

# Mind Matters

THE POWER OF MINDFULNESS, HARDINESS, AND POSITIVE MINDSET

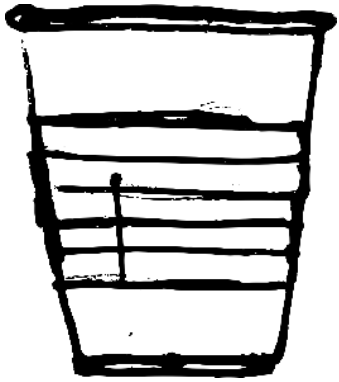
CREATED BY:

**MARISA VICERE, MBA**  
JANA MARIE FOUNDATION

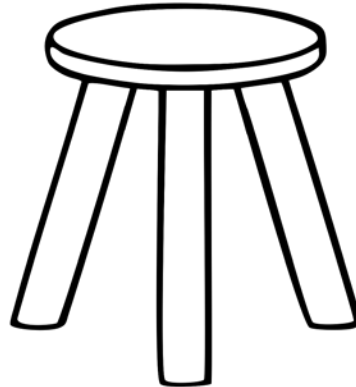
WITH SUPPORT FROM:

THE CENTER FOR RESILIENCE  
A MINDFUL VILLAGE

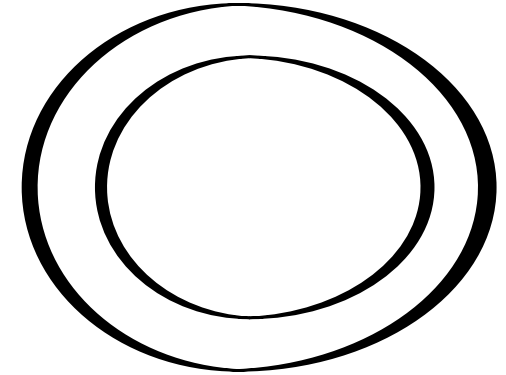
# Building resilience can decrease stress and increase wellness



Stress Defined

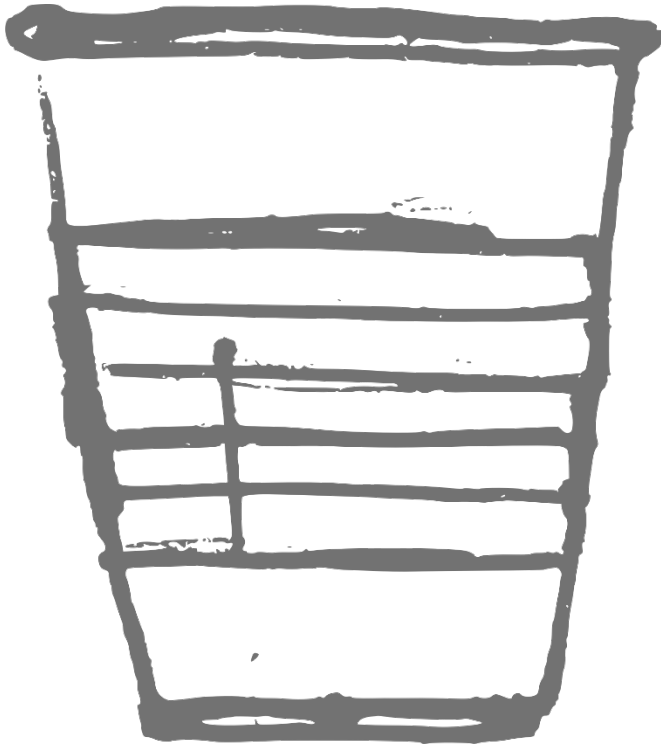


The Pillars of Resilience



A New Outlook





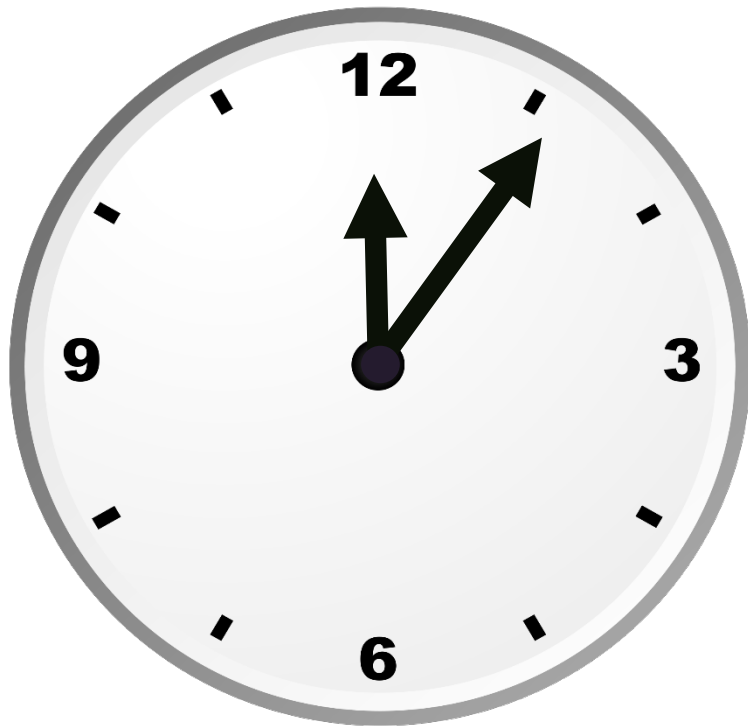
Stress is any change, positive or negative, to which a young person must adapt.

(Joyce V. Fetro, Personal & Social Skills, 2000)

Stress is a natural part of every person's life.

