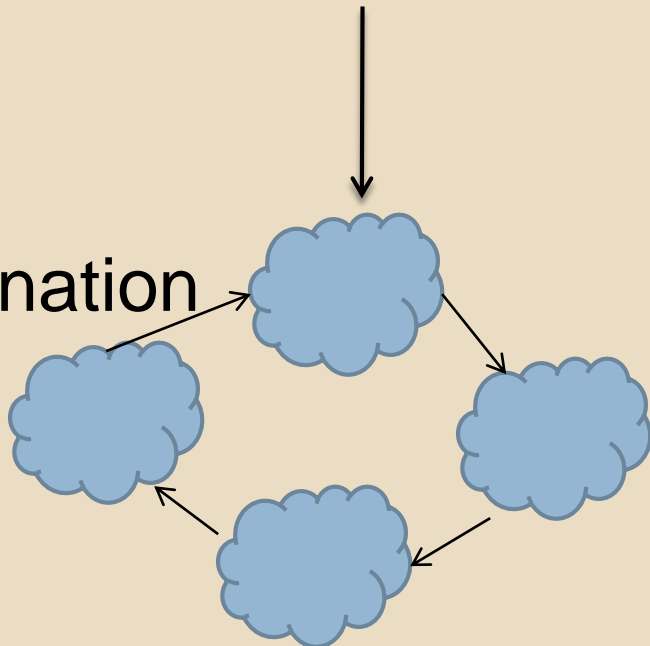
Rumination/worry



PANTS

Persistent
Automatic
Negative
Thoughts

Rumination

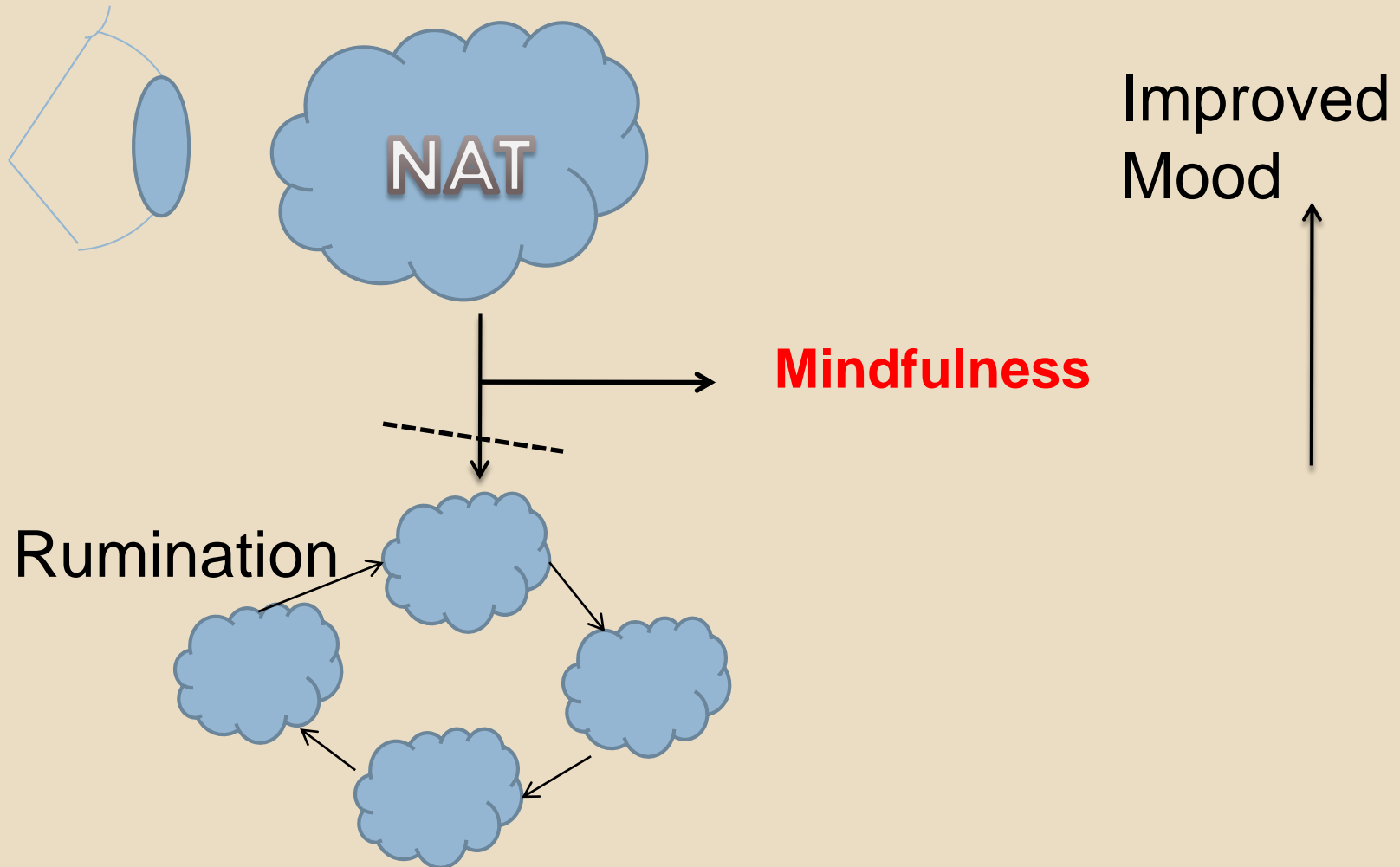


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