



STUDENT GUIDE

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Mind Matters

THE POWER OF MINDFULNESS, HARDINESS AND POSITIVE MINDSET

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WITH SUPPORT FROM:

THE CENTER FOR RESILIENCE
A MINDFUL VILLAGE



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Jana Marie Foundation Mission:

Jana Marie Foundation empowers young people to make positive choices, practice self-respect and maintain healthy relationships by providing opportunities for personal growth and creative expression. To learn more, please visit www.janamariefoundation.org.

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Resources:

The Center for Resilience
New York, NY
<http://centerforresilience.com>

A Mindful Village
State College, PA
www.amindfulvillage.com

How heavy is your glass?

Author Unknown

A Harvard Professor of Psychology walked around a room full of students while teaching about stress management.

To begin his lecture he grabbed a glass of water and raised it above his head as if he was going to propose a toast. Everyone expected they'd be asked if the glass was half empty or half full as part of the lesson. Instead, with a smile on his face, the professor asked, "How heavy is this glass of water?"

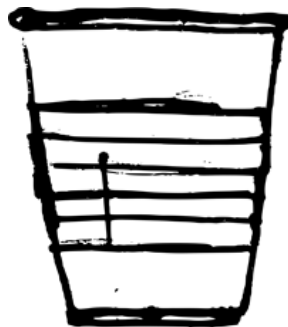
Students called out answers "6 ounces" and "10 ounces," but he shrugged them off.

He replied, "The actual weight doesn't matter. What really matters is how long I've been holding it. If I hold it just for a minute it feels very light. If I hold it an hour, I'll have an ache in my arm. If I hold it for a whole day, my arm will feel numb and paralyzed. Any longer than that and I will be very tempted to give up and drop it. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

The students were all blown away by the truth and simplicity of this lesson.

"The stresses and worries in life are like this glass of water. Carry them for only a short while and they're manageable. Worry about them a bit longer and they begin to hurt. And if we think about them all day long, or longer, we can begin to feel paralyzed and hopeless—incapable of concentrating or focusing on anything else," continued the professor.

The professor ended with this reminder, "It's important to remember to let go of stresses whenever possible. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. This can certainly be easier said than done in some cases, but in many cases it's actually quite easy if we're mindful."



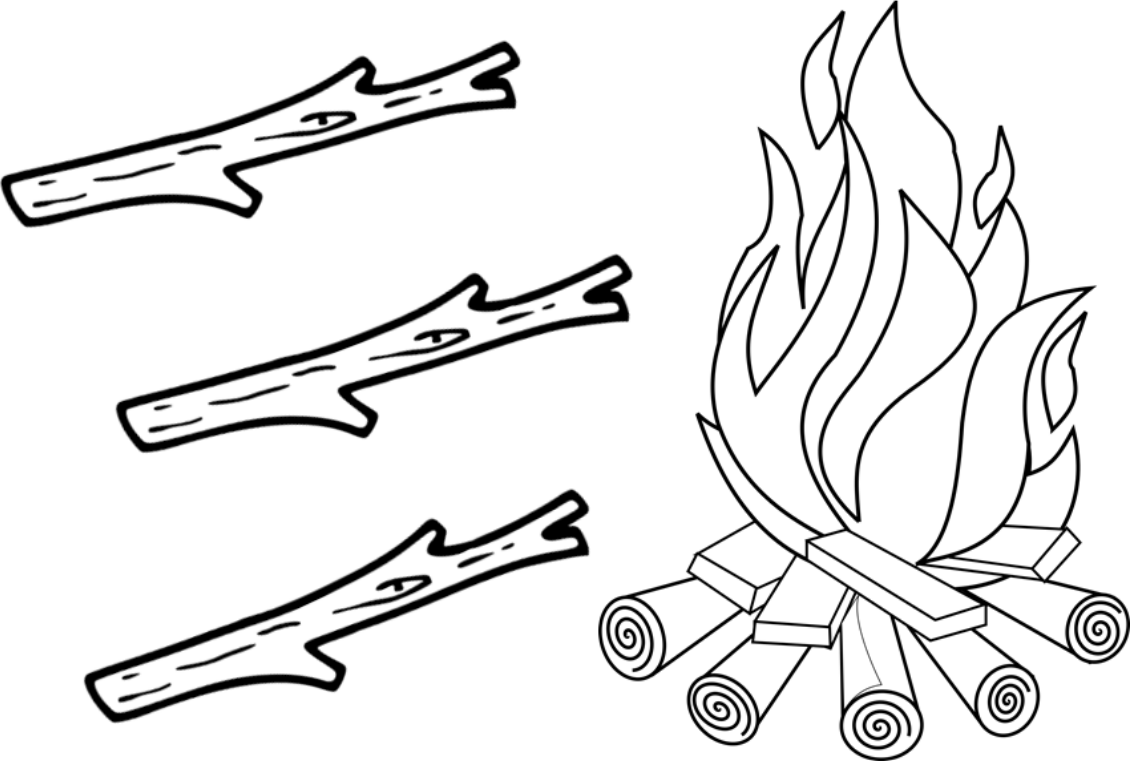
What is stress?

