# Welcome

# Toolbox: Webisode Two

## Wise Mind

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# WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

## MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

# SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

# REACH OUT TO US

## CURRENTLY OFFERING VIRTUAL SERVICES

youtheastsideservices.org/virtual-services

## CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

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# REACH OUT TO SOMEONE ELSE

**KING COUNTY CRISIS LINE (24/7)**

1-866-427-4747 or 206-461-3222

**TEEN LINK (6-10pm nightly)**

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

**CRISIS TEXT LINE (24/7)**

Text HOME to 741741

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## DELANEY KNOTTNERUS

School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

## CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

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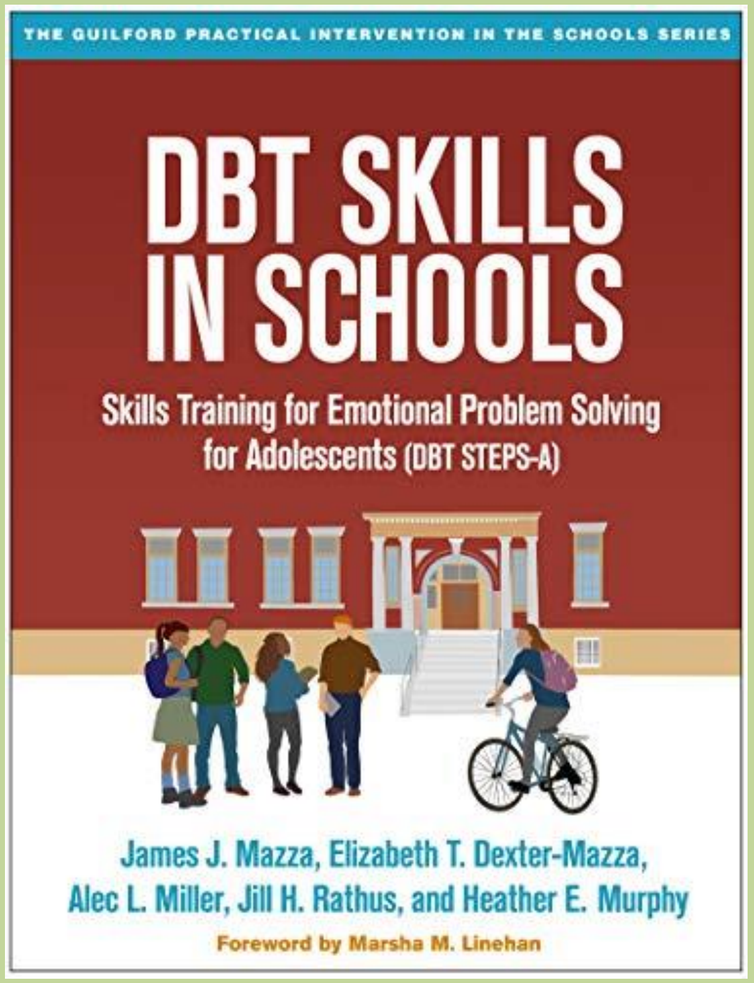
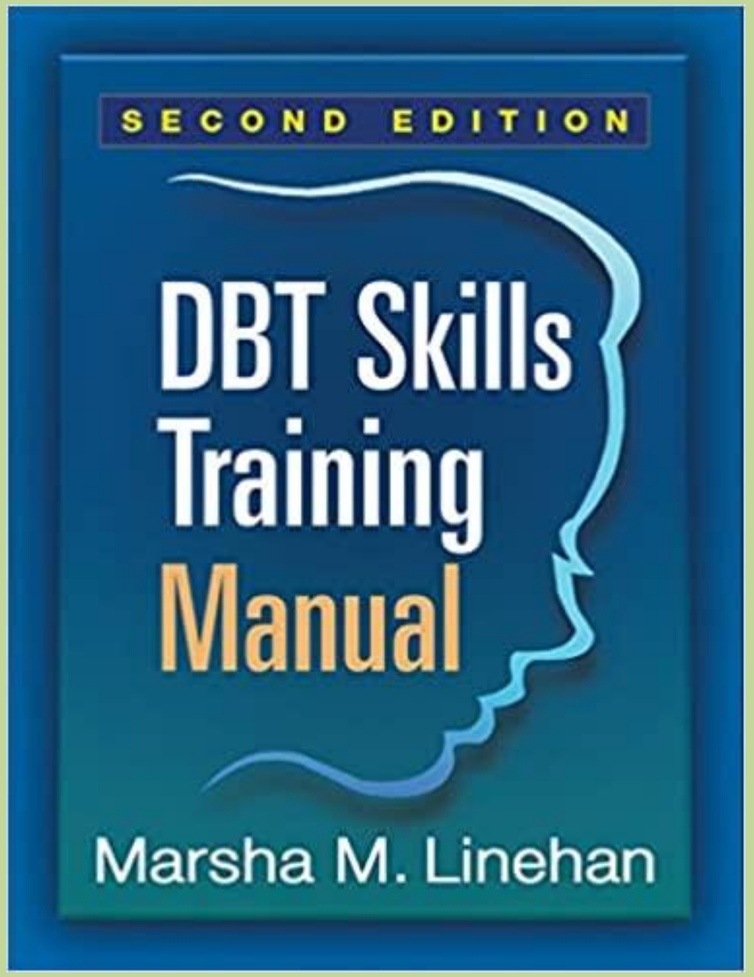
# The Materials