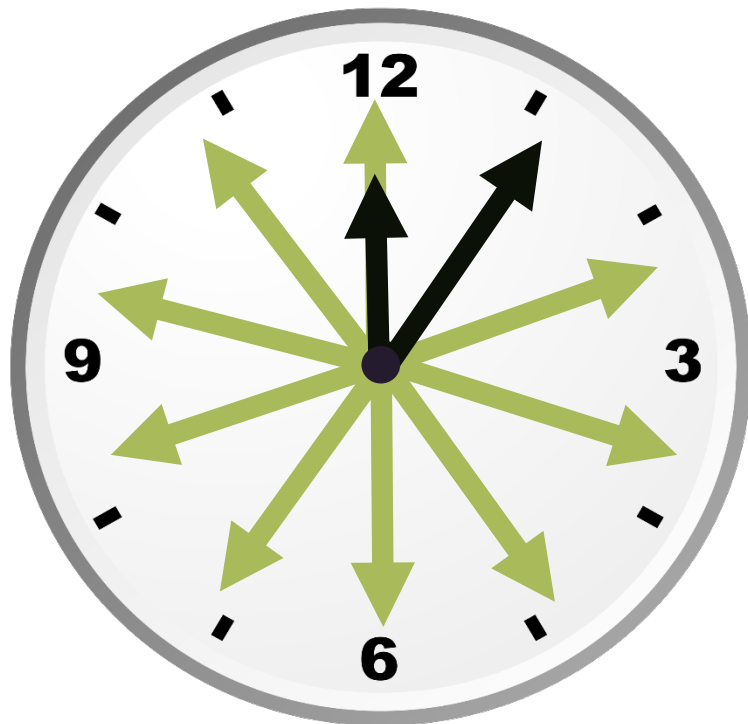


# Multi-tasking results in a loss of time and productivity



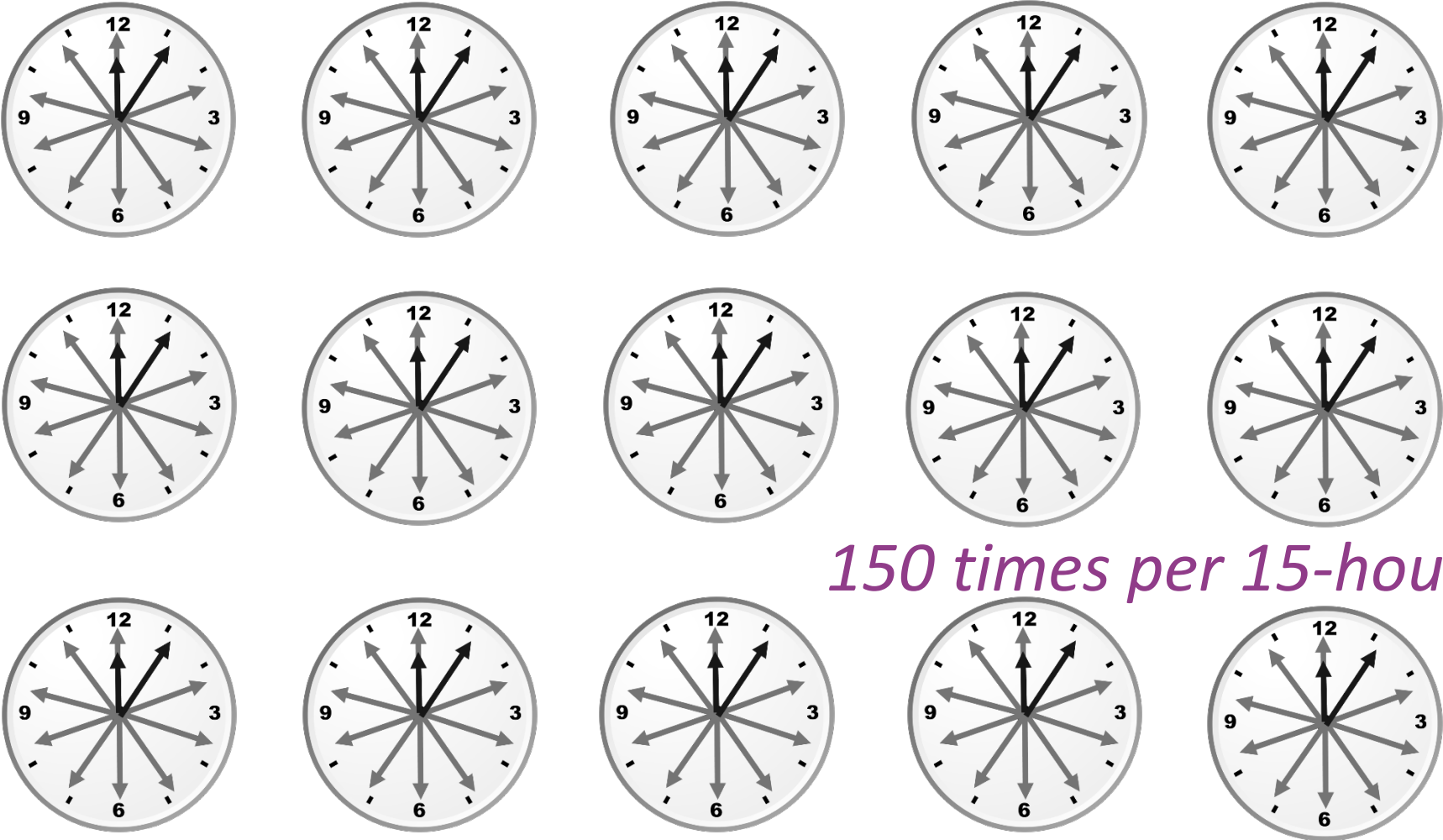
*Phone checked every 6 minutes*

# Multi-tasking results in a loss of time and productivity



*10 times per hour*

# Multi-tasking results in a loss of time and productivity



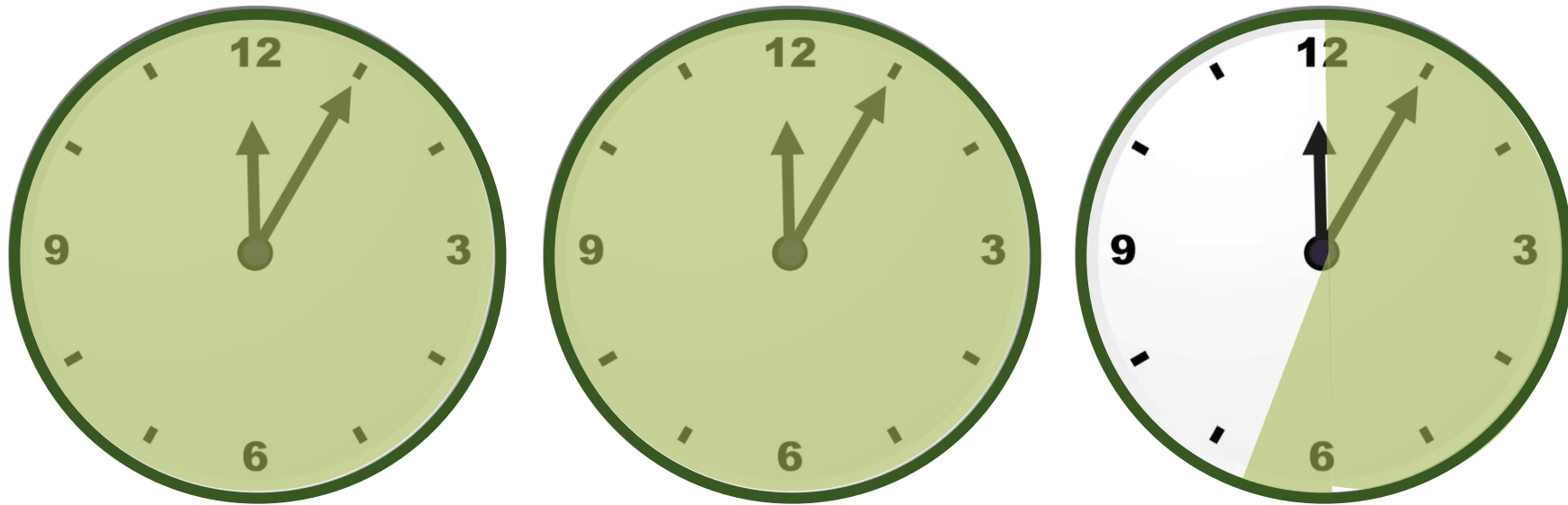
*150 times per 15-hour day*

# Multi-tasking results in a loss of time and productivity



*64 seconds to refocus*

# Multi-tasking results in a loss of time and productivity



*2.56 hours lost each day*



# Multi-tasking results in a loss of time and productivity

## MULTI-TASKING CHALLENGE

I AM AN EXCELLENT MULTITASKER

---

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

---



