



# LAND ACKNOWLEDGEMENT

YouthREX's Provincial office is located at York University. Both YouthREX and York University acknowledge their presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, the Wendat, and the Métis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders and the Mississaugas of the Credit First Nation. This territory is subject of the Dish With One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

Source: <http://aboriginal.info.yorku.ca/>

# THINGS TO KEEP IN MIND

- We are recording this webinar and it will be uploaded to our online Knowledge Hub, along with any related resources shared.
- If you have trouble with the audio quality today, please try calling in with a phone.

# ABOUT YOUTHREX

## OUR VISION

An Ontario where shared knowledge is transformed into positive impact for all youth.

## OUR MISSION

To make research evidence and evaluation accessible and relevant to Ontario's youth sector through knowledge exchange, capacity building, and evaluation leadership.



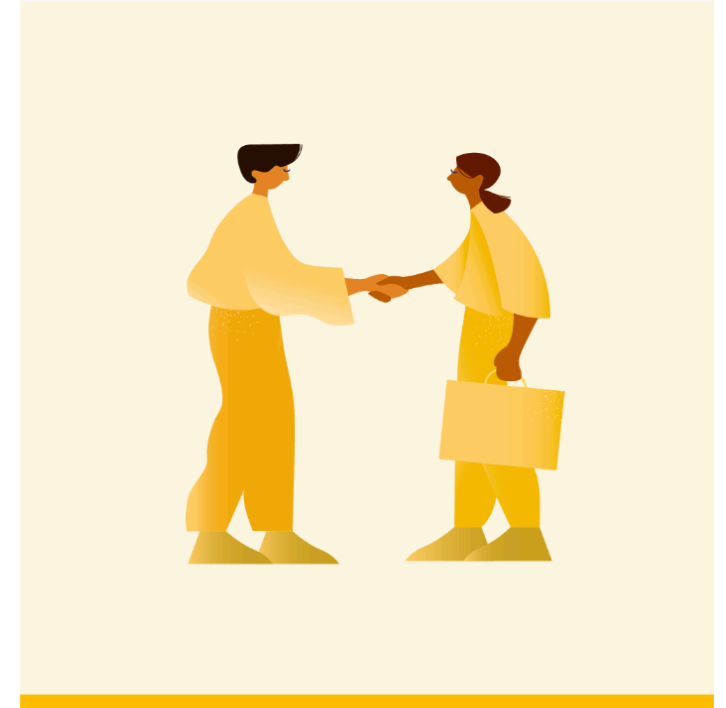
## Knowledge Exchange

We create and curate evidence-based resources to support youth work practice, and to amplify the voices and experiences of young people in Ontario.



## YouthREX ED

YouthREX ED offers professional development opportunities for youth workers to learn, connect and share - both online, and offline.



## Youth Program Supports

We work with youth programs to support the design, development and evaluation of their work with young people.



LIVED EXPERIENCE

# Visit our Knowledge Hub!

Browse 1100+ resources connecting  
shared knowledge to youth work

RESEARCH

PRACTICE



Mindfulness is a holistic philosophy that is much more than a meditation practice or a set of techniques.

It encourages us to explore who we are, question our worldview, and foster appreciation for our experiences.

## 01. Mindfulness 101



Mindfulness is a holistic philosophy that is much more than a meditation practice or a set of techniques. It encourages us to explore who we are, question our worldview, and foster appreciation for our experiences.

There are many ways to practice mindfulness. We often think of formal activities such as meditation or breathing exercises, but you can also be mindful during everyday activities, like eating or washing dishes.

The key is to bring your attention to what you are doing in the present moment, and to avoid judging any feelings or thoughts that may arise.

What does mindfulness look and feel like? Let's consider some of the practices and ways of being that constitute a mindful philosophy and approach to life.<sup>1</sup>

**Acceptance**  
Seeing and acknowledging things as they are in the present moment.

**Authenticity**  
Openness, honesty with the self and others, and gaining a realization of the beauty and completeness of each human being.

**Awareness**  
Awareness of thoughts, feelings, and habits; seeing the "big picture" rather than giving into one's conditioned habitual behaviour; awareness of the wider environment.