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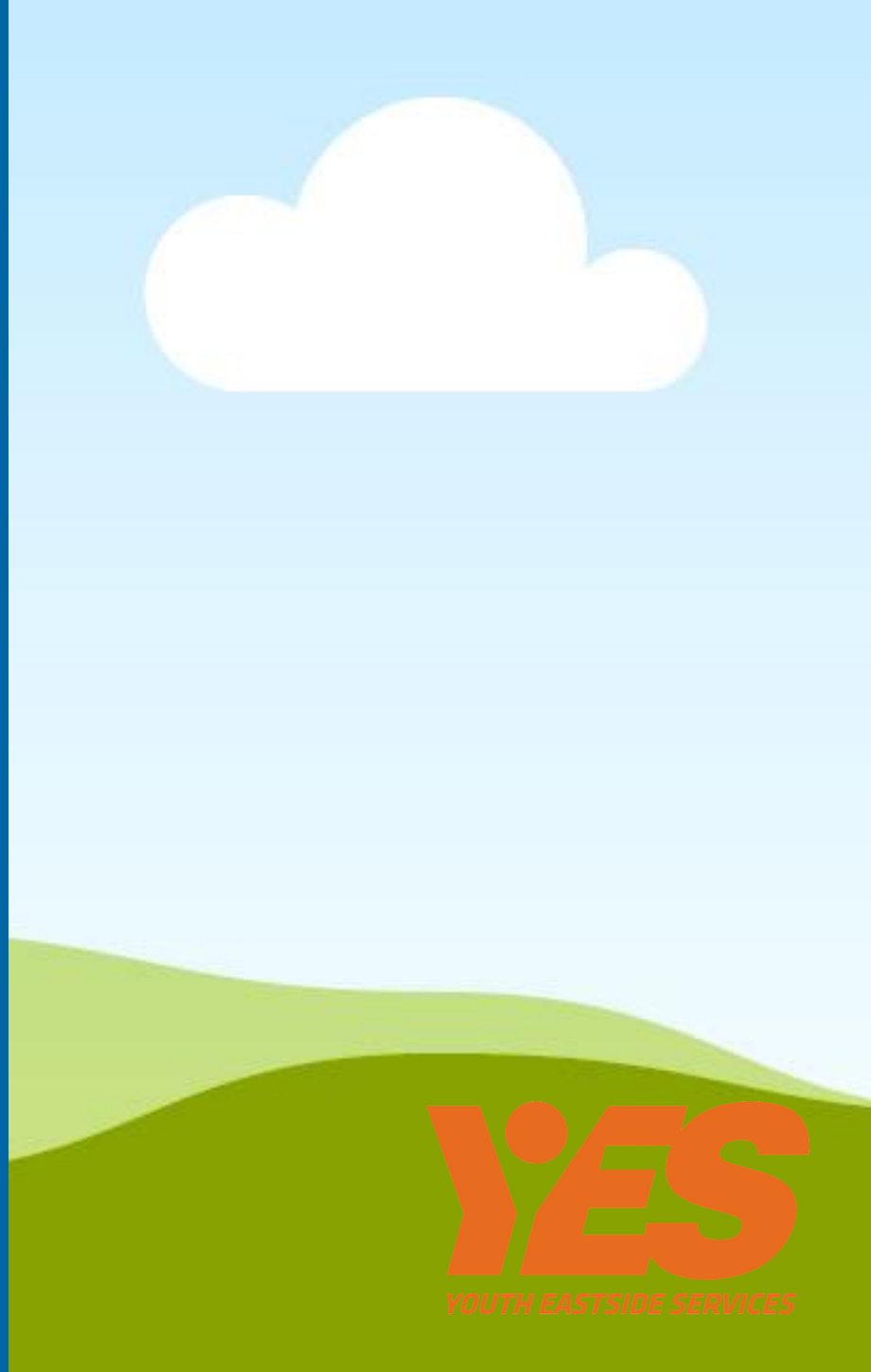
# Today's Agenda

