Welcome

Toolbox: Webisode Three

Mindfulness "What" Skills

YES
YOUTH EASTSIDE SERVICES

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

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

DELANEY KNOTTNERUS

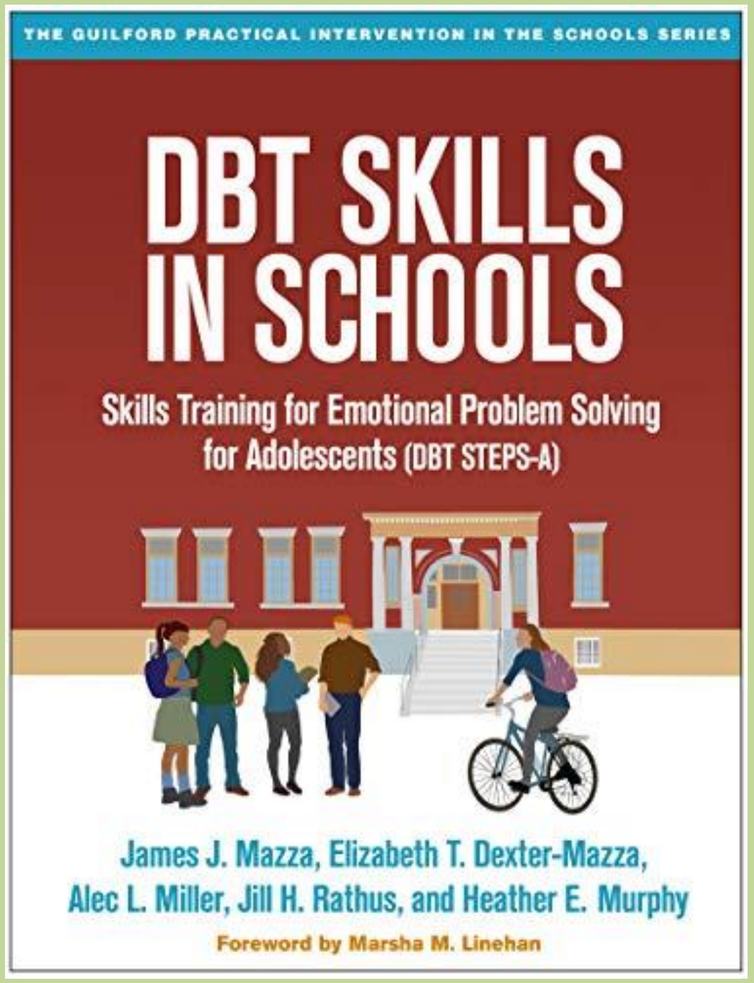
School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

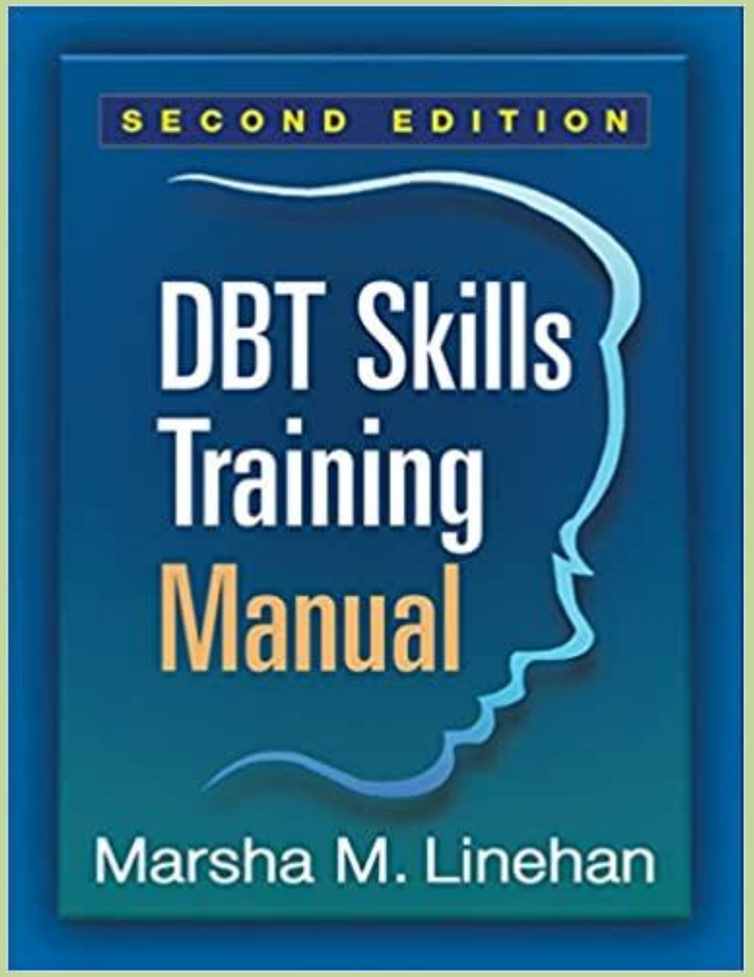
CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

