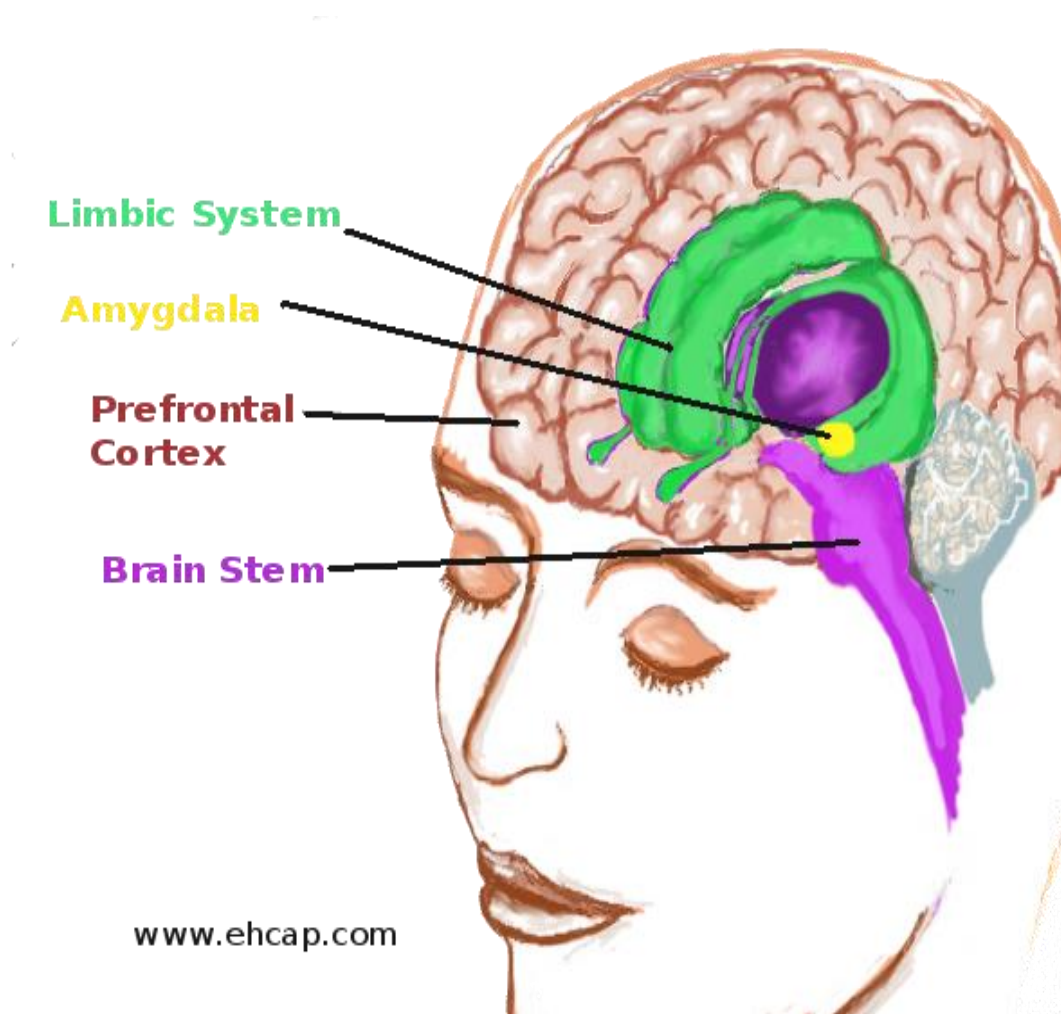


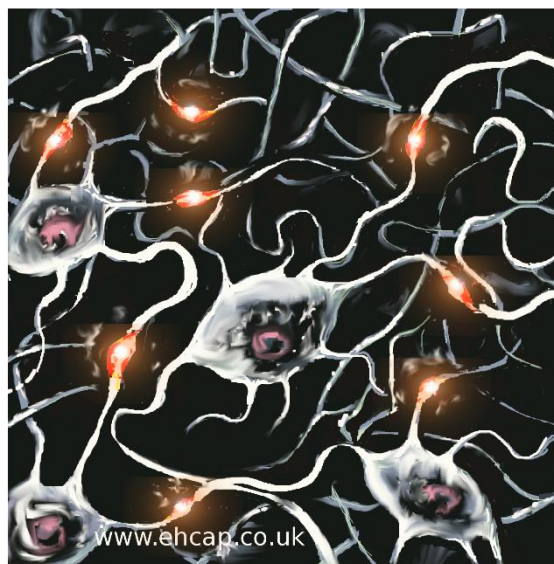
Mindfulness and Emotion Coaching

*Parents and
Professionals*



Evidence base

- People (including parents and young people) who practice mindful meditation regularly report feeling less stresses and feeling more emotionally balanced. According to neuro scientists as you continue to meditate your brain physically changes
- Using brain imaging techniques, changes can be seen in the amygdala – the part of the brain that helps generate and process feelings and emotions in response to external stimuli
- A study at Stanford found that an 8 week mindfulness course reduced the reactivity of the amygdala – and increased the activity in the prefrontal cortex (an area key to emotion regulation).
- reference:
www.ncbi.nlm.nih.gov/pubmed/20141305