“Stress is any change, internal or external, positive or negative, to which a young person must adapt.” -Joyce V. Fetro

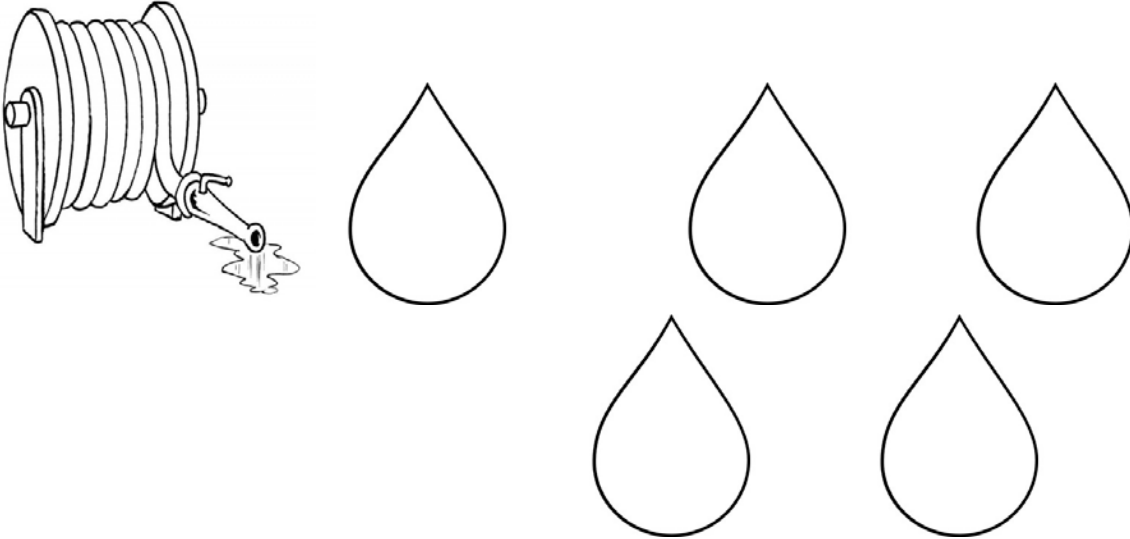
Stress is a natural part of every life, no matter the age.

Discussion: What are some things that may result in stress?

In your own life: What adds fuel to your fire? In other words, what adds stress in your life?



As we go through this course, we will discuss ways to put out our fire, or limit our stress. What are some things you already do to cope with stress?



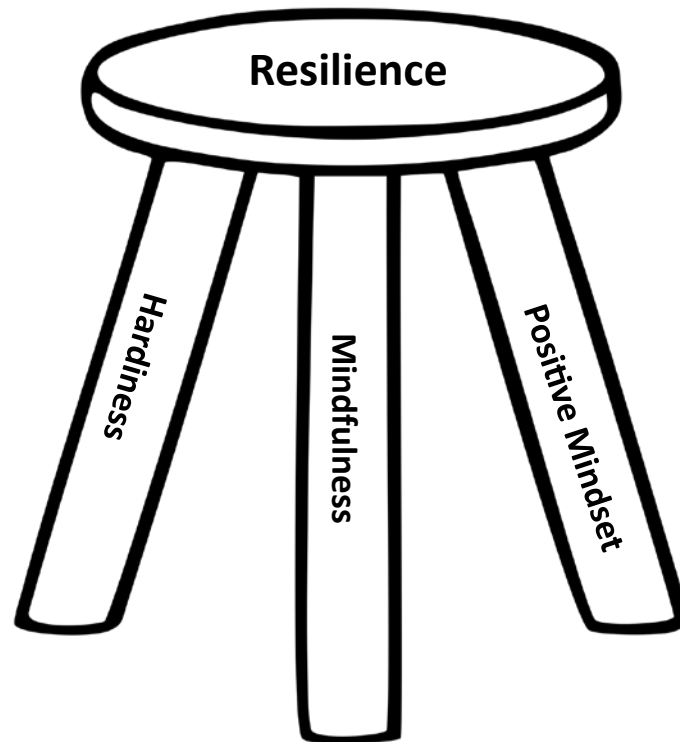
Multi-tasking Challenge: Are you ready?