YES
YOUTH EASTSIDE SERVICES

The Materials



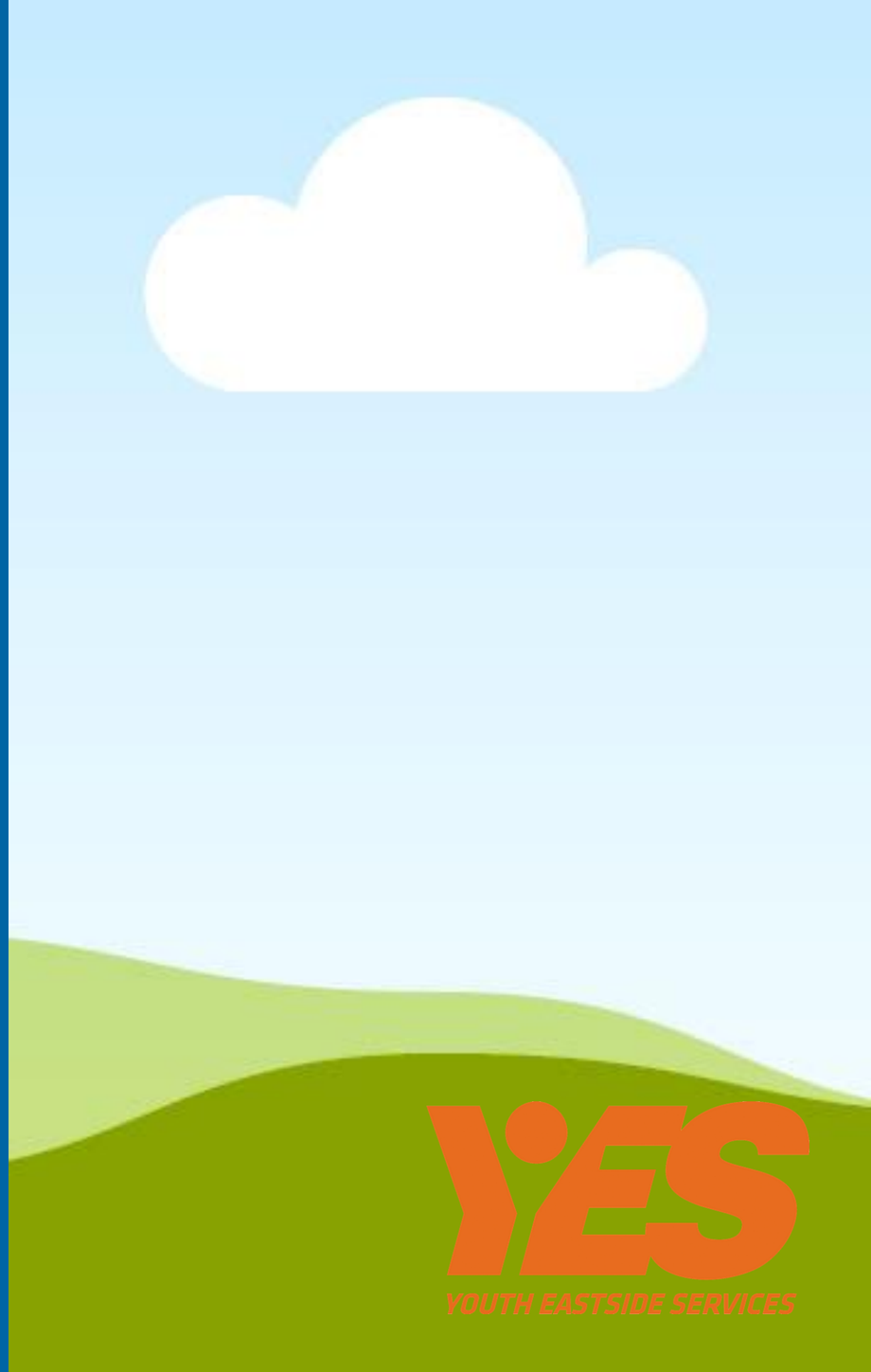


YES
YOUTH EASTSIDE SERVICES

Today's Agenda

- Review of Mindfulness