# Multi-tasking results in a loss of time and productivity

## MULTI-TASKING CHALLENGE

I AM AN

---

1 2 3 4

---



# Multi-tasking results in a loss of time and productivity



Increase in errors



Increase in time taken to complete task



Decrease in quality



Increase in fatigue



Increase in frustration

**So what can you do to help with time management in your life?**



# KNOW YOUR RESOURCES



School Counselors  
Trusted Adults  
Safe to Say Something  
Other community  
Resources



National Suicide  
Prevention Lifeline  
  
1-800-273-8255

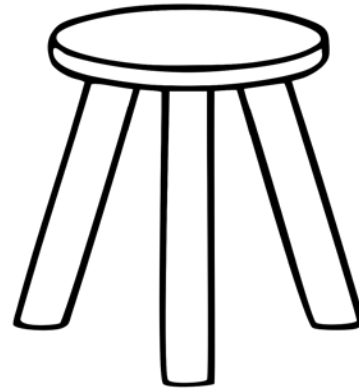


Crisis Text Line  
  
Text PA to 741741

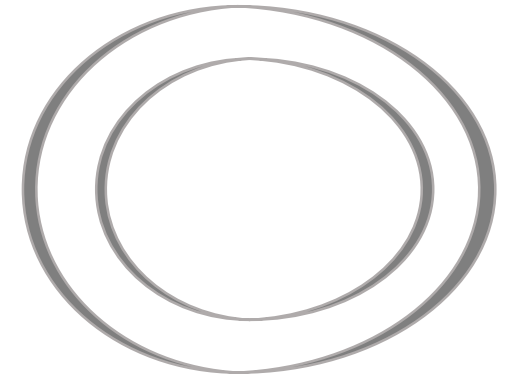
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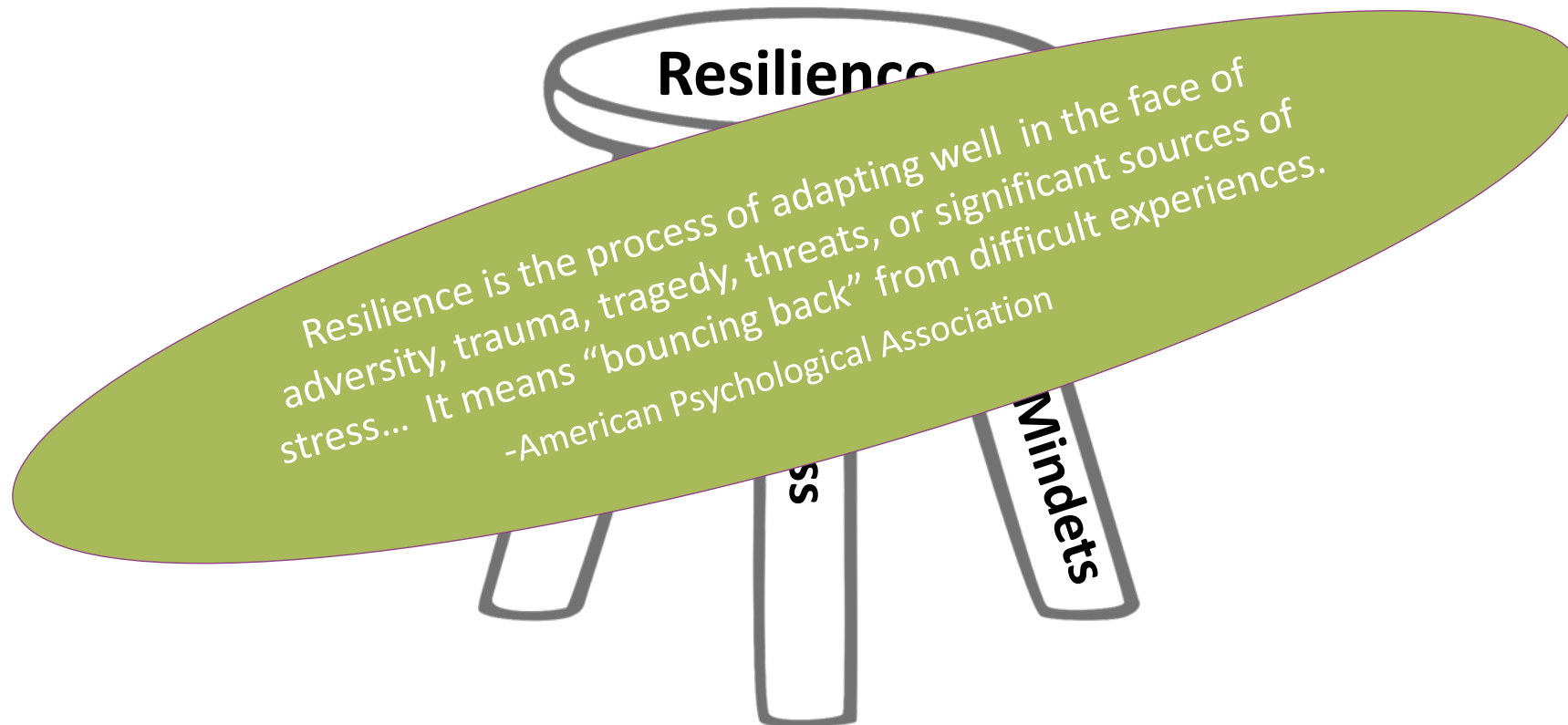