- Introduction to Mindfulness
- Mindfulness Practice
- Today's Skill: Wise Mind
- Something to Try at Home
- Q&A

**Week 2 of 16 Week Series**
**April 22nd 2021**



# Have Any of These Things Happened To You?

Had to re-read something (maybe multiple times) because you can't remember what you just read?

Found yourself 'zoned out' in a meeting and now you can't remember what you were thinking about?

Tried to multitask and lost your wallet because apparently you put it in the microwave?

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# Mindlessness

Has there ever been a time...

When you realized that you were making decisions or doing things without fully thinking about them?

Or when it seemed your emotions were making all the decisions?

- Mindlessness is an inactive state of mind that is characterized by reliance on distinctions drawn in the past (assumptions, past learning and experiences).
- When people are mindless, they are trapped in this rigid perspective, insensitive to the ways in which meaning changes depending on subtler changes in context

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# How does Mind*fulness* Help?

1. *Gives you more choices and control over your behavior*
2. *Reduces your emotional suffering and increase your pleasure*
3. *Helps you make important decisions*
4. *Helps focus your attention to make you more effective and productive*
5. *Increases your compassion for yourself and others*
6. *Lessens your pain, tension, stress, and improves health*

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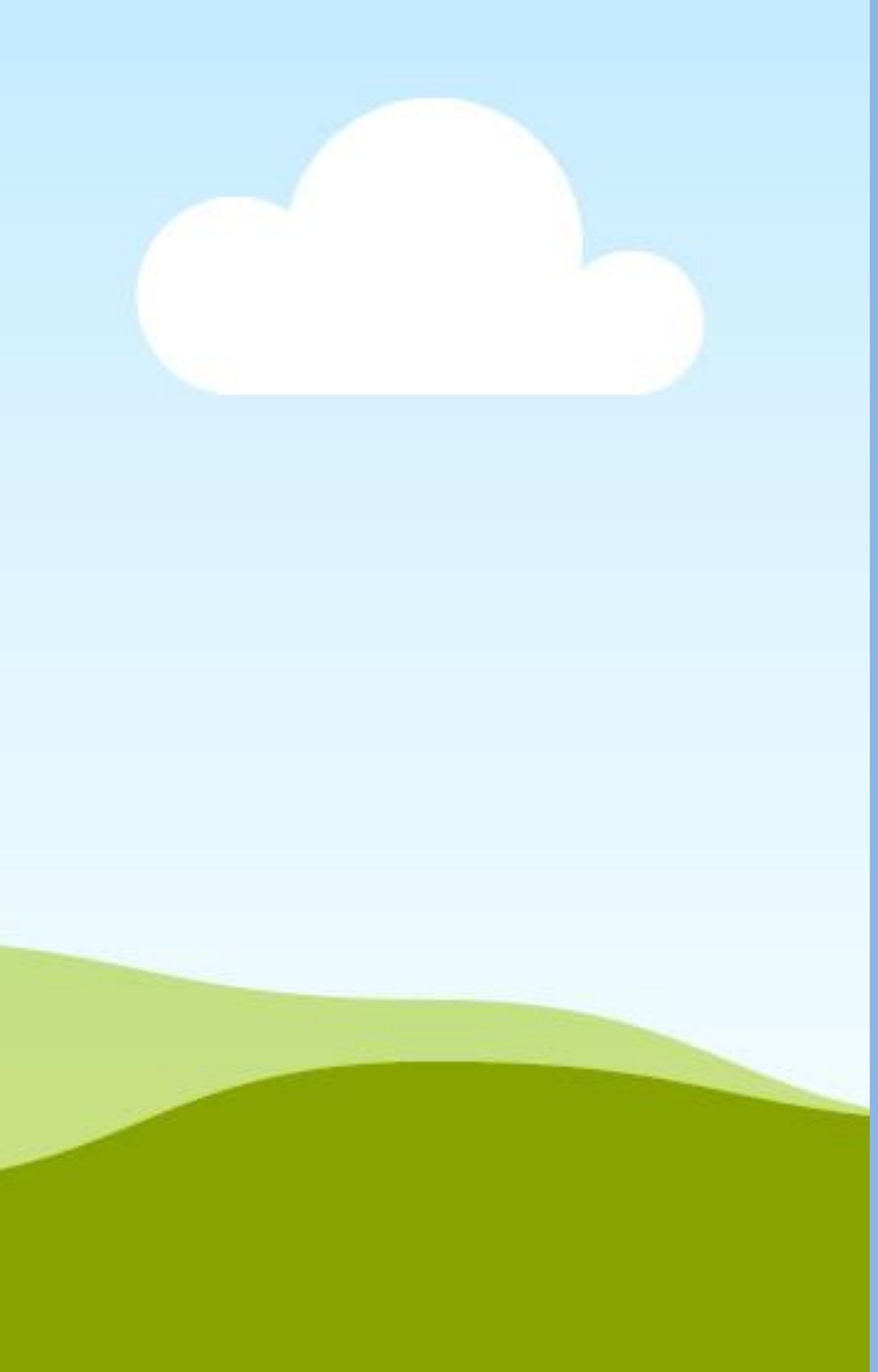