**Curiosity**  
A spirit of interest, investigation, and exploration.

**Empathy and Compassion**  
A respectful consideration of another person's experience, including feelings, needs, and desires; this consideration will naturally extend to include the environment.

**Equanimity**  
A quality of wisdom, an evenness and steadiness of mind that comprehends the nature of change.

**Gentleness**  
A soft, considerate, and tender quality, but not passive, undisciplined or indulgent.

**Letting Go**  
Non-attachment, not holding on to thoughts, feelings or experiences.

**Loving Kindness**  
Truly wishing another well – to be healthy, safe, free from harm, and free from fear; a quality embodying friendliness, benevolence, and love. Loving kindness extends to all that surrounds a person, too.

**Non-attachment**  
Letting go, not grasping and clinging to outcomes; allowing events to simply unfold.

**Non-judging**  
Impartial witnessing, observing the present moment without evaluation or categorization.

**Non-reactivity**  
Ability to respond with consciousness and clarity, instead of automatically reacting in a habitual or conditioned way.

**Non-striving**  
Non-goal-oriented, remaining unattached to outcome or achievement.

**Openness (Beginner's Mind)**  
Seeing things newly, as if for the first time.

**Patience**  
Allowing things to unfold in their own time.

**Trust**  
Developing a basic trust in your experience and your own inner wisdom.

<sup>1</sup> The table is reprinted from *Teachers teaching mindfulness with children: An interpretative phenomenological analysis* by N. J. Albrecht (2016) [Doctoral dissertation, Flinders University].



**Diana Coholic, Ph.D., RSW**  
School of Social Work, Laurentian University



**Tricia Goeldner, MSW, RSW**  
Rainbow District School Board



**Amanda Hardy, MA**  
Rainbow District School Board





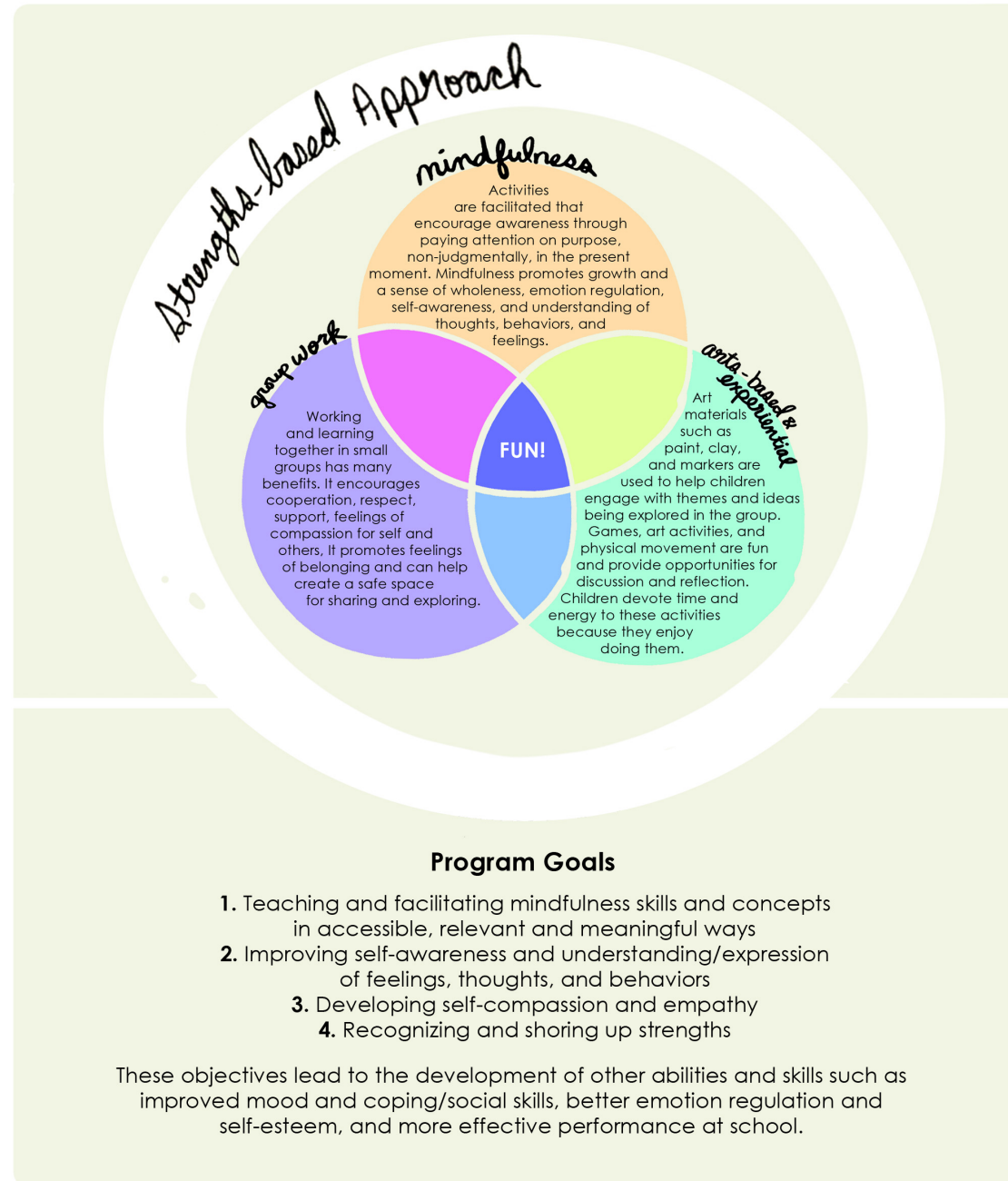
# A Creative Approach to Using Mindfulness with Youth