The Pillars of Resilience



A New Outlook

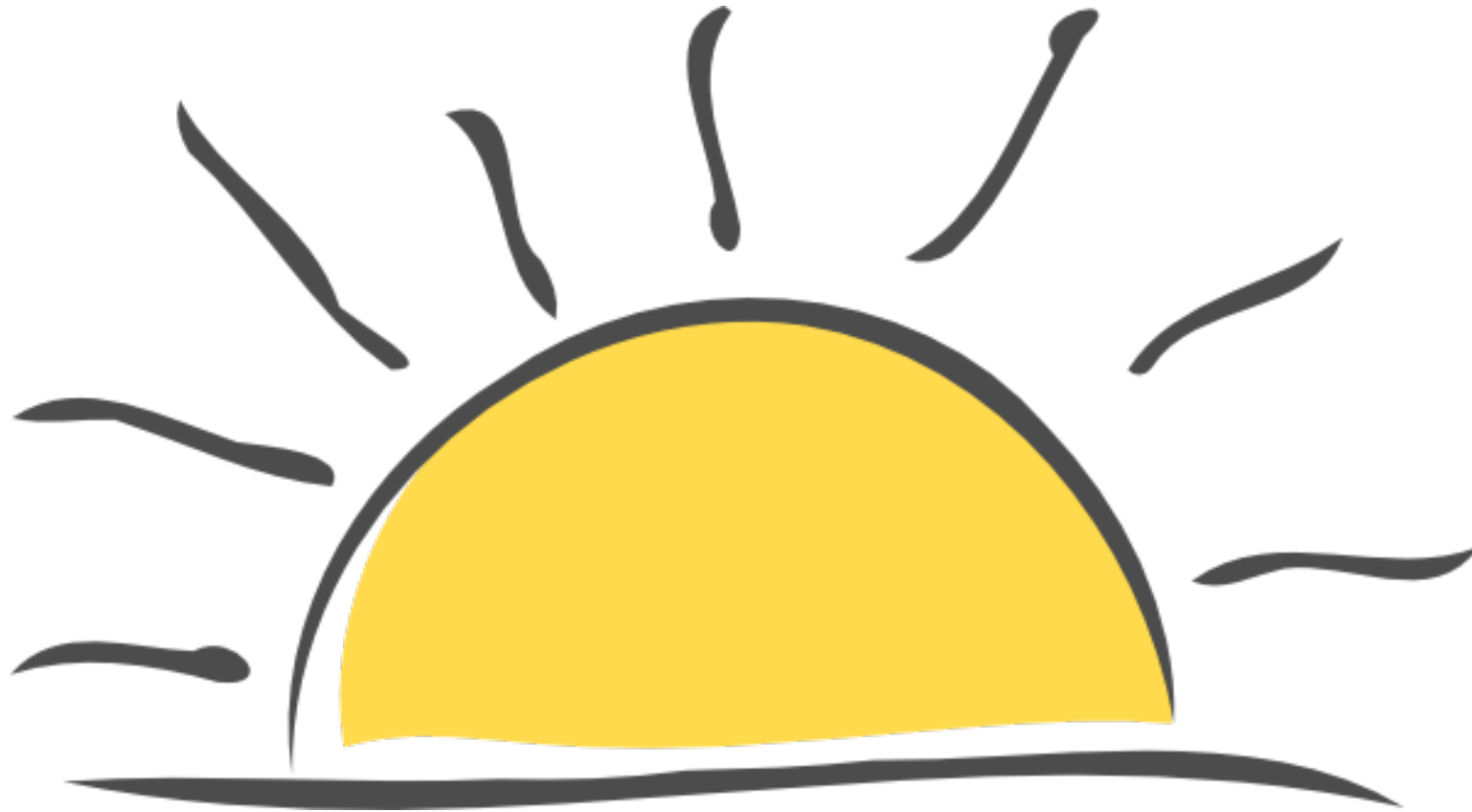
# Mindfulness, hardiness, positive mindset: The pillars of resilience



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# Mindfulness, hardiness, positive mindset: The pillars of resilience

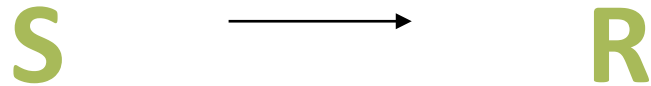




# Mindfulness, hardiness, positive mindset: The pillars of resilience

Mindfulness is the awareness that emerges through paying attention, on purpose, in the present moment, and nonjudgmentally, to things as they are.

-Williams, Teasdale, Segal, and Kabat-Zinn (2007)



Between the stimulus and the response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.