# Mindfulness

**Learning to live just this one moment is freedom from the past and the future**

1) **Full Awareness / Opened Mind:**
Being present and participating fully in the moment

2) **Attentional control / Focused Mind:**
Intentionally focusing your attention on one thing in the moment

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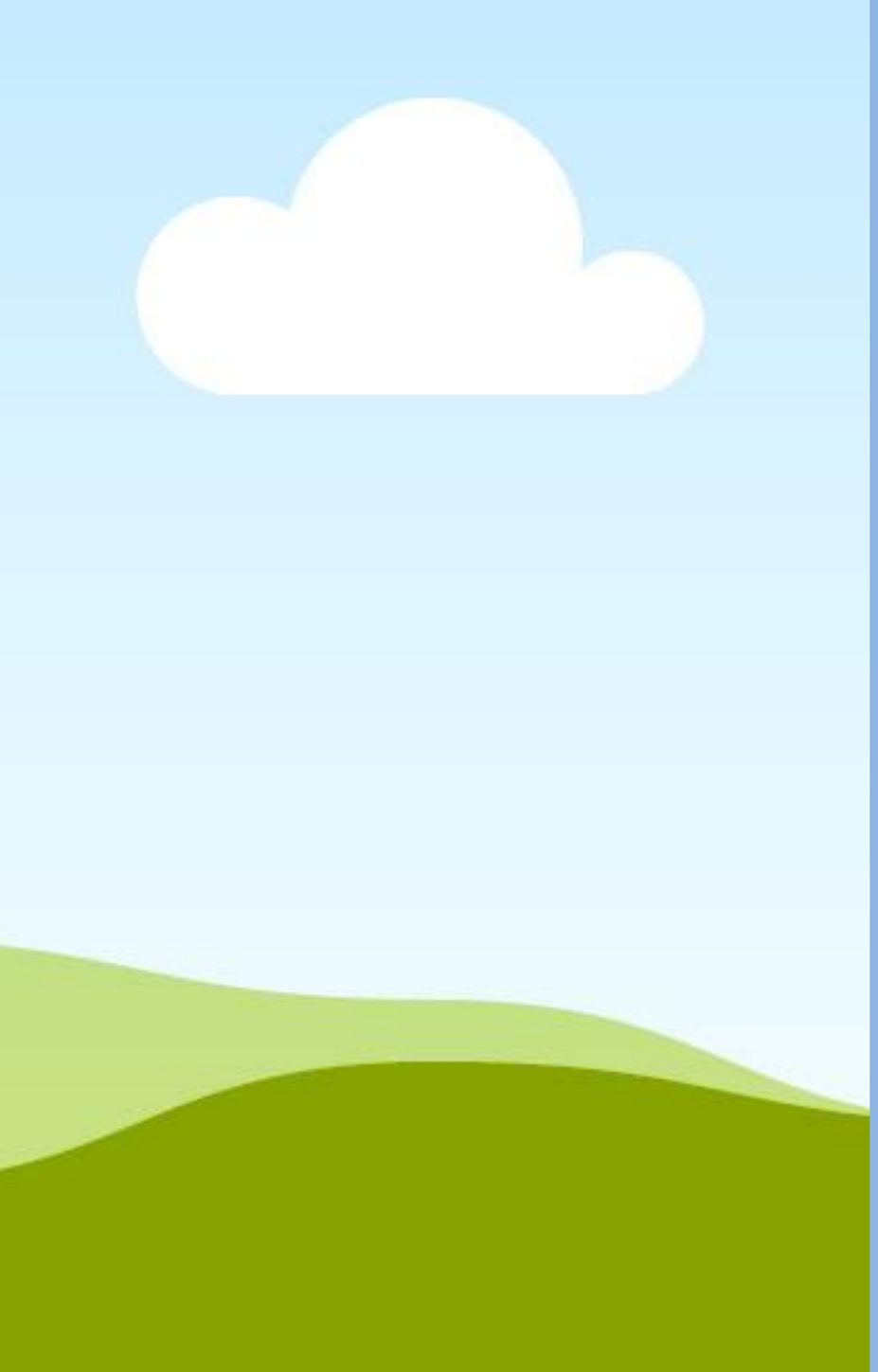