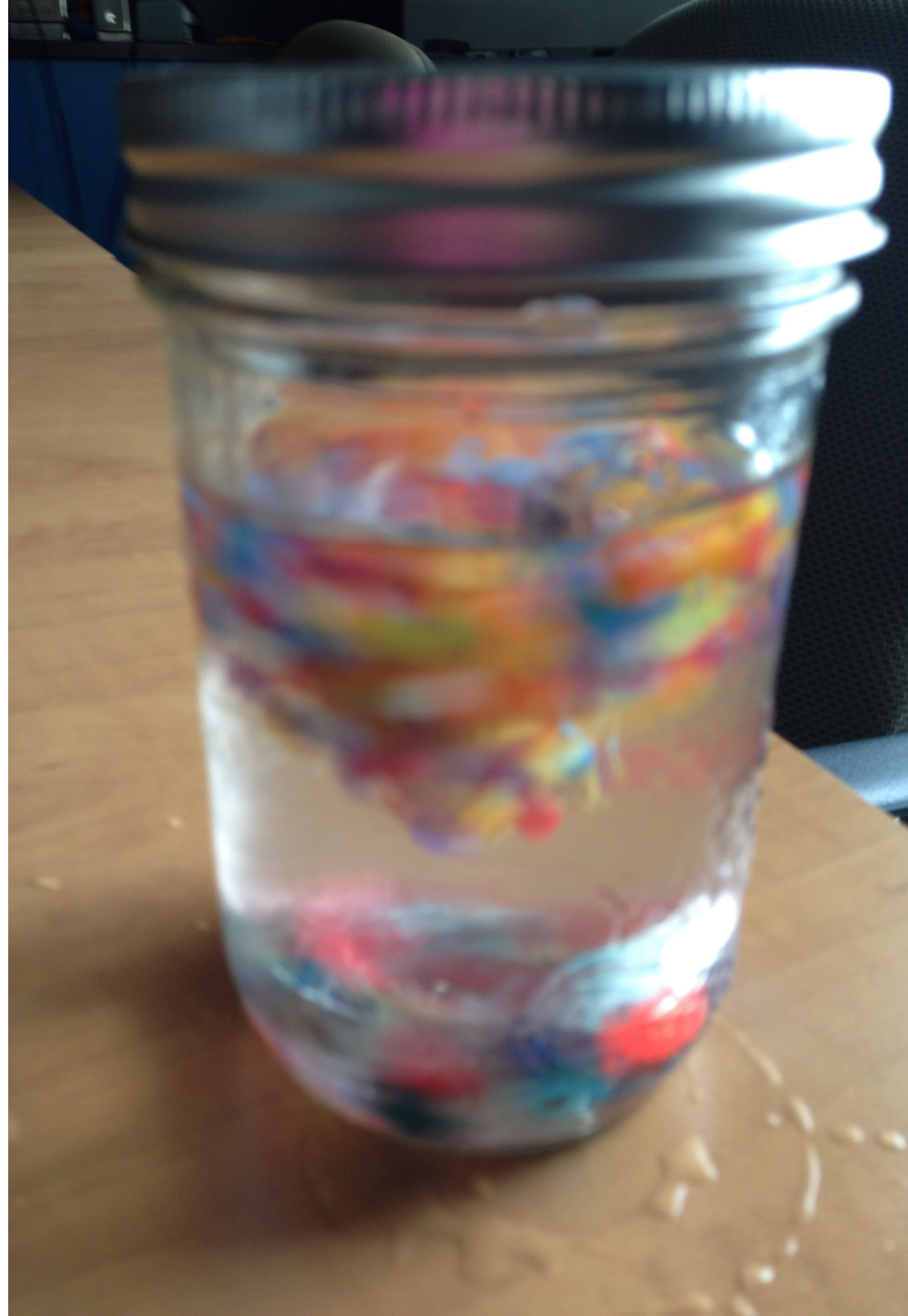


**YOUTHREX**  
Research &  
Evaluation eXchange



# The HAP Map: A Conceptual Diagram





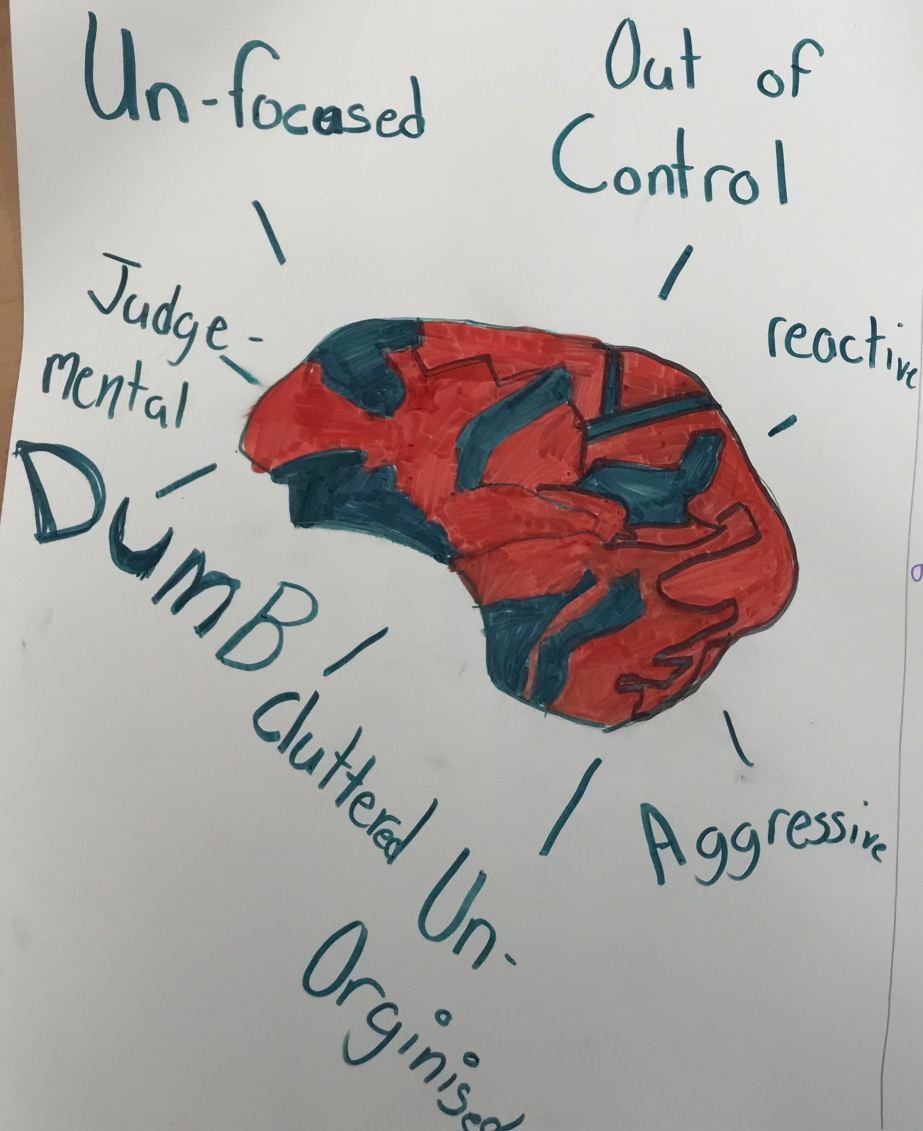
# MINDFULNESS

- Accessing the present moment
- Cultivating attention to attend to what is happening right now
- Seeing things without a distortive lens of judgment
- “activity that encourages awareness to emerge through paying attention on purpose, non-judgmentally in the present moment”  
(Dr. Jon Kabat-Zinn)