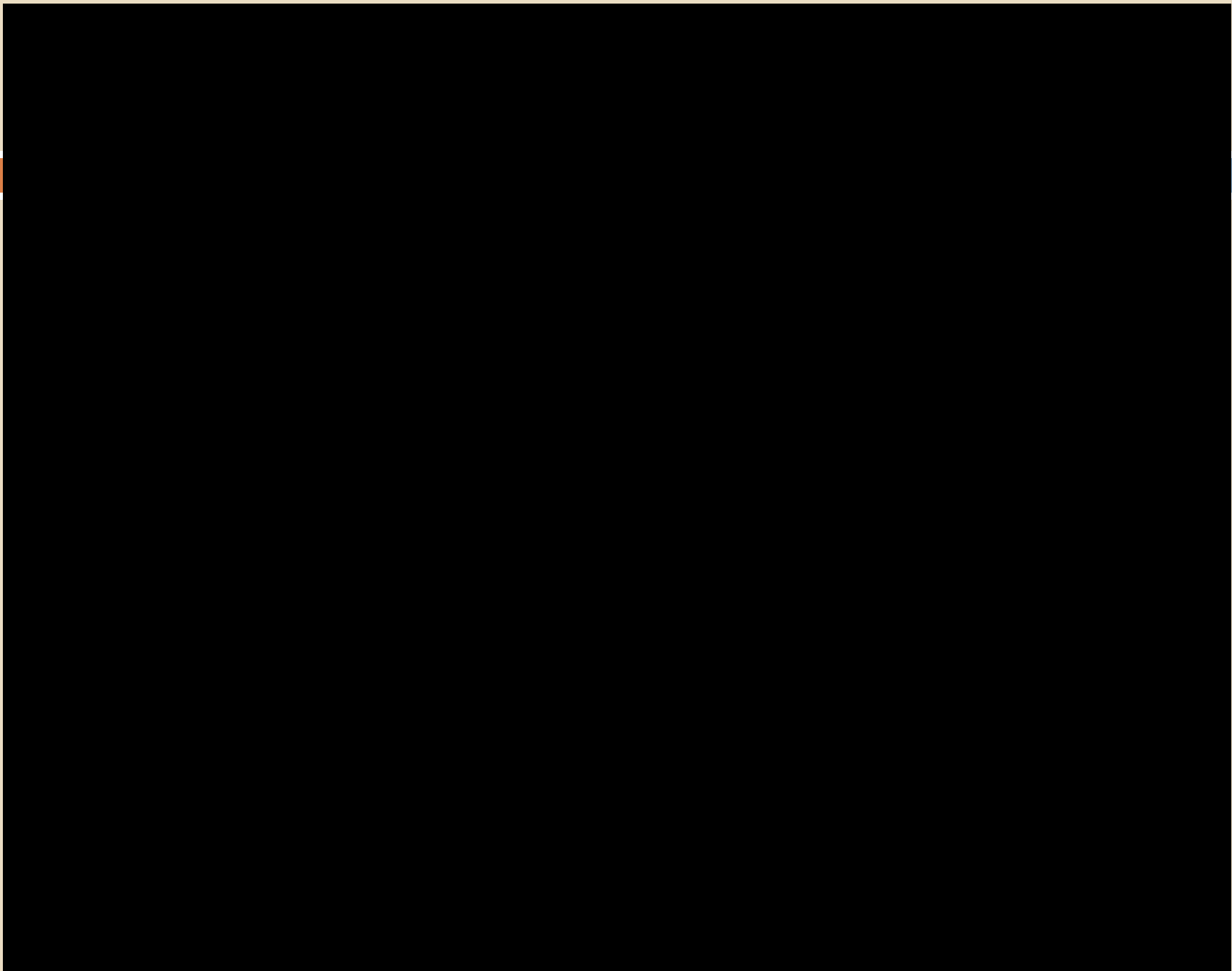
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Cutting short rumination/worry



Getting out of our head





Mindfulness: How Does It Help?