Part 1:

Part 2:

Discussion: What will you do to improve your time management?

Mindfulness, Hardiness, Positive Mindset: the Pillars of Resilience



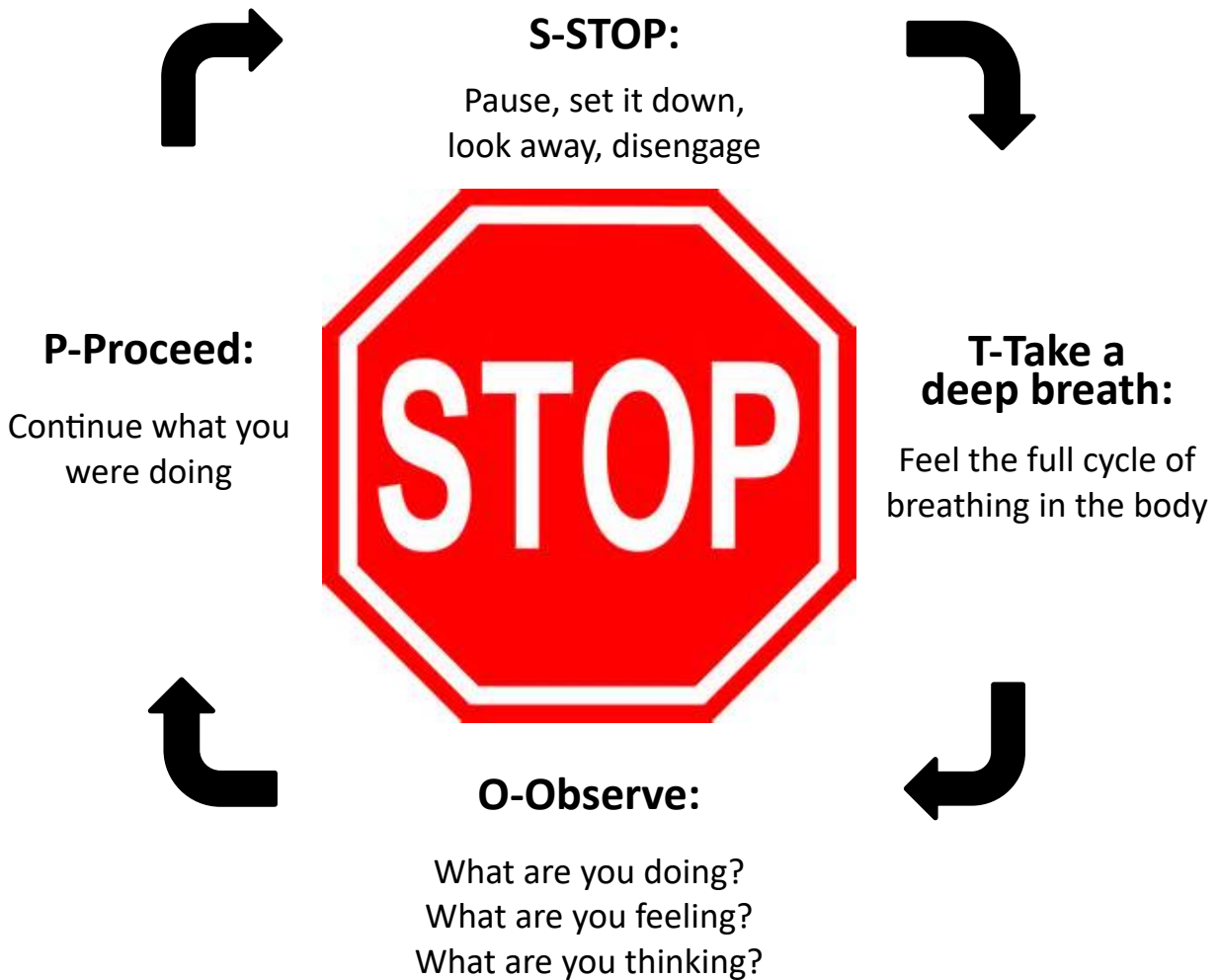
Stress is NOT the same for everyone. Reaction often depends on the individual's perception of the situation or event. It can also be influenced by a person's past experiences. When you build resilience you develop tools to help you work on your reaction to stress.