-Viktor Frankl



# Mindfulness, hardiness, positive mindset: The pillars of resilience



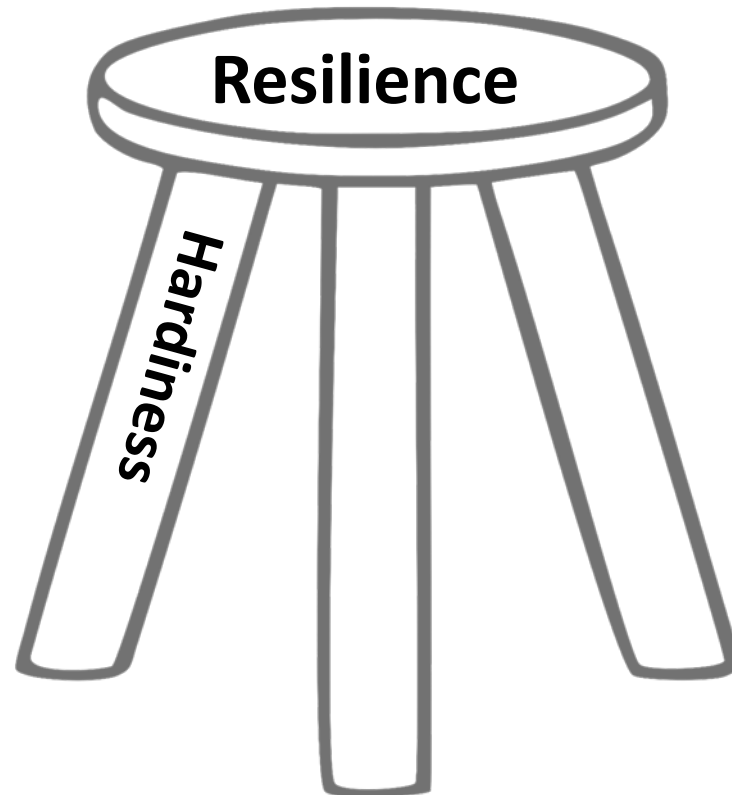
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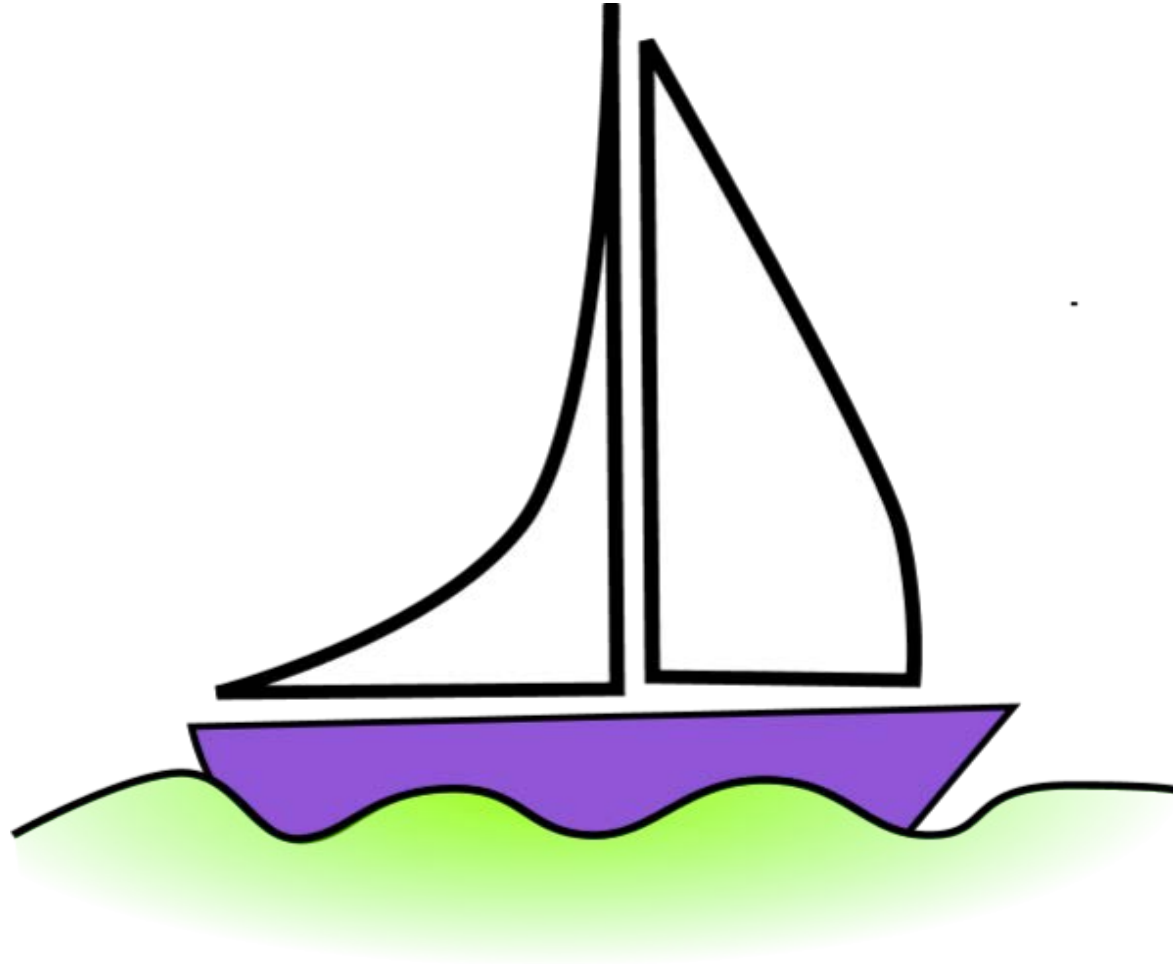
- **S**top what you are doing
- **T**ake a mindful breath
- **O**bserve what you are doing and thinking
- **P**roceed