- Today's Skill: "What" Mindfulness Skills
- Observing Practice
- Something to Try at Home
- Q&A

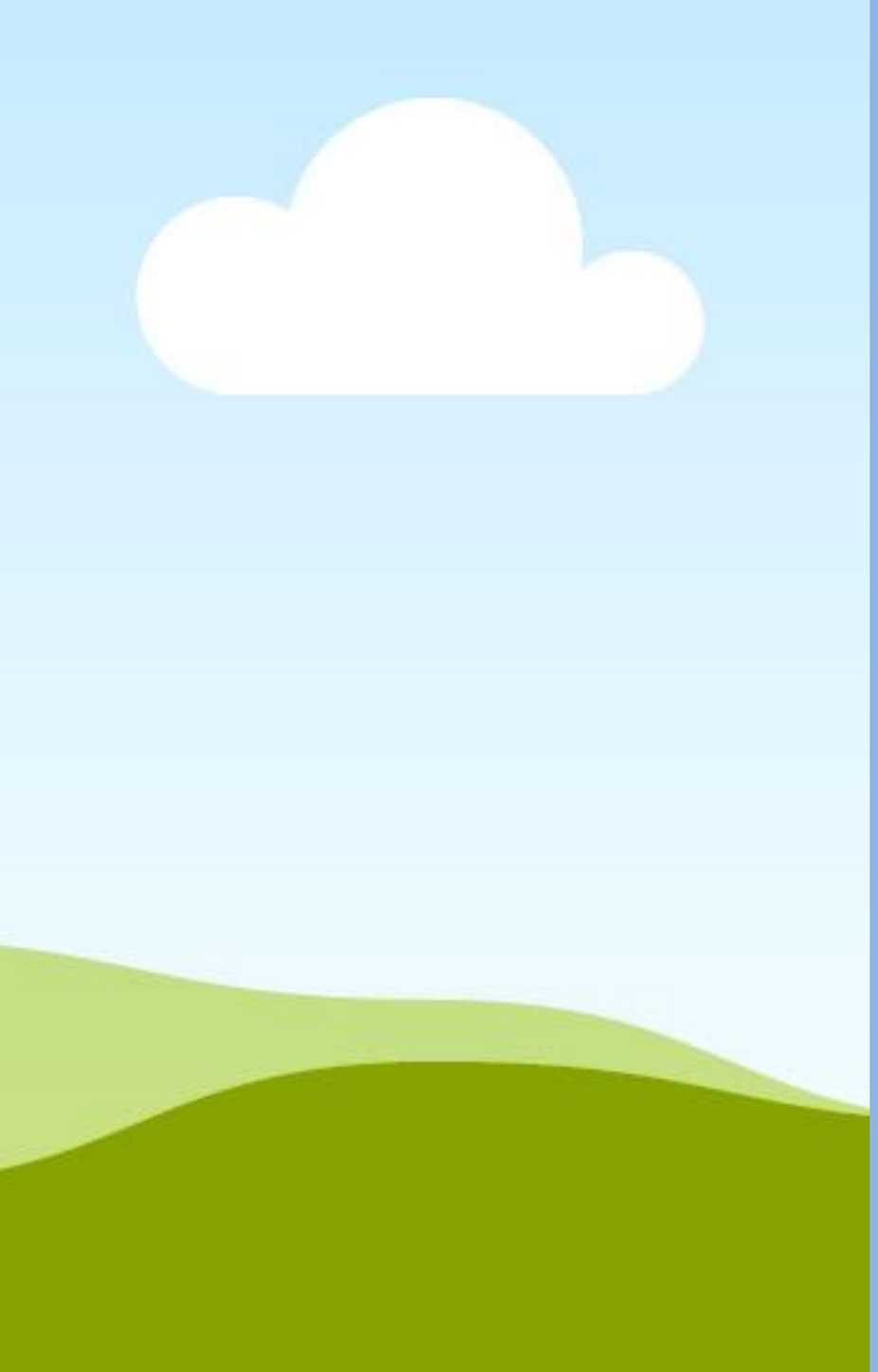
Week 3 of 16 Week Series
April 29th 2021



