

## More than Mindfulness



Simple and effective life skills to build resilience and deal with stress

### 4 Programs

1. Relaxation techniques and resilience building tips
2. Focusing - a More than mindfulness way of being
3. Focusing – incorporating art therapy – designed for younger children
4. Teach the teacher – can incorporate any of the things in the first 3 workshops

Leonie Stewart-Weeks

September 2015

The work in these workshops is my own however some of it has been adapted from:

Gene Gendlin [www.focusing.org](http://www.focusing.org)

Ann Weiser Cornell [www.focusingresources.com](http://www.focusingresources.com)

Jane Quayle [www.creatingconnections](http://www.creatingconnections)

Rene Veugelers [www.ftcz.nl](http://www.ftcz.nl)

Tara Brach [www.tarabrach.com](http://www.tarabrach.com) and

Mark Waldman [www.markrobertwaldman.com](http://www.markrobertwaldman.com)

Individual handouts used in these workshops will credit these experts where appropriate.

A full list of other references can be found at the end of the workshops and will be given to every participant as a reference list every time a workshop is run. If any other work from the reference list is adapted and used in handout form it will also be credited to the original source at the end of the handout.

### Meta description

Programs for Schools to build resilience via mindfulness, meditation, focusing and other techniques. Helping students to self soothe and increase their well-being

## **MORE THAN MINDFULNESS - Simple and effective life skills to build resilience and deal more effectively with stress and anxiety**

**What follows is: 3 X 10-week program for students plus a teach-the-teacher workshop that can incorporate any of the sessions included in the 3 programs. This can be tailor made to the school's needs.**

### **Introduction and overview**

One of the biggest challenges for all schools is to help students find better ways to cope with the different types of stress and anxiety they encounter in and beyond school. In a more complex, rapidly changing world, helping young people to become more resilient has become increasingly important so they can learn and work more effectively and create strong relationships of hope and possibility throughout their lives.

The MORE THAN MINDFULNESS program is three, 10-week courses for students' that teaches a suite of tools and practices, including the skills of Focusing, to help students at times of stress, anxiety or concern. All the skills being taught can become life skills. Each session is designed to be 60 minutes or normal period


As part of the course participants will explore and learn:

- What makes them anxious or stressed and how our body automatically reacts
- How we don't have an automatic way to relax
- How we can use different techniques to relax and settle and soothe ourselves
- How to use breath to relax
- How to be mindful and use mindfulness
- How to use a form of concentrative meditation
- How to use guided visualisations for ourselves and others
- How to listen effectively to ourselves and others and communicate more effectively
- How to write and use affirmations, aspirations and know our values
- How to know our strengths, achievements and skills, as well as our weaknesses or worries
- How to show our self, self-compassion and others care and empathy too.
- How to be less hard on ourselves and to strengthen our adult and soothe ourselves.
- How to be grateful and do things that give us pleasure.
- How to get in touch with the intuitive wisdom of our bodies through a way of being called Focusing.

This course is appropriate for students at various stages, including in Primary school or in Year 7 as they make their transition to high school or, at the other end of the spectrum, students in Years 11 and 12 as they prepare themselves for the HSC.

All the tools, techniques and ways of being are taught to help young people to become more confident and less anxious. They will help them at school and well beyond.

Some thoughts from me:



Worries, fears and doubts are a natural part of human consciousness. However, they undermine self-esteem, motivation and life enjoyment.

Become an observer and your “wise self” can look on.

Positive thinking helps.

Written affirmations, aspirations and goals help.

Optimistic perseverance can also benefit.

Practices involving meditation, gratitude, self-love or empathy and forgiveness are essential.

Focusing – a more than mindfulness way of being is empowering.

These 3 courses incorporate all these things and are intended to give students a whole lot of tools, techniques and ways of being.

The radical idea is that if we can offer a selection of things each student will be able to choose what helps them best.

They will be able to soothe themselves in times of trouble.

They will be able to show themselves and others self-compassion.

They will be able to listen and communicate more effectively.

They will be able to open their vision to the more, which includes the good things.

They will be able to connect with others better and in doing so get a sense of belonging.

I only wish when I was at school that someone could have introduced me to a whole array of ways to help me help myself. And even if I didn't use any of the ideas and tools then at least latter on in times of trouble I could have come back to some of these ideas and explored them more for myself.

I have a real passion for this purposeful work.

My intention is that students will be able to open themselves up to a life of hope and possibility and find their own way forward.

Leonie Stewart-Weeks

Bachelor of Physical Education

Advanced Level Netball Coach and coach the coach trainer

Masters in Counselling and Applied Psychotherapy

Graduate Diploma in Emotionally Focused therapy

Focusing Trainer

Meditation and Mindfulness teacher