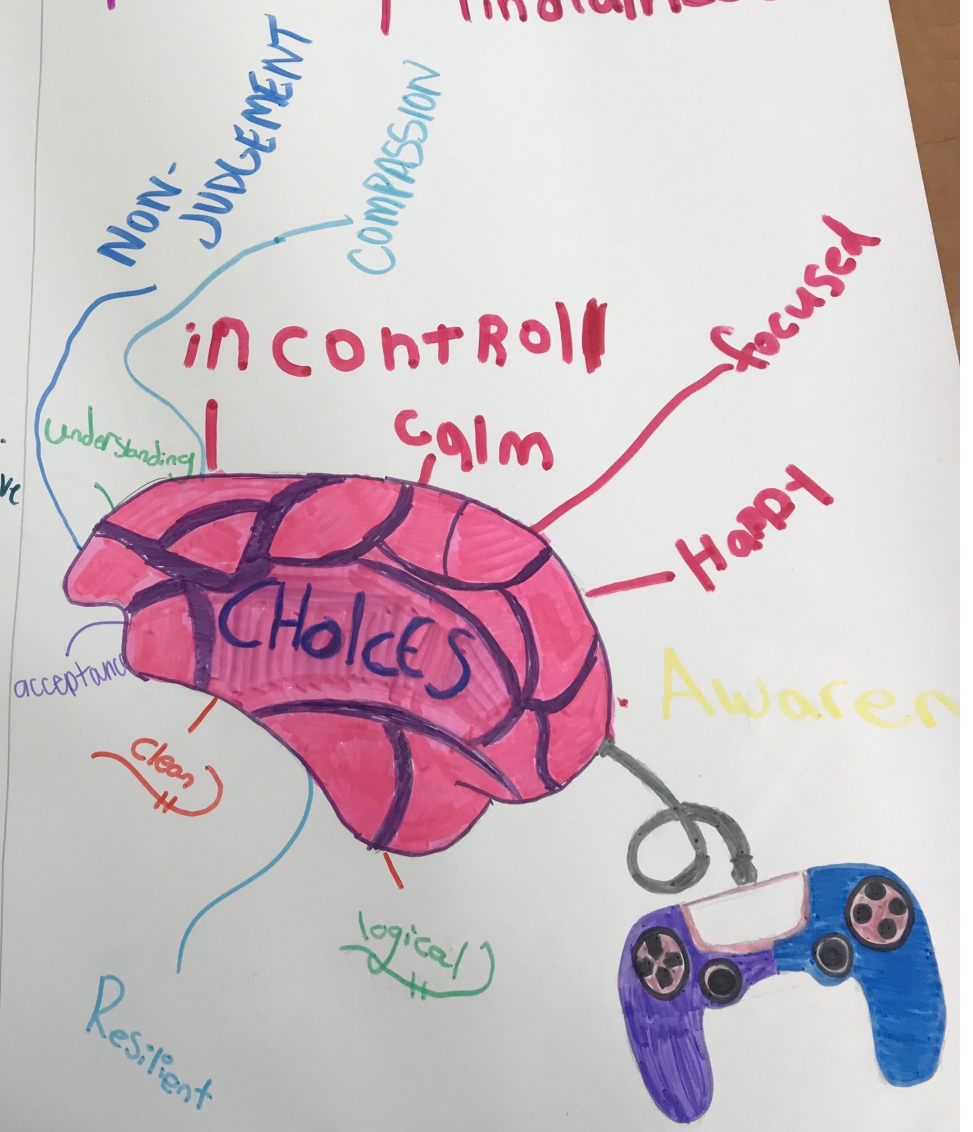
# MINDFULNESS

- Is both a state & a trait (dispositional)
- Secularized in the West
- Self-awareness
- Daily life mindfulness
- Formal practice

# Before Mindfulness



# After Mindfulness



# Mindful Breathing



Take 5

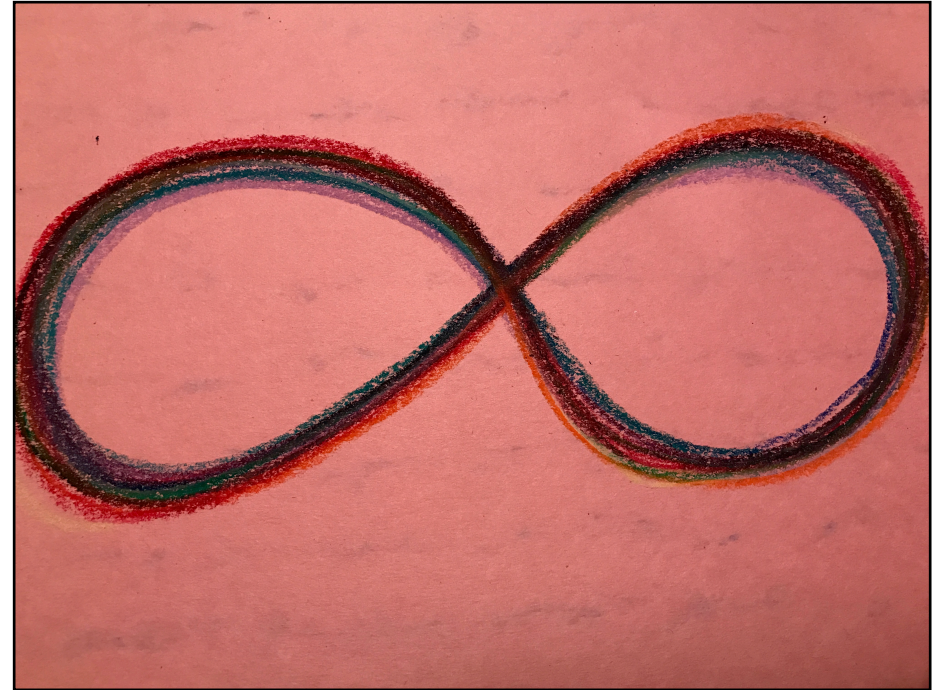


Figure 8 / infinity symbol



# Attitudinal Foundation of Mindfulness

- Non-judging
- Patience
- Beginner's mind
- Trust
- Non-striving
- Acceptance
- Letting go



# Non-Judgment, Self-Compassion, Loving Kindness

- Adopt a wondering, curious attitude towards feelings
- Self-compassion = tolerate & understand our challenging characteristics, mistakes are part of being human & don't judge your pain & suffering
- Meditation – caring feelings towards yourself, to loved ones, acquaintances, strangers, someone challenging, all beings.

# Therapeutic - Teacher Presence

- Common Factors Research
- Less distracted, greater ability to tolerate emotion & be more empathic / compassionate
- Leads to effective ability to deal with transferences

# Painting on a Line (control, letting go, non-striving...)



# Why an Arts-Based Approach?



Diana Coholic, Ph.D., RSW



This is Fun!

# Activities: Doodle Draw