# Tips for Practicing Mindfulness

Engage **without judgement** (of yourself or the practice itself), and **without trying to change the present** – simply experience reality as it is.

Notice (and don't punish yourself for) the continual task of bringing the mind back to the present moment. Learning to be in control of your own thoughts, emotions, and behaviors (rather than them controlling you), by placing your mind where you want it to be.

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# Mindfulness

Let's Practice

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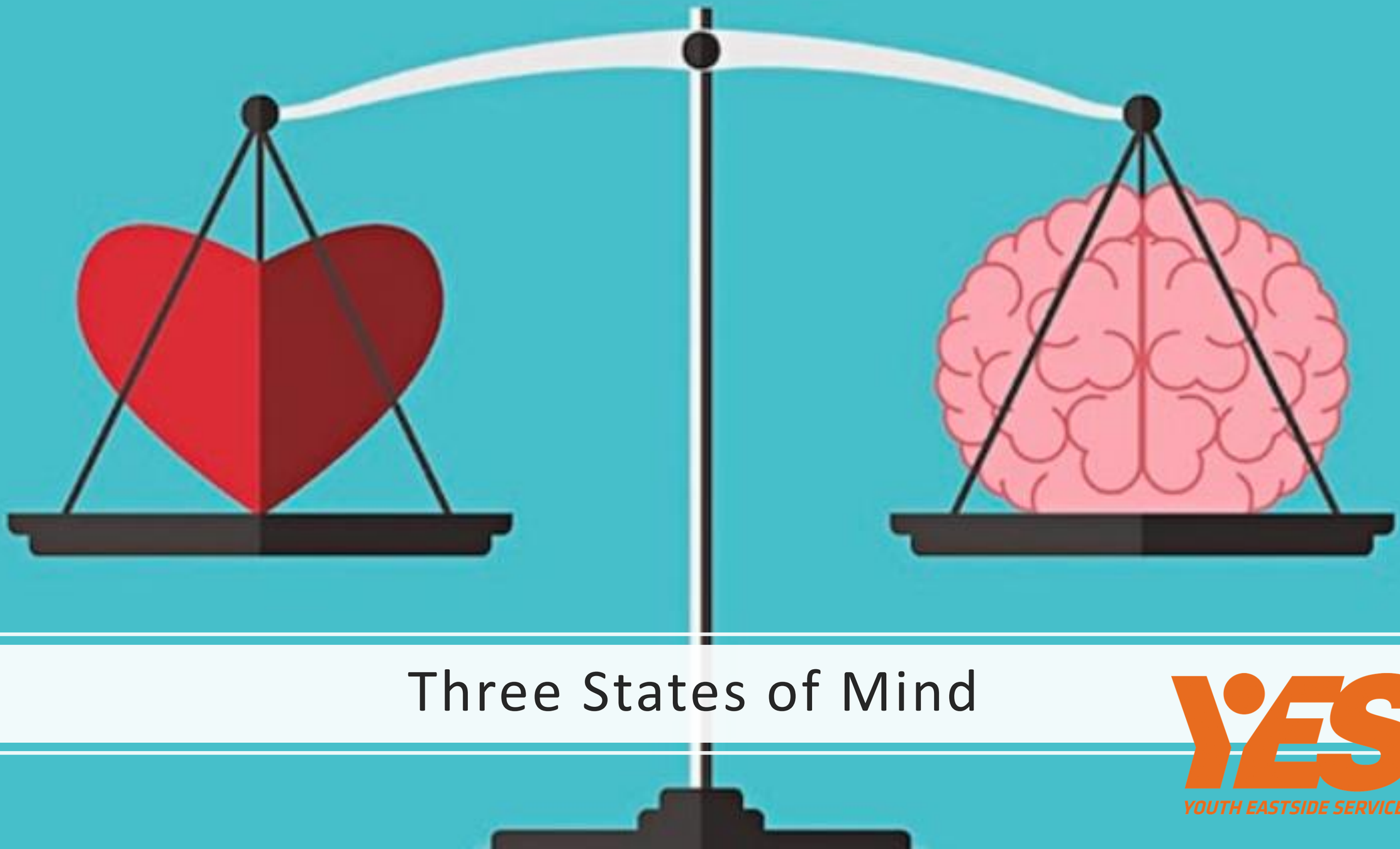