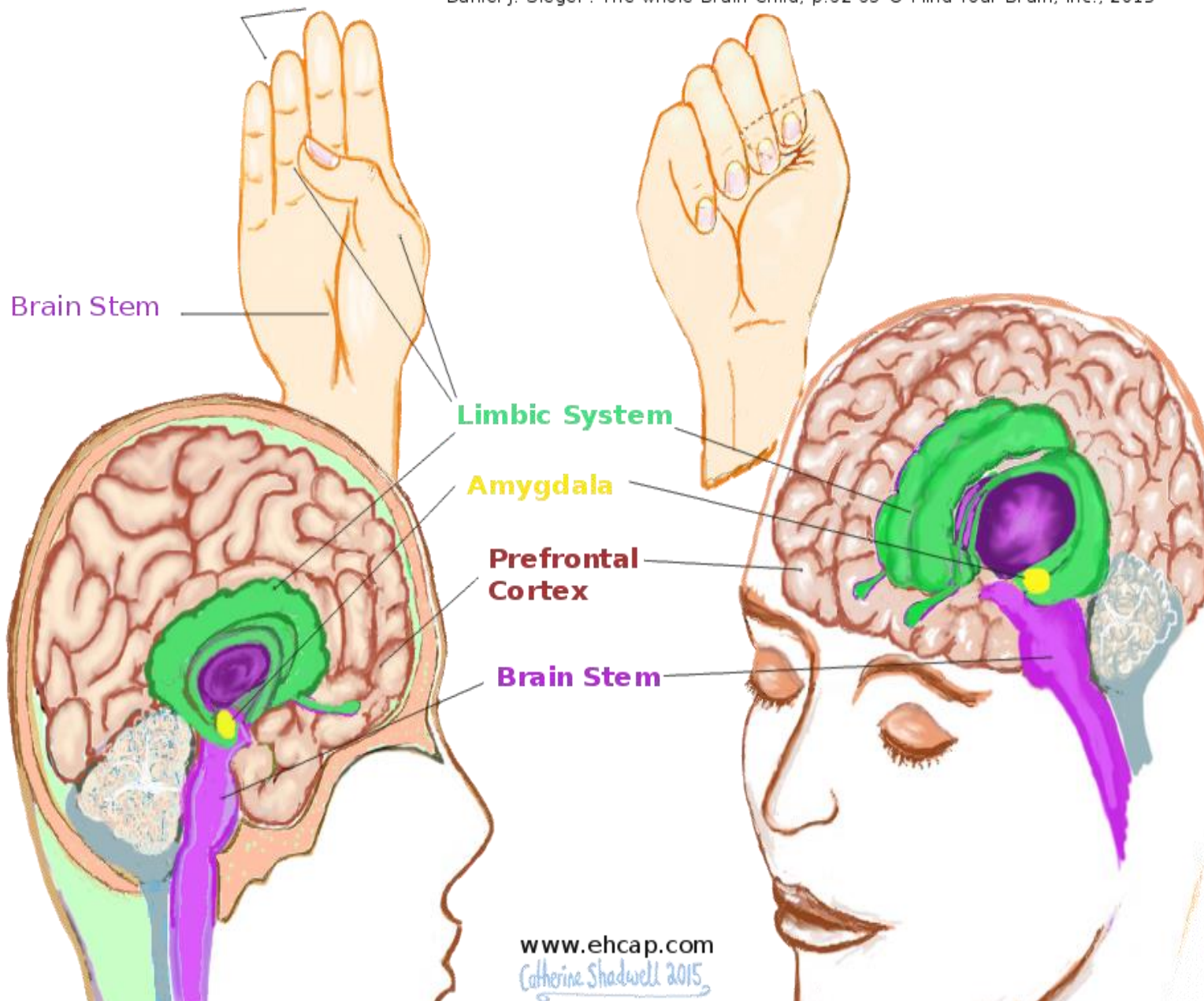


Flipping My Lid & The Hand Model

Dr Daniel Siegel is a world famous neuro scientist and Professor in Los Angeles. He has developed The Hand Model of the brain which incorporates both attachment theory and the neuroscience of mindfulness.