**STOP 3-4 times per day**

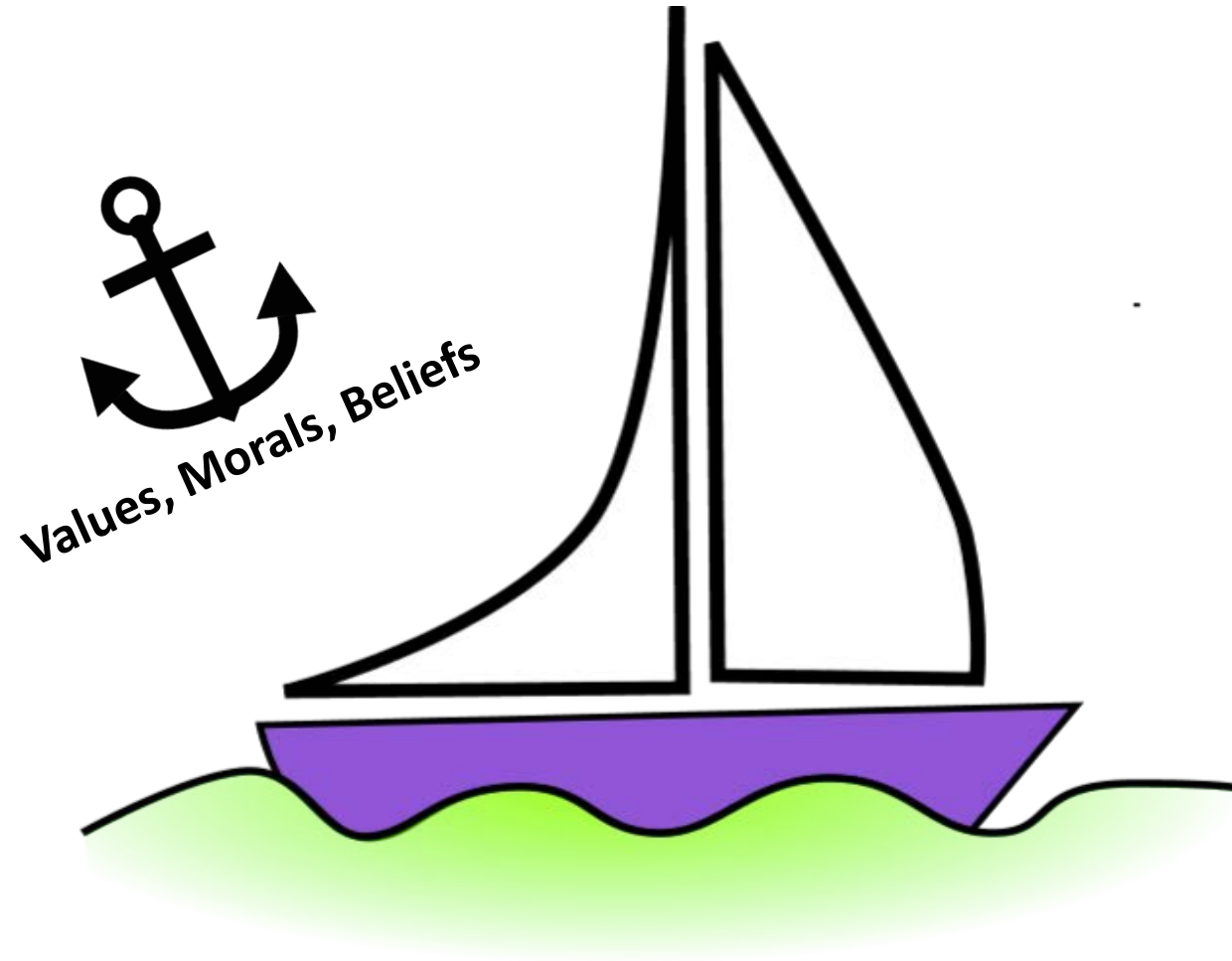
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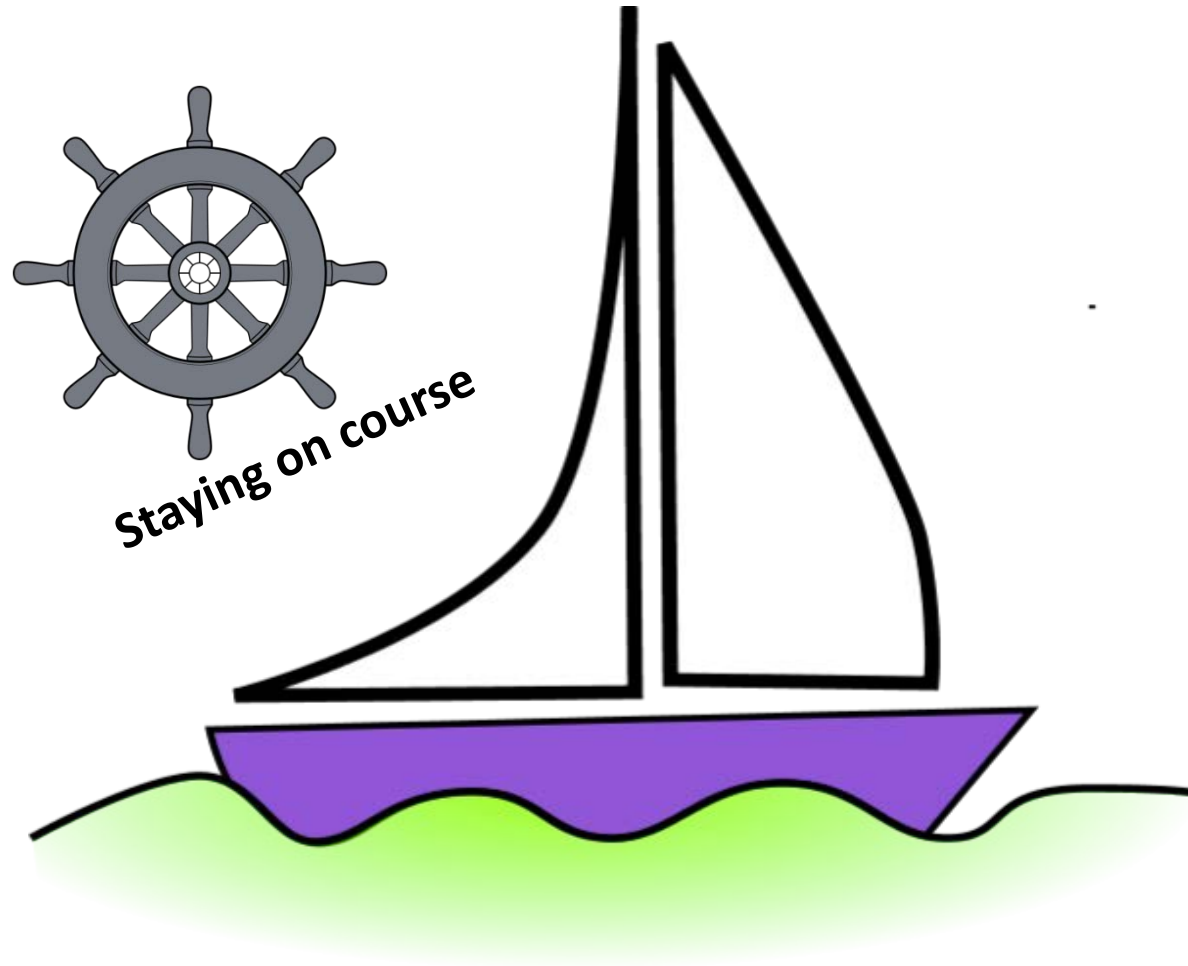
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# Mindfulness, hardiness, positive mindset: The pillars of resilience

Who will be your  
shipmates?





# Mindfulness, hardiness, positive mindset: The pillars of resilience



# KNOW YOUR RESOURCES



School Counselors  
Trusted Adults  
Safe to Say Something  
Other community  
Resources

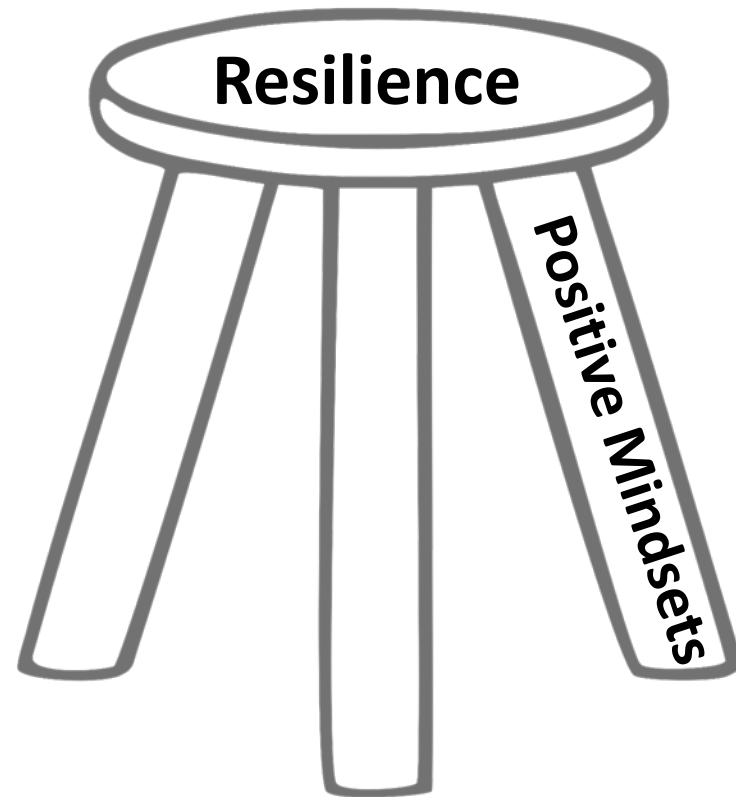


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# Mindfulness, hardiness, positive mindset: The pillars of resilience



Mindfulness, hardiness, positive mindset: The pillars of resilience

**What are your strengths?**



# Mindfulness, hardiness, positive mindset: The pillars of resilience

## A healthy plate



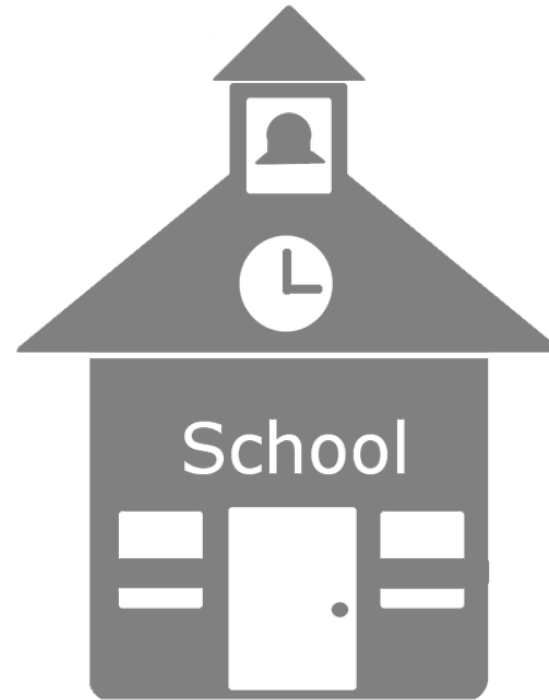
## A balanced wardrobe



You need more than just shirts!

