



BRINGING *MINDFULNESS* AND *ONENESS* INTO THE CLASSROOM: DISSOLVE ANXIETY TO ENHANCE LEARNING

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PART 1: MINDFULNESS IN THE CLASSROOM

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Meditation practitioner since 2001

Certified Yoga teacher (2010) and Yoga therapist (2017) from SVYASA, India

STUDENT STRESSES

- Financial
- Math anxiety
- Imposter syndrome – not belonging

FEAR OF MATH

- Quantitative – numerical/abstract anxiety
- Test anxiety
 - Fear of failure
 - Punished previously



$$\sqrt{33} - \frac{\pi}{3}$$

$$\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n$$

ROLE OF STRESS

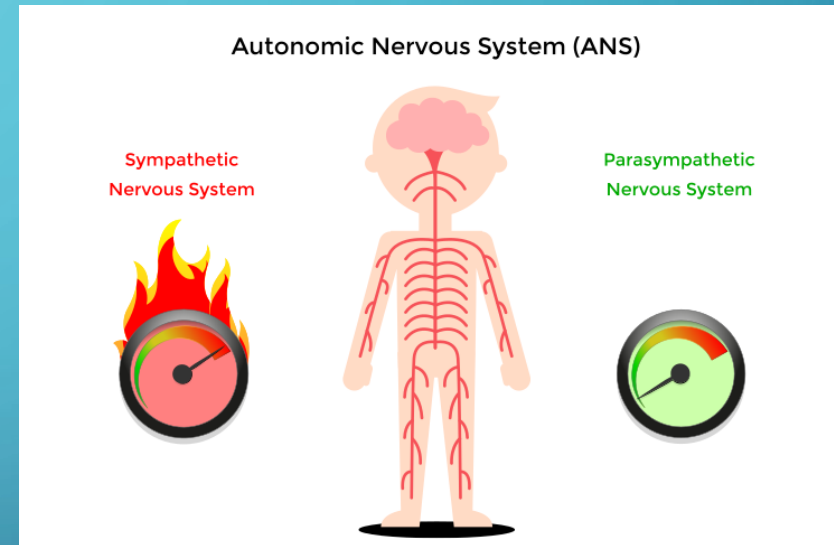
Stress: response to a demanding situation

- Fight/ flight/ freeze response impedes learning

Sympathetic nervous system → fight or flight

Parasympathetic nervous system → rest and digest

- Eustress and distress; beneficial vs chronic stress



<https://www.parentingforbrain.com/self-regulation-toddler-temper-tantrums/>

STUDENT CURRENT ISSUES

- Fragmented attention → Productivity, efficiency ↓
 - Multitasking, social media, split windows
- Fragmented society → tension → affects learning



WHAT IS MINDFULNESS?

- Being present fully
- Meditation – concentration/awareness
- Awareness without judgement
- Compassion

Benefits

- Reduce stress
- Remove distracting negative talk
- Improve health and wellbeing
- Rewire the brain - Current brain research indicates that mindfulness helps create new neural pathways

FROM YOGA THERAPY

* ORIGIN OF DISEASE – PSYCHOSOMATIC, STRESSFUL
LIFESTYLE BASED AILMENTS

Mind is restless, busy with thoughts, emotions, worries



Disturbance in Prana – disturbed breath rate, sleep, heart rate up, digestion disturbed



Affects Body level – lower immunity, weakest organ gets disease

DEALING WITH RESTLESS MIND

- Mindfulness – can be done by anyone
- Meditation – needs practice


For further exploration → Yoga therapy methods such as yoga nidra (sleep), sound resonance techniques

MINDFULNESS FOR SUCCESS

- Extra credit module created as trial in Fall 2018
- Opt-in for assignments.

▾ Assignments


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Short meditations

Mindfulness exercises Module | Closed | Due Nov 13, 2018 at 11:59pm | 10 pts


...



Before a test

Mindfulness exercises Module | Closed | Due Nov 20, 2018 at 11:59pm | 10 pts


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Long meditations


Mindfulness exercises Module | Closed | Due Nov 27, 2018 at 11:59pm | 20 pts

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What is mindfulness

...



Mindless or mindful activity

Mindfulness exercises Module | Closed | Due Nov 26, 2018 at 11:59pm | 10 pts

Recent Announcements



Last week of classes

This course will end this week. Good luck studying for finals. If you f...

Posted on:

Dec 2, 2018 at 8:14pm



Welcome, follow the exercises

Work on assignments 1,2 and 3 and earn extra credit, including ope...

Posted on:

Nov 10, 2018 at 1:35pm

Mindfulness for success

Edit



Mindfulness is the new buzzword for increasing effectiveness whether for a musician, an athlete or a student. Not only does it reduce stress, improve concentration, but it can also positively impact well-being. Ironically, the more one practices, the more time one finds. Here is the link to the [mindfulness at SF campus](#).



Check out the [resources on the SF website](#).



The background is a blue gradient with abstract white lines and circles in the corners, resembling a circuit or network diagram.

EXERCISE IN MINDFULNESS

STUDENT REFLECTION RESPONSES

What helped:

- Reduced my stress level
- Made me feel relaxed
- Felt like I could fall asleep
- Very soothing
- Helped me tune everything out
- Breathing in and out helped calmed me

What didn't help:

- I kept wondering what I would have to do next
- Made me feel relaxed but also kind of on edge

At the beginning of the meditation, I was somewhat skeptical that I'd feel any sort of affects during the meditation. About five minutes in, I found myself becoming more relaxed, and I could finally stop fidgeting. I could feel my breathing slowing considerably, as I focused on the voice in the recording. Soon after, I began to feel the small involuntary movements of my body acutely, such as muscles twitches. I could feel the air enter and exit my lungs with each breath and exhale. It was so surreal that I didn't even realize the voice had stopped talking. My mind was drifting, sort of lazily considering all sorts of different things without giving them each much thought. Finally, when the exercise finished, I felt considerably calmer than I had been previously, and this feeling remained for the rest of the day.

MINDFULNESS IN THE CLASSROOM EXERCISES

- Guided meditation using relaxation yoga methods
 - Breath counting or long exhales
4 in 6 out – 1:1.5 or 1:2 ratio of inhalation : exhalation
 - 1 minute silent and 5 minutes guided instructions practice
- Cell phone attendance – removing distractions
Three week trial with bonus for punctual cell phone sign-ins
- UCLA mindful awareness center (at home)
<https://www.uclahealth.org/marc/mindful-meditations> - 3min, 5min, 19 mi, sleep specific
- Student input – headspace app, abdominal breath, books on meditation, deep work

TIPS

- Create a class community, earn trust prior to mindful exercises
- Model mindful teaching
 - When you care for students, they will be more receptive
 - Generate curiosity of the practice, focus on benefits
- Not all classes are favorable - some work, some don't
- Provide options – eyes open or closed, breathing rates or times
- Before tests is a good time

REFERENCE READINGS

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- Ulrich W.Weger, NicHooper, Brian P.Meier, TimHopthrow, “Mindful Maths: Reducing the impact of stereotype threat through a mindful exercise”, Consciousness and Cognition, Volume 21, Issue 1, March 2012, Pages 471-475
- <https://mindfulness.ufl.edu/index.php/research>
- Paul Verhaeghen, "Presence - How mindfulness and meditation shape your brain, mind and life", Oxford Press, 2017
- Sri Swami Satchidananda, “The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras”
- Thich Nhat Hanh, “Present Moment Wonderful Moment: Mindfulness Verses for Daily Living”