Middle Prefrontal cortex

Daniel J. Siegel : The Whole-Brain Child, p.62-63 © Mind Your Brain, Inc., 2015



Dr Sarah Temple talks about how Mindfulness and Emotion Coaching link up



Dr Sarah Temple, a GP in Somerset, and Dr Janet Rose, Senior Lecturer at Bath Spa University, are co-leading a Public Health funded Mindful Emotion Coaching Project in Somerset. Details of the project are at www.emotioncoachingsomerset.co.uk

www.vimeo.com/145252420

Reference: Dr Daniel J. Siegel : The Whole-Brain Child, p.62-63 © Mind Your Brain, Inc., 2015

The Brain- a summary

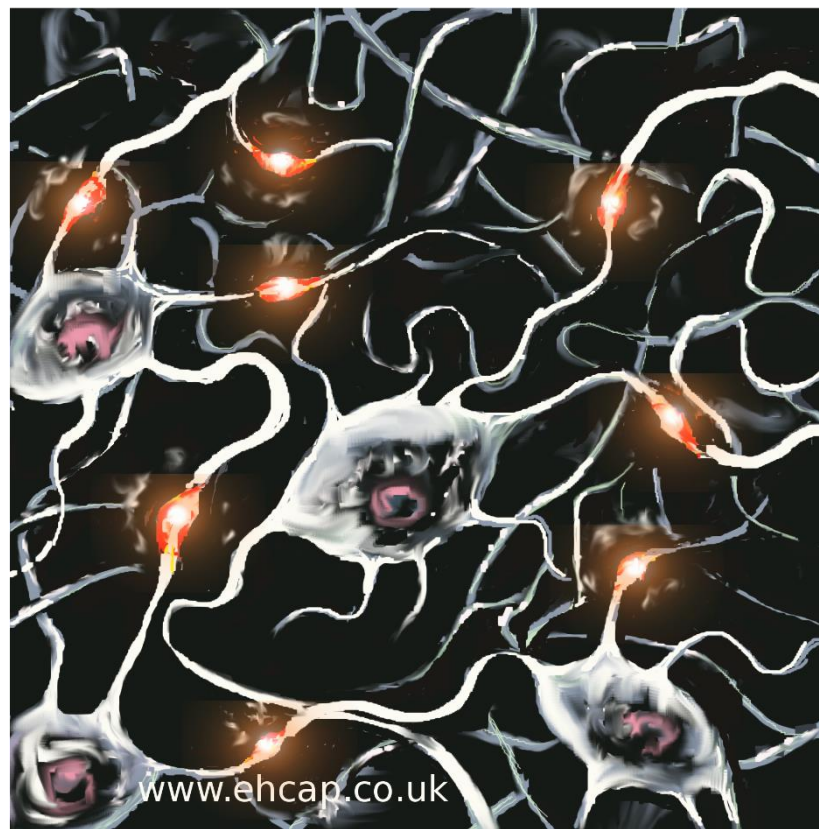
Your brain is a like a computer...

It processes information you get from the world around and tries to make sense of it..

BUT

It is also a **Social Organ** and it needs other brains to interact with to work at it's best and for all the different neurones to form healthy connections (synapses).

Different areas are connected together by a **network of neurones**- the more you use the network the **bigger, better and faster** it becomes.

