

MINDFULNESS FOR NORMAL HUMANS



LEARNING GUIDE



AFFECTIVE LIVING
PURPOSE. PERSPECTIVE. PERSEVERANCE.

ABOUT CHASE MIELKE



Chase Mielke is a full-time teacher and instructional coach in Plainwell Michigan. As a teacher, Chase has developed and run various social-emotional programs, including mindfulness courses and a Positive Psychology class for emotionally, behaviorally, and academically at-risk high schoolers.

In addition to teaching full-time, Chase is a nationally recognized speaker and trainer. He has traveled from Turkey to Thailand, Alaska to Atlanta, and just about every state in-between to share the science of purpose, perspective, and perseverance.

Chase has a master's degree in Curriculum and Instruction. He was a 2014 Michigan Teacher of the Year nominee and recipient of multiple local and state awards for teaching and course development. His essay and video "What Students Really Need to Hear" has been viewed more than 6 million times in over 180 countries.

When he's not daydreaming about Barnes & Noble gift cards and fresh Expo markers, he spends his time loving on his family in Kalamazoo, Michigan.

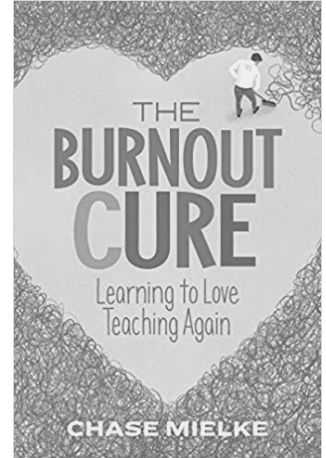
from Greater Good Science Center's top summer reads of 2019:

After a 10-year teaching career, Chase Mielke was emotionally depleted and ready to leave his job. In *The Burnout Cure*, Mielke shares the tools he used to renew his commitment to teaching and to flourish and thrive as an educator.

How did he turn it around? The positive psychology elective he designed for his own high school students ended up emotionally sustaining him, too.

Mielke's practical, user-friendly book describes the keys to well-being that enlivened him both personally and professionally—including mindfulness, optimism, gratitude, empathy, forgiveness, and altruism. He outlines specific activities or "life assignments" for savoring and sustaining each of these qualities—like committing to a no-complaining challenge for 24 hours, ending each day by writing down a "win" and a goal, or listening to a mood-lifting song.

Although his book is well-grounded in the latest positive psychology research, Mielke does all the heavy lifting for readers by sharing clear and relatable stories and classroom-based analogies—all with a light, sometimes humorous touch.



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Website: www.affectiveliving.com