There are three pillars to resilience that we will discuss:

- **Mindfulness:** paying attention in a particular way; on purpose, in the present moment, nonjudgmentally (Kabat-Zinn, 2005)
- **Positive Mindset:** a mental attitude that expects favorable outcomes
- **Hardiness:** a combination of attitudes that provides the courage and motivation to do the hard, strategic work of turning stressful circumstances from potential disasters into growth opportunities (Maddi, 2006)

Mindfulness:

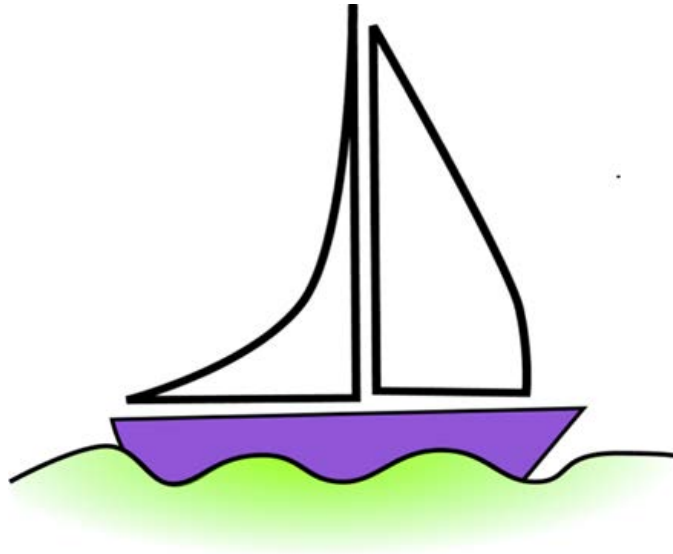
The STOP Technique



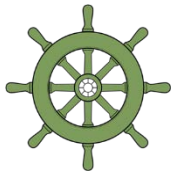
Use this simple technique three to four times per day.

Note: By doing this, you can break the cycle of wasting time on distractions allowing you to resume your focus on what really matters.

Hardiness:



You can think of anchors as your values, morals and beliefs. What are your anchors?



Staying your course: Creating a strong sense of purpose. What impact do you want to make in life?



Who will be your shipmates? What characteristics or qualities do they possess that make them a good support system?



What will be your mantra if the waves get stronger?

Positive Mindset:

Exploring your Strengths:

1. What things did you do as a child that you still enjoy doing now?
2. What activities make you excited when you are doing them?
3. When do you feel most at ease?
4. What activities and skills have you picked up effortlessly?
5. What activities seem most natural to you?
6. What are you most passionate about?

The four most powerful questions

- What am I interested in now?
- What am I doing to experience more of this or learn more about it?
- How is that working?
- What is my next step?



	School/Career	Family/ Relationships	Community	Health/Spirituality/ Wellness
<p>What am I interested in?</p> <p>Remember, you don't need to make a lifelong commitment. You just want to plot a course for the near future.</p>				
<p>What am I doing to experience more of this or learn more about it?</p> <p>Advice: Be honest. If you haven't done anything or don't know why you are interested, that's okay! That's what this process is for.</p>				

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	School/Career	Family/ Relationships	Community	Health/Spirituality/ Wellness
<p>How is that working?</p> <p>Is it getting you closer to understanding your interests?</p>				
<p>What is my plan to experience more of this interest so I can see if I want to pursue it?</p> <p>Advice: Think broadly and creatively to find ways to explore your interests. Are there ways to learn more using your Signature strengths? It's okay if you decide to change course – just think of your next interest.</p>				

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You build resilience through your actions

Equilibrium:

Sometimes life throws you a little off balance. Use this space or a separate journal to write down those things that have you feeling uncertain. Revisit in a day or two and write how the situation is being resolved. Advice: Think about what is in your control about the situation. What could you do to help bring your life back into balance?

Serendipity:

Each night before bed, write down at least three great things that happened throughout the day. Keep a special journal just for this occasion! Sometimes reading back through the memories will bring a smile, even in the toughest of times.

1.

2.

3.

4.

5.

Focus on what you can control

The Five Things You Cannot Change

By David Richo

Author of “The Five Things We Cannot Change...and the Happiness We Find by Embracing Them”

1. Everything changes and ends
2. Things do not always go according to plan
3. Life is not always fair
4. Pain is a part of life
5. People are not loving and loyal all the time

Thinking about what you can control in a situation and letting go of what you can't, can help you get through a stressful event.



Notes

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