Your Toolbox:

- Thinking Dialectically
- Wise Mind
- **Observe**
- **Describe**
- **Participate**

YOUTH EASTSIDE SERVICES



Reminder: What is Mindfulness?

- Building awareness
- Being in the present moment
- Trying to withhold/stop judgements
- Focusing your mind where you want it to be

- Being in control of your mind, rather than being controlled by thoughts and emotions

YOUTH EASTSIDE SERVICES

How does Mindfulness 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*

YES
YOUTH EASTSIDE SERVICES

Mindfulness

Let's Practice

YOUTH EASTSIDE SERVICES

What are "What" Skills?

There are two classes of skills within Mindfulness Practice that help to hone our control and awareness

1) Mindfulness "What" Skills

These Skills guide someone in **what you do** to practice mindfulness

Observe **Describe** **Participate**

2) Mindfulness "How" Skills

More on this next week!

YES
YOUTH EASTSIDE SERVICES

Observe

- *Paying attention on purpose*
- *Withholding reactions*
- *Focusing the mind on one thing – what you sense and experience*
- *Noticing the experience as it happens*
- *Wordless watching*

Observe WHAT reality IS;

NOT what we THINK about reality

YOUTH EASTSIDE SERVICES

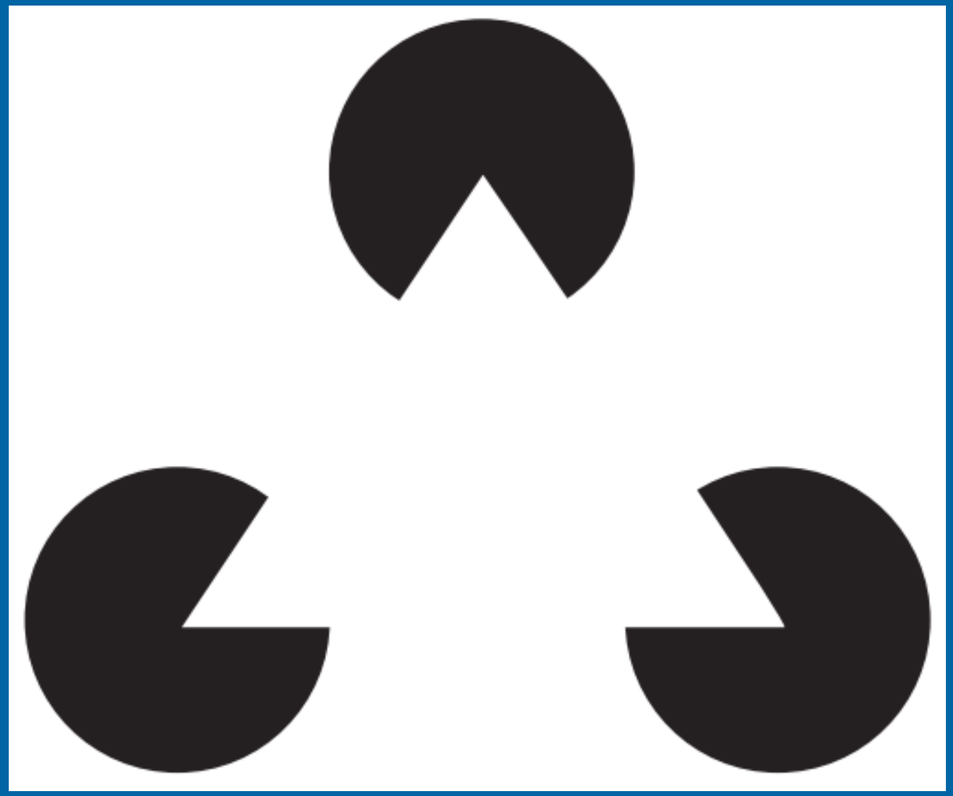
Some Ways to Observe:

- Engage in wordless watching: Just notice the experience in the present moment.
- Watch your thoughts and feelings come and go, as if they are on a conveyor belt
- Observe both inside and outside yourself, using all your five senses
- Have a "Teflon mind," letting experiences come into your mind and slip right out (not holding on)
- Don't push away your thoughts and feelings. Just let them happen, even when they are painful

Note: we cannot observe another's inner experience (e.g. 'he's upset') - only external features (e.g. crying) or our thoughts about another's experience ("I observed the thought, 'he's upset')

YES
YOUTH EASTSIDE SERVICES

Let's Observe:
What Shapes Do you see?



YOUTH EASTSIDE SERVICES

Reminders About Observing

Observing Outside:

You can only observe events outside of ourselves through our five senses

Observing Inside:

Thoughts are only thoughts, not Facts

We are just noticing – not labeling or trying to change

YES
YOUTH EASTSIDE SERVICES

Describe

- *Take what you have observed, and put it into words*
- *Label the sensations experienced, without judgement*
- *Wordful Watching*

Describe HOW Reality IS

Not what MEANING WE ASSIGN to reality

YOUTH EASTSIDE SERVICES

Some Ways to Describe:

- Put words on the experience / Label what you observe with words

  Some examples are: "I feel sad," or "My face feels hot," or "I feel my heart racing"

- Describe only what you observe without interpretations. Stick to the facts!

  Instead of "That person has an attitude," you could describe that person as "rolling their eyes and speaking with a loud voice."

YOUTH EASTSIDE SERVICES

Reminders about Describing

- Describe what you have observed, as if explaining it to someone who is blind, or to an artist who needs to recreate something based on our description
- We can ONLY describe what we have observed

*** SO...we CANNOT describe: the thoughts, feelings, or intentions that are inside other people! ***

YES
YOUTH EASTSIDE SERVICES

Participate

- *Entering wholly into an activity*
- *Spontaneously becoming one with the activity*
- *Throwing yourself completely into present experience*
- *Being fully present in our own lives, without self-consciousness*
- *Not past or future oriented*
- *Not worrying about what other people are thinking or feeling about us*

Forgetting ourselves, and BECOMING what we are doing

YOUTH EASTSIDE SERVICES

Some Ways to Participate:

- Throw yourself into the present moment fully
  e.g. dancing, cleaning, taking a test, feeling sad in the moment)
- Try not to worry about tomorrow or focus on yesterday
- Become one with whatever you're doing: Get "into the zone"
- Fully experience your feelings without being self-conscious
- Experience even negative emotions fully, to help your wise mind decide what to do (instead of acting impulsively)

YES
YOUTH EASTSIDE SERVICES

Reminders about "What" Skills

The "What" Skills can only be used one at a time. Take the example of learning to play a new instrument:

OBSERVE: just noticing the sounds or ways other's play it

DESCRIBE: adding words to your observations

PARTICIPATE: trying it yourself!

YOUTH EASTSIDE SERVICES

At Home Practice:

1. Choose a "What" Skill to practice this week

- ❑ Observe
- ❑ Describe
- ❑ Participate

1. Briefly describe your experience of using the skill during the week (include when and where you used it)
2. Briefly describe whether the skill affected your thoughts, feelings, of behaviors. If so, how?
3. If you did not complete this practice exercise, please explain why not/what interfered (you can use your observe/describe skills for this!)

YES
YOUTH EASTSIDE SERVICES

Questions?
Comments?

YES
YOUTH EASTSIDE SERVICES

REACH OUT TO US

CURRENTLY OFFERING VIRTUAL SERVICES

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

thank you

YES
YOUTH EASTSIDE SERVICES