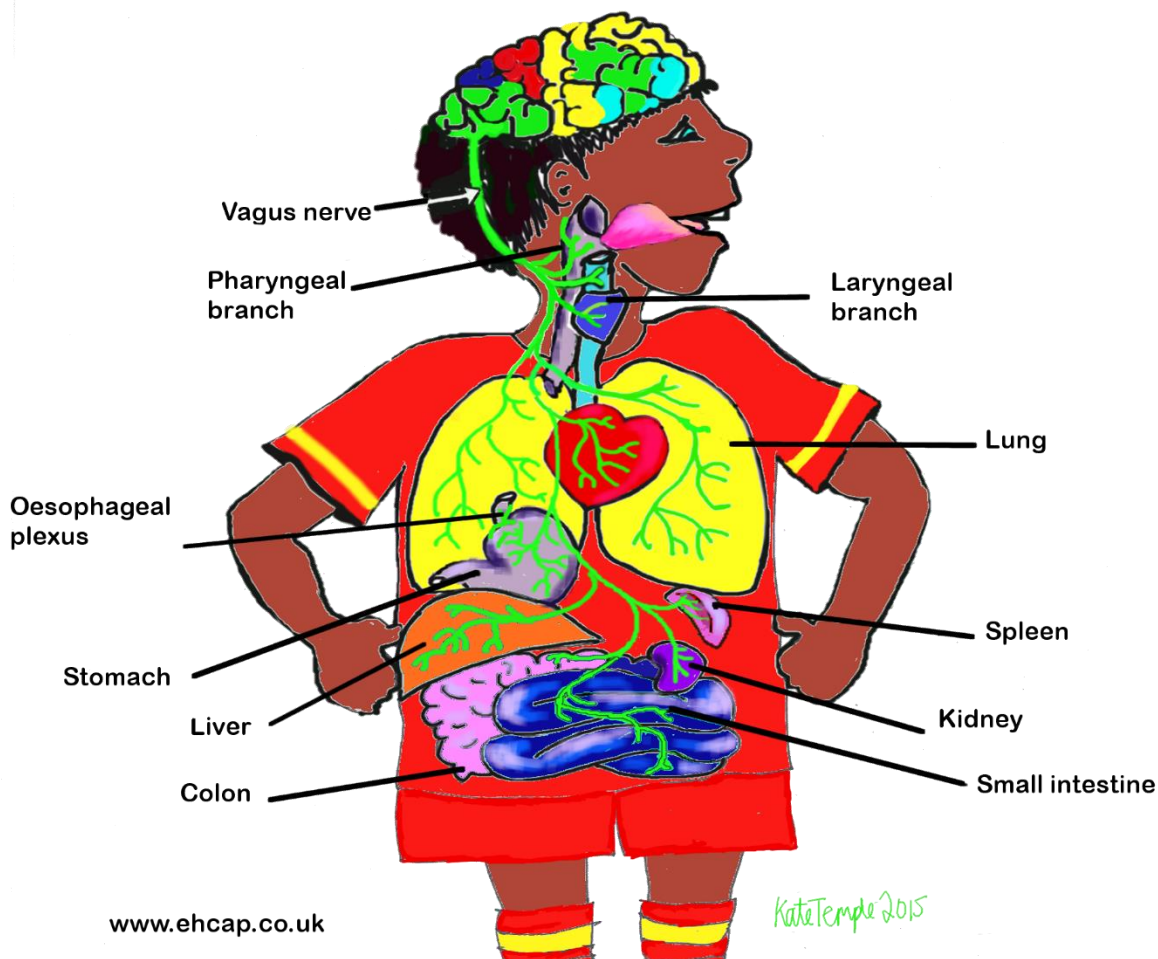


The Vagus Nerve

One of the ways the thinking part of your brain (frontal cortex) works with the brain stem calming your bodily responses and helping you stay balanced is via the vagus nerve.

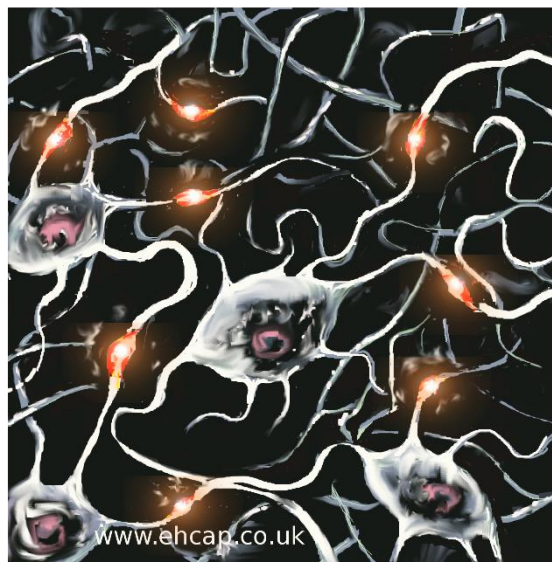
The vagus nerve is a cranial nerve which begins in the brain stem and travels to most of our vital organs including our heart and lungs.

Measuring pulse rate is one way of assessing vagal tone.



Evidence base

- Through non invasive scanning of very young babies and children the brain has come to be seen as a 'social organ'- dependent for normal development on stimulation through social interaction and influenced in a multifactorial way by other factors including epigenetics, physical health and diet.
- The importance of inter connectedness and relationships in human development has been extensively researched. Key early figures are:
- John Bowlby, Mary Ainsworth, Mary Main, Patricia Crittendon



Audio for Mindful Relaxation Read from Tuning in to Teens Manual by Chris



Chris joined us at a Tuning in to Teens Parenting Group and very kindly made this voice recording of a relaxation exercise

Vimeo Links to Video of Chris reading Mindful Exercises from Tuning in to Teens Manual

- <https://vimeo.com/150328540>
- <https://vimeo.com/146040577>

Chris has very kindly made these recordings available for us all- thank you Chris 😊

Popular resources

[Sitting Like a Frog- Mindfulness Exercises for Kids](#) – Eline Snel

Includes a CD voiced by Myla Kabat-Zin

[Mindfulness for Teachers – Patricia Jennings](#)

[Just Breathe Video from Mindful.org](#)

www.emotioncoachingsomerset.co.uk – useful links including Dan Siegel The Hand Model on You Tube

www.headspace.com for on line mindful meditation