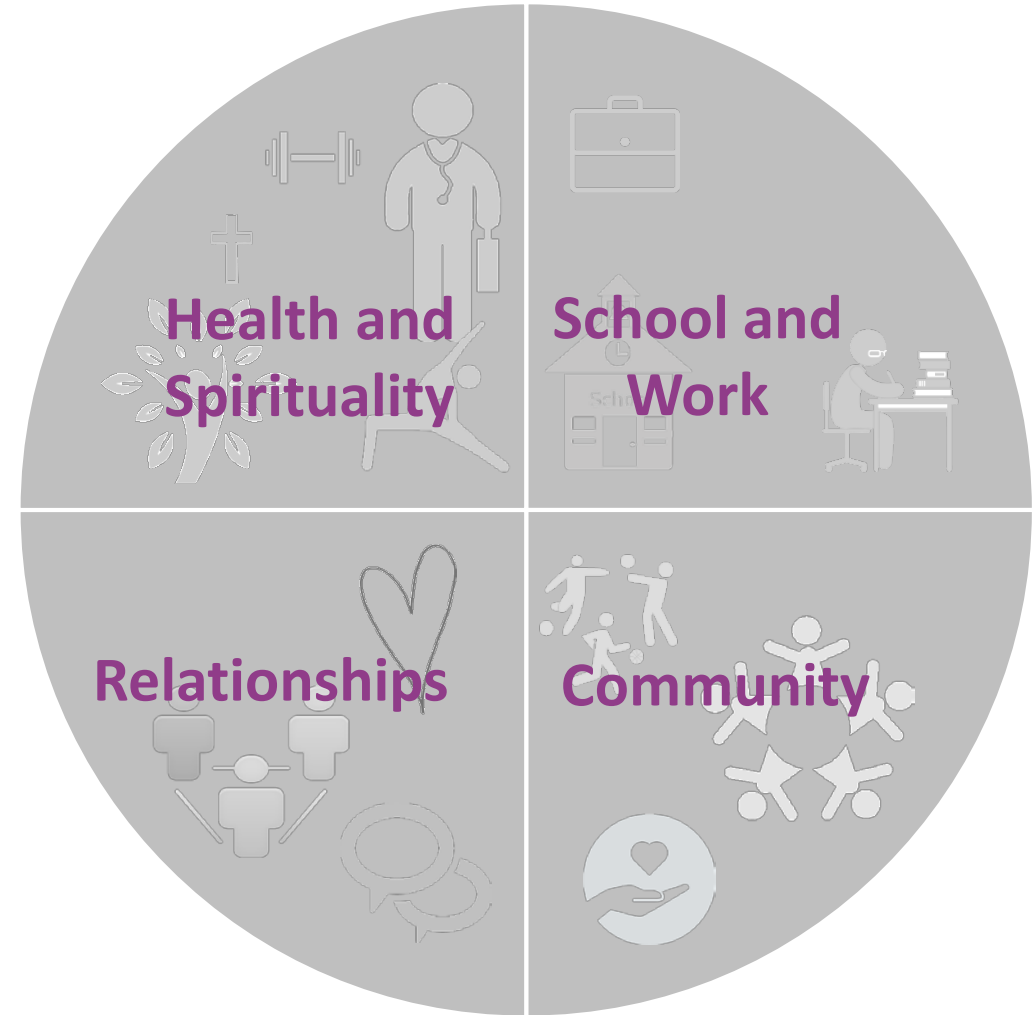
# Mindfulness, hardiness, positive mindset: The pillars of resilience

**Sometimes in life....**



# Mindfulness, hardiness, positive mindset: The pillars of resilience

**Creating a balanced life**



# Mindfulness, hardiness, positive mindset: The pillars of resilience

## 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?

[www.centerforresilience.com](http://www.centerforresilience.com)



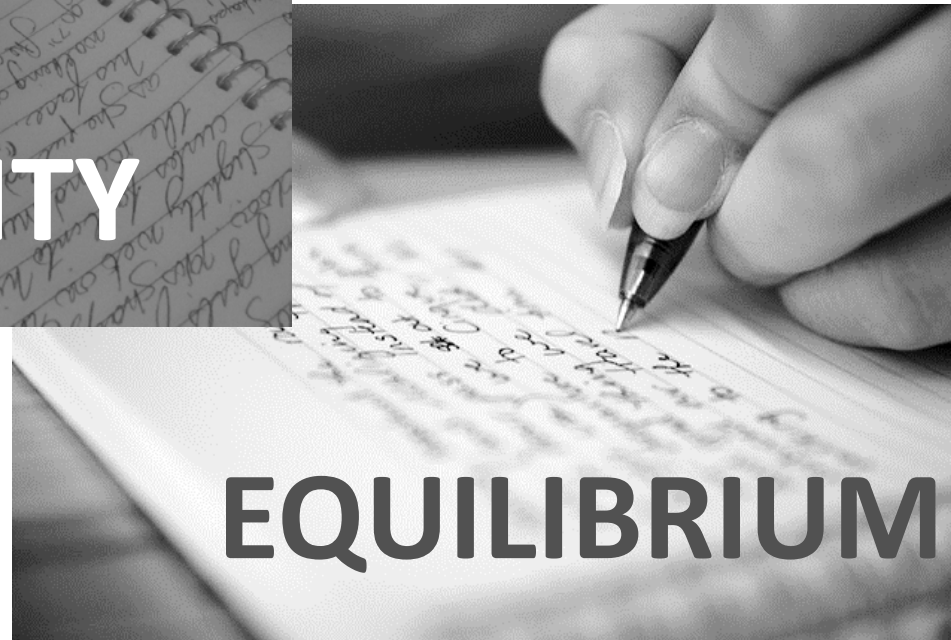


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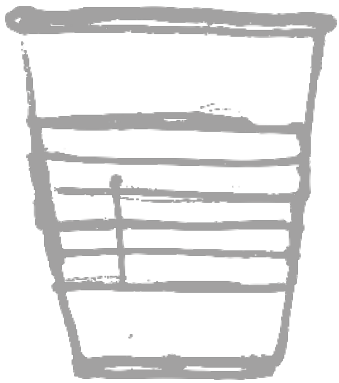
Negative Message	Positive Message That Communicates “High Expectations”
I’ve never done it before.	<b>It’s an opportunity to learn something new!</b>
It’s too hard.	<b>I will approach it differently.</b>
I don’t have the resources I need.	<b>I am a creative problem-solver!</b>
I’m too lazy to get this done.	<b>Let’s re-examine some priorities.</b>
There’s no way it will work.	<b>I can do this! I will think outside the box to figure out a solution.</b>
It’s too big a change.	<b>It’s an opportunity.</b>
I’m not going to get any better at this.	<b>I’ve learned other things that were hard at first. How did you do that?</b>