THE TRIUNE BRAIN

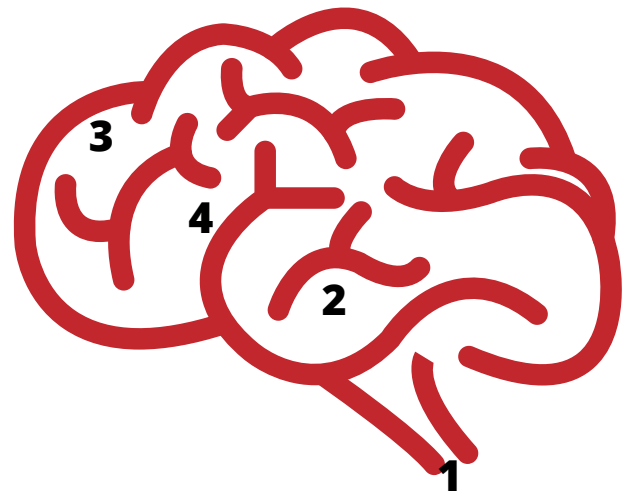
THE POWER PLAYERS

Brain Stem

Limbic System

Neocortex

Anterior Cingulate Cortex



THE SCIENCE OF STRESS

Two Main Threads

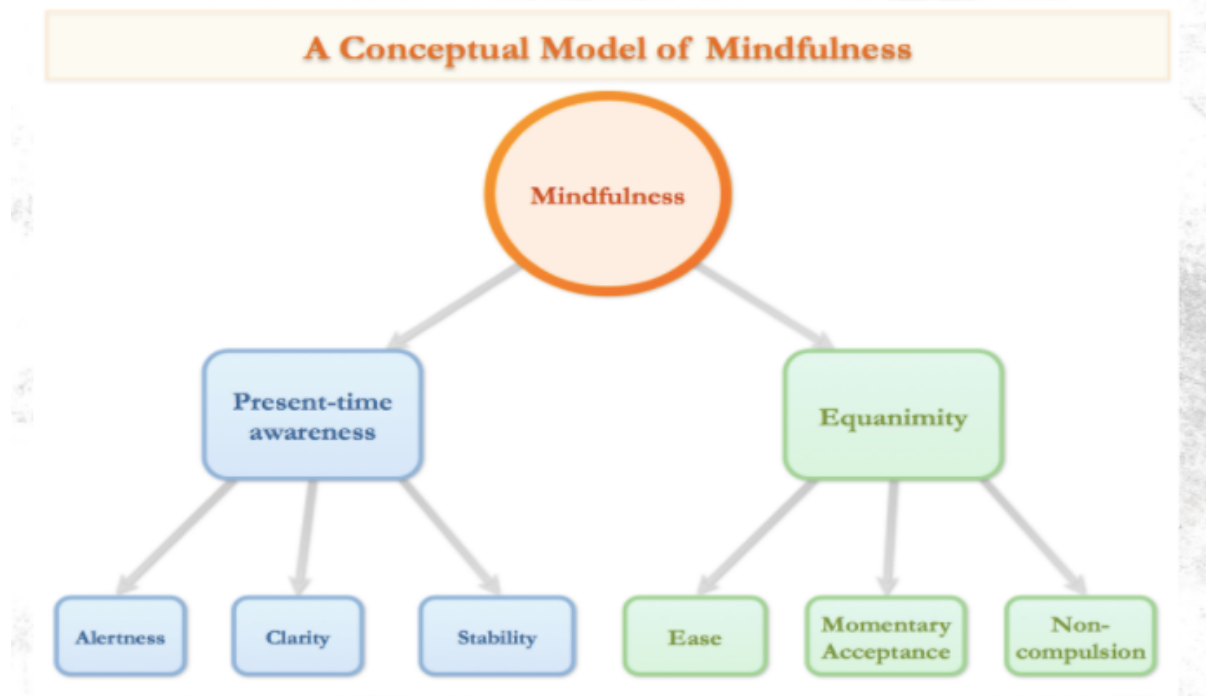


Image via Mindfulschools.org

DOWN-TO-EARTH DEFINITION

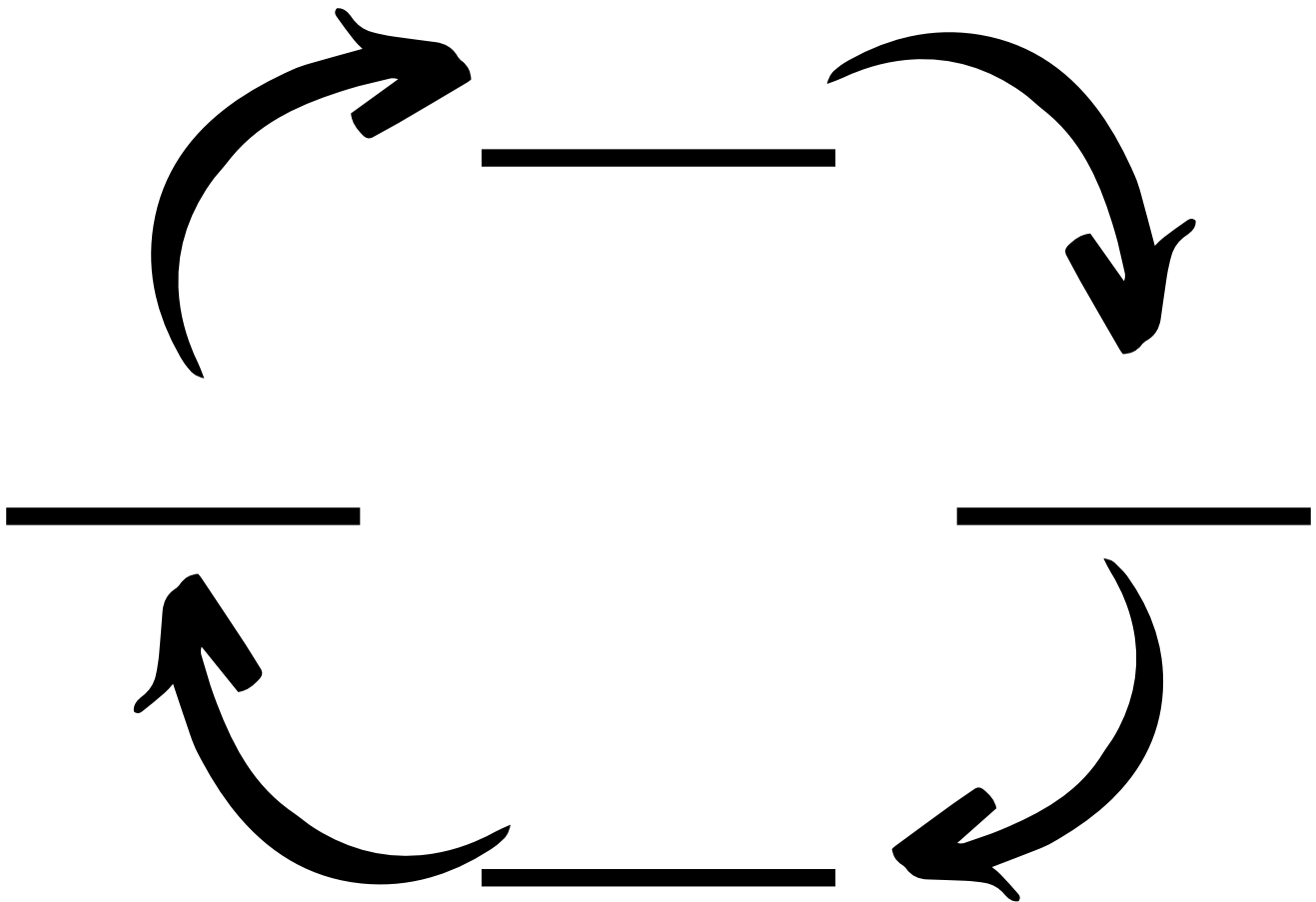
STRESS IS: The **practice** of developing **present-time awareness** and **equanimity**

1. Practice

2. Present-time awareness

3. Equanimity

THE FLOW OF ATTENTION



One of the biggest misconceptions about mindfulness is that it is the practice of holding attention on one thing over time. So, when people realize how hard it is to hold attention -- even for those who practice regularly -- frustration can follow. *"Why can't I keep focus? What is wrong with me!? This is supposed to be easy and relaxing!!"*

While the **goal** of mindfulness might be to increase focus and equanimity, the **practice** is the refocus. Think of it like weight training: Sure it would be nice to simply hold a heavy weight, but it is the repetitive flexing that ultimately strengthens the muscle. Refocusing is the push-up of mindfulness.

When we accept that refocusing is beneficial for mindfulness, we can welcome each distraction -- embracing it as an opportunity to grow. So, when you find your mind drifting or your temper rising, don't feel bad about the lapse: reframe it as an opportunity to grow.

As is often said in the mindfulness community, mindfulness is the art of starting over.