# Three States of Mind

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# Emotion Mind

Emotion mind is your state of mind when your emotions are in control and influencing your thinking and behavior.

Your actions may be more impulsive than thought out.

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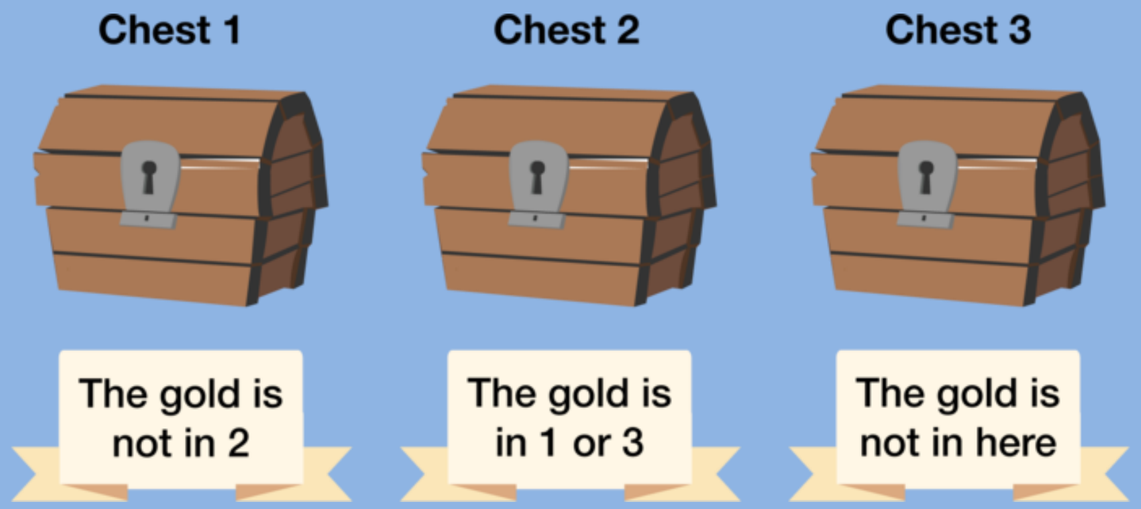
# Rational Mind

Rational mind is cool, rational, logical, calculated, and task-focused – feelings, desires, and needs are not as important

A person is using their rational mind when they approach a situation intellectually.  They plan and make decisions based off fact.