Adapted from: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950?pg=2>

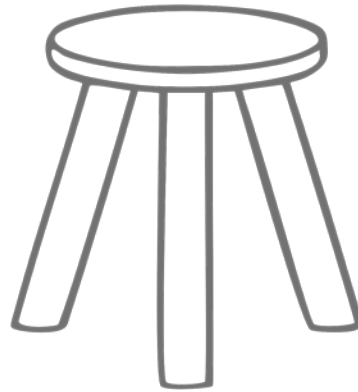
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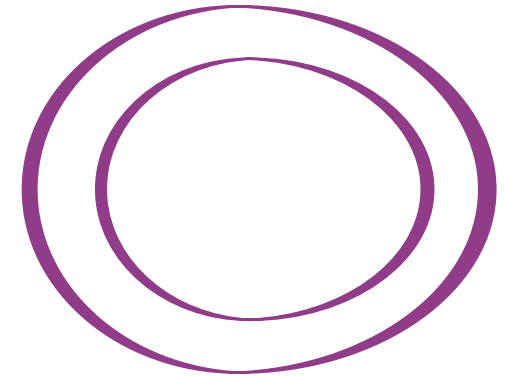
# Building resilience can decrease stress and increase wellness



Stress Defined



The Pillars of Resilience



A New Outlook

# Focus on what you can control

## Five things you cannot change

(The Five Things We Cannot Change...and the Happiness We Find by Embracing Them. 2005)

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

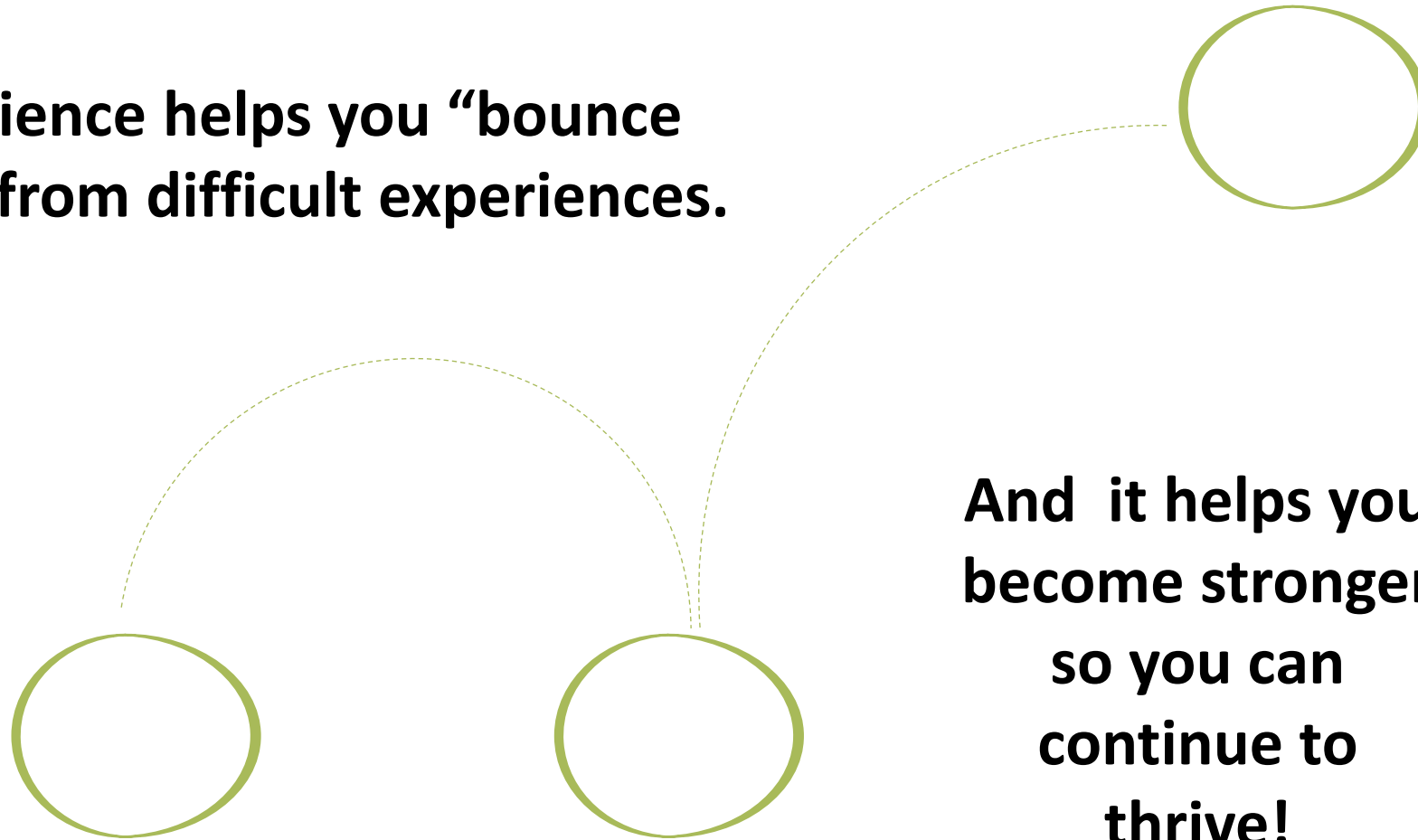
# Focus on what you can control



# Focus on what you can control



**Resilience helps you “bounce back” from difficult experiences.**



**And it helps you become stronger so you can continue to thrive!**

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## Additional Resources

Jana Marie Foundation  
[www.janamariefoundation.org](http://www.janamariefoundation.org)

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A Mindful Village

[www.amindfulvillage.com](http://www.amindfulvillage.com)

Center for Resilience

[www.centerforresilience.com](http://www.centerforresilience.com)

Candid Conversations by Jana Marie Foundation  
<http://www.janamariefoundation.org/candid-conversations.html>

Prevent Suicide PA

[www.preventsuicidepa.org](http://www.preventsuicidepa.org)



## A SPECIAL THANKS TO:

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Mount Nittany Health

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