POWER MOVES

3 WAYS TO EMBED MINDFULNESS DAILY

3-POINT BREATH

THOUGHT NOTING

MANTRA

How I can apply these



MINDFULNESS TRIGGER

A cue that reminds us to take a few
mindful breaths

RAMBLING
TRIGGERS

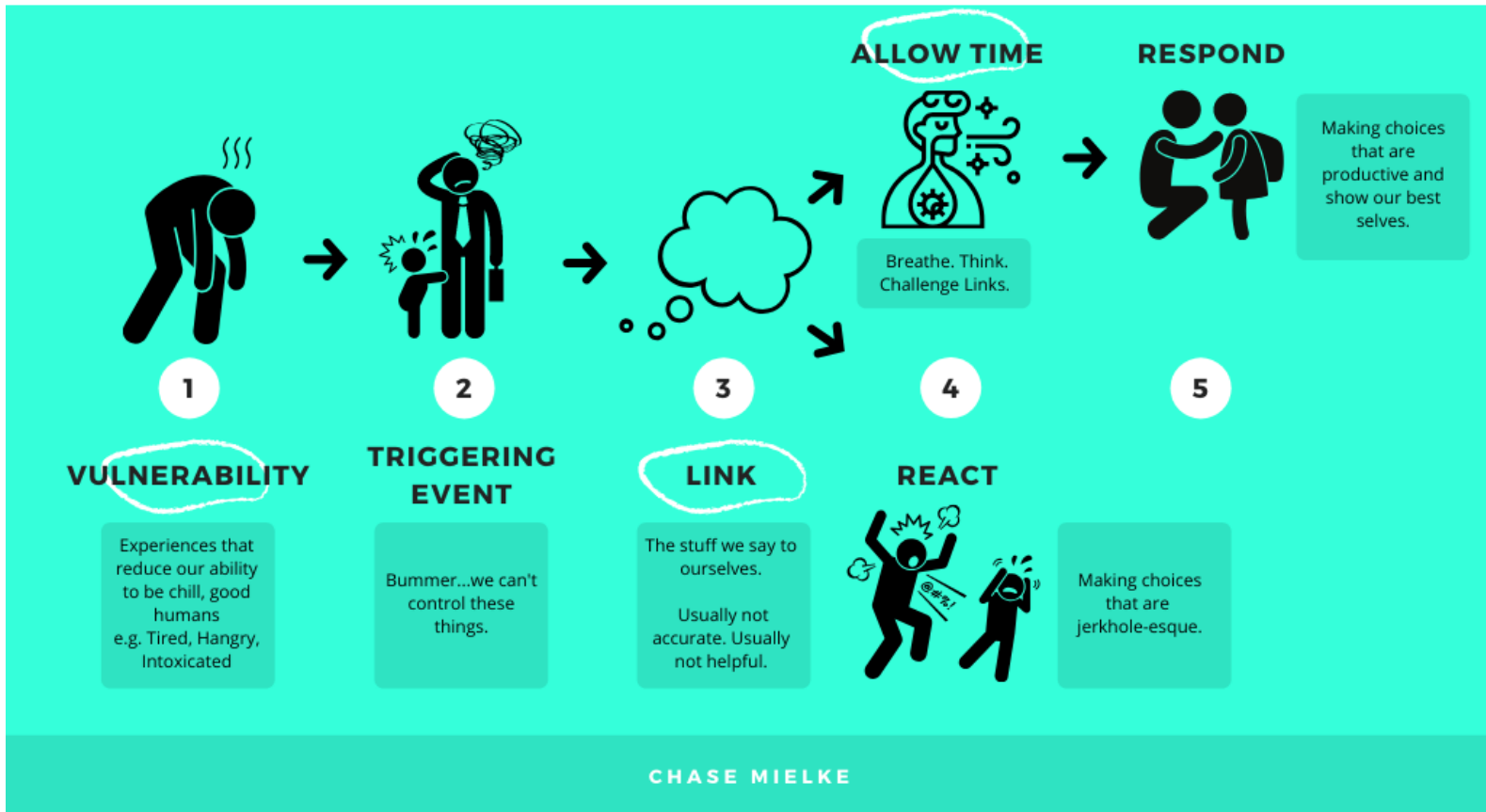
RUMINATING
TRIGGERS



BEHAVIOR CHAIN ANALYSIS

Behavior Chain

REGAIN YOUR CHILL



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How I can apply these



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3 IMPACT POINTS

Impact Points

REGAIN YOUR CHILL 3 KEY MOMENTS



1

VULNERABILITY

- a) Prioritize health with better sleep hygiene and eating habits.
- b) Check-in when you start to feel tired, hungry, or irritable. Study your habits and begin mindful breathing *BEFORE* triggering events might happen.



3

LINK

- a) Use an inward I-Statement: "I'm feeling _____ because _____. I need _____."
- b) Remind yourself that thoughts and feelings are not absolute truth. Ask yourself, "What thought could help me be my best self?"



4

ALLOW TIME

- a) Use mindful breathing. Try a mantra:
*"Breathing in I feel ...
Breathing out I choose to..."*
- b) Focus on something in the moment. Listen to sounds you hear, label what you see, etc.

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How I can apply these



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3 MINDSETS



Curiosity

Non-striving

Self-compassion



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