- Less 'in the head' - reducing worry and rumination
- So we can focus on what we are doing right now
- And – savour the moment

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Course Outline

The Mindful Attention Programme

- 9 Power-point lessons
- 9 Children's Workbooks
- Regular breath practice in class
- PE practices
- Guided meditations available to download

Sessions 1, 2 and 3

Learning to Focus



It's hard to **focus** sometimes



Focus on sensations (and the mind jumps in)



There's always a **background**

Sessions 4, 5 and 6 – the mind in conflict



The automatic mind – trying to stop



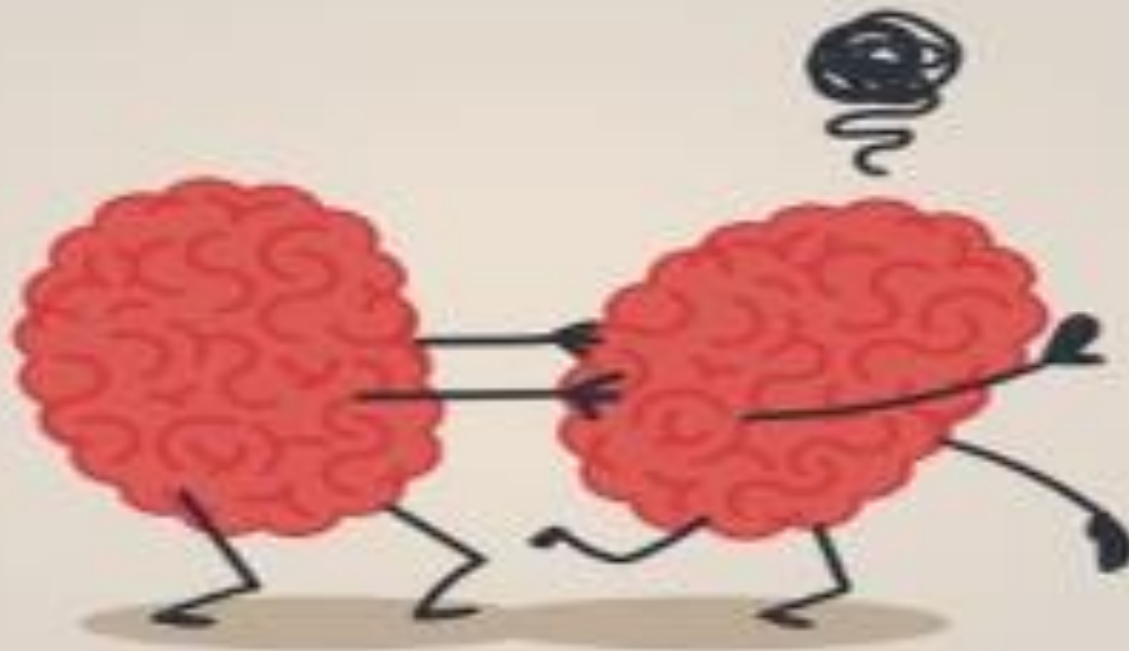
The pull of Desire and Aversion



The mind is nearly always busy

An example from Session 4

The push and Pull of Attention



Please read the colour of this word – so for the first word <HOUSE> read Blue, the colour of ink this word is printed in.

•

HOUSE

HOUSE

CAR

CAT

APPLE

RABBIT

BOOK

PEN

SEA

FAST

PHONE

FAST

COAT

SINK

HORSE

GONE

SPY

LEFT

SHEEP

THEN

MOUSE

WITH

DOG

OUT

CAN

BLUE

RED

YELLOW

ORANGE

GREEN

BLUE

PURPLE

RED

PURPLE

YELLOW

RED

BLUE

ORANGE

BLUE

YELLOW

RED

RED

GREEN

ORANGE

BLUE

PURPLE

YELLOW

BLUE

ORANGE

Sessions 7, 8 and 9 coping with stress



Extreme thoughts – and how to spot them



Taking a **breath** and Cooling off



Savour the moment

But...

- But the main thing is to
PRACTICE

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Encouraging

- Please gently encourage your child to have a go at the guided meditations at home.
- The Body Scan can be done last thing at night, when they are in bed.
- This can help them relax and get to sleep...SOMETIMES
- Though its main purpose is to train their attention.
- Other meditations can also be done last thing, but also seated at any time of day (though this might be harder to persuade your child to do...)
- Best of all, if you could try them for yourself, this might encourage help them. And maybe you too.

Summary

- Mindfulness means paying attention to what's happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness.
- Your child will learn a little about pointing their attention where they want, and how hard this is.
- They will learn a little about how to 'let things go' that they need not pay attention to.
- The more they practice, the more improvement they are likely to make.
- BEST OF LUCK