

2019 CRB Every Day Counts
Conference

Mindfulness

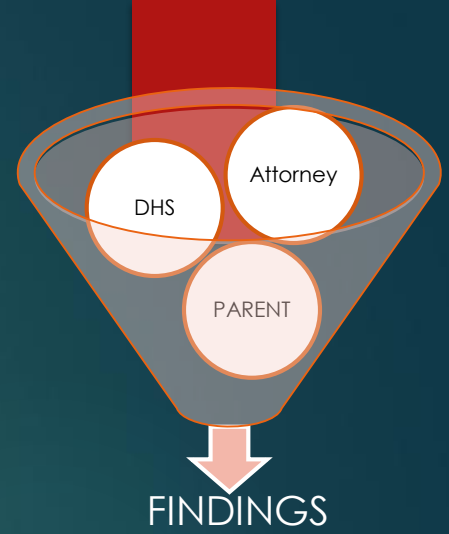


THE BRAIN AND YOU

o Lexi Delgado



Have you ever...



Who? What?

The text "Who?" is written in white and "What?" in red. Below "Who?" is an icon of a head with gears, representing thought or process. Below "What?" is an icon of an hourglass, representing time or duration. In the center, there is an icon of four stylized human figures holding hands, representing a group or community.

▶ **What is Mindfulness?** Paying attention to present moment experience without judgment.

“Mindfulness means maintaining a **moment-by-moment awareness** of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them - without believing, for instance, that there's a “right” or “wrong” way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. “

~from **Greater Good Institute**



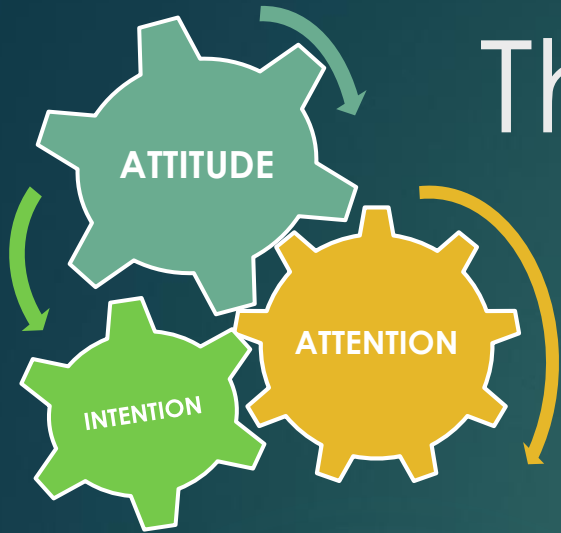
Mindfulness...

“Mindfulness isn’t about knowing that you’re hearing something, seeing something, or even observing that you’re having a particular feeling. It is about doing so in a certain way – with balance and equanimity, and without judgment. **Mindfulness is the practice of paying attention in a way that creates space for insight.**”

~ Sharon Salzberg



The 3 Pillars of Mindfulness



ATTENTION: Ever get distracted? Pulled into drama? Side tracked? Avoidant of something super tricky? TIP: Decide where your attention is most needed and focus your attention there. When it strays, bring it back.

INTENTION: Who are you serving - do you ever forget? Setting an intention makes you 50% more likely to succeed at any goal you set.

TIP: Use board prep time to set an intention at the beginning of the day. Ask yourself: How do I want to be? Decide and do-it. When you stray, simply return to your intended stance.

ATTITUDE: How do your biases or reactions impact your ability to respond to cases? TIP: Practice a neutral attitude - non judgmental, unbiased, available to listen and learn, open and adaptable.

Mantras in your Pocket

Research shows we are less intelligent and adaptive under stress.
Cues are an effective way to redirect our focus and remain present.



I've got this!
Speak up (my input matters).
Just breathe.

For others present at the review:

I am hearing you loud and clear.
Is there anything else you'd like to say?
Thank you for sharing that.
Your point is valid.

ROLE PLAY



REVIEW SCENARIO AND DEBRIEF

Finding 6: Sufficient Parental Progress

Scenario/Background: This is a long-term family with extensive child welfare history. This is re-entry case from a year ago due to the mother's relapse with substance abuse and possession charge. This is the first CRB review since the re-entry. The father is deceased. There are 2 children - Shasta (age 13) who wants to remain with her grandmother and Dakota (10) who is bonded with his mother and misses her. Dakota shuts down and has been acting out since visits have stopped. The paternal grandmother is the certified relative care provider. She also had the children during their prior stay in care.



Questions?

THANK YOU FOR ATTENDING

AND taking time for what matters.



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