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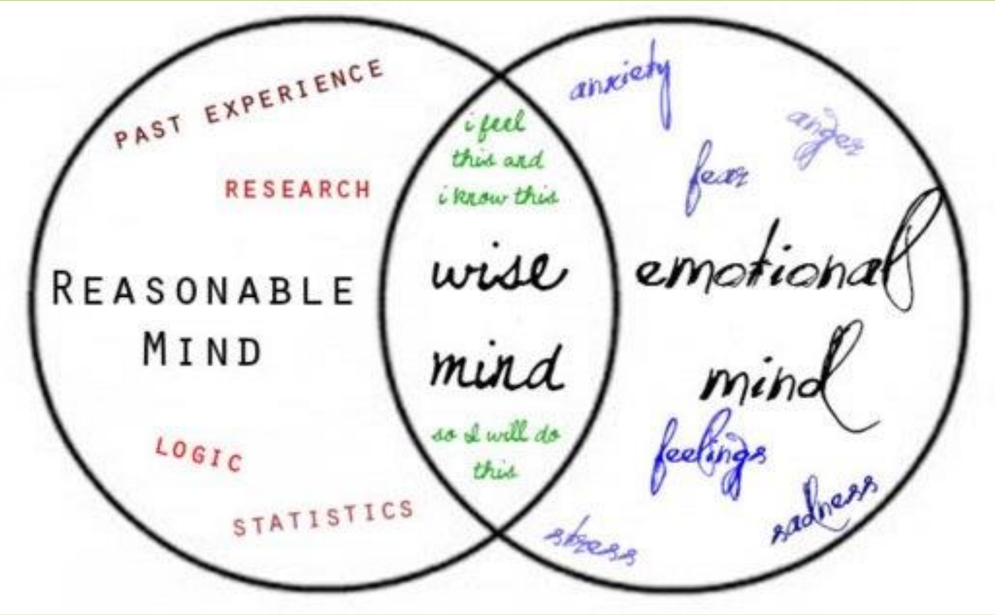
# Wise Mind

**Every Person has a Wise Mind within, although NO ONE is in Wise Mind all of the time**




Wise Mind practice is finding and listening to our inner wisdom – for some of us, it is a gut instinct, others feel it in their chests and hearts, and others feel this as part of their spirituality – potentially a combination of morals, values, emotions and logic.

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# Practicing Wise Mind –visual exercise

Imagine yourself sitting by a river watching leaves float by. Each leaf is a thought or a feeling. You are merely the observer, watching and labelling the thought or feeling, acknowledging that it is there, and working to let it go

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# Practicing Wise Mind – more visual exercises

**1) Stone flake on the lake:** Imagine that you are by a clear blue lake on a beautiful sunny day. Then imagine that you are a small flake of stone, flat and light. Imagine that you have been tossed out onto the lake and are now gently, slowly, floating through the calm, clear blue water to the lake's smooth, sandy bottom. Notice what you see, what you feel as you float down, perhaps in slow circles, floating toward the bottom. As you reach the bottom of the lake, settle your attention there within yourself

**2) Walking down the spiral stairs.** Imagine that within you is a spiral staircase, winding down to your very center. Starting at the top, walk very slowly down the staircase, going deeper and deeper within yourself. Notice the sensations. Rest by sitting on a step, or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the center of yourself, settle your attention there – perhaps in your gut or your abdomen.

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# Practicing Wise Mind –breathing exercises

**3) Breathing "wise" in, "mind" out.** Breathing in, say to yourself, "Wise"; breathing out, say, "Mind." Focus your entire attention on the word "Wise", then focus it again entirely on the word "Mind." Continue until you sense that you have settled into wise mind.

**4) Asking: Is this wise mind?** Breathing in, ask yourself, "Is this [action, thought, plan, etc.] wise mind?". Breathing out, listen for the answer. Listen, but do not give yourself the answer. Do not tell yourself the answer; listen for it. Continue asking during each inhale. If no answer comes, try again another time.

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# Practicing Wise Mind – breathing exercises

**5) Expanding awareness.** Breathing in, focus your awareness on your center. Breathing out, stay aware of your center, but expand awareness to the space you are in now. Continue in the movement

**6). Dropping into the pauses between inhaling and exhaling.** Breathing in, notice the pause after inhaling (top of breath), Breathing out, notice the pause after exhaling (bottom of breath). At each pause, let yourself "fall into" the center space within the pause

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# At Home Practice:

Practice Observing yourself in the 3 states of mind

1) Describe one example of emotion mind this week

2) Describe one example of reasonable mind this week

3) Describe one example of wise mind this week

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# Questions?
# Comments?

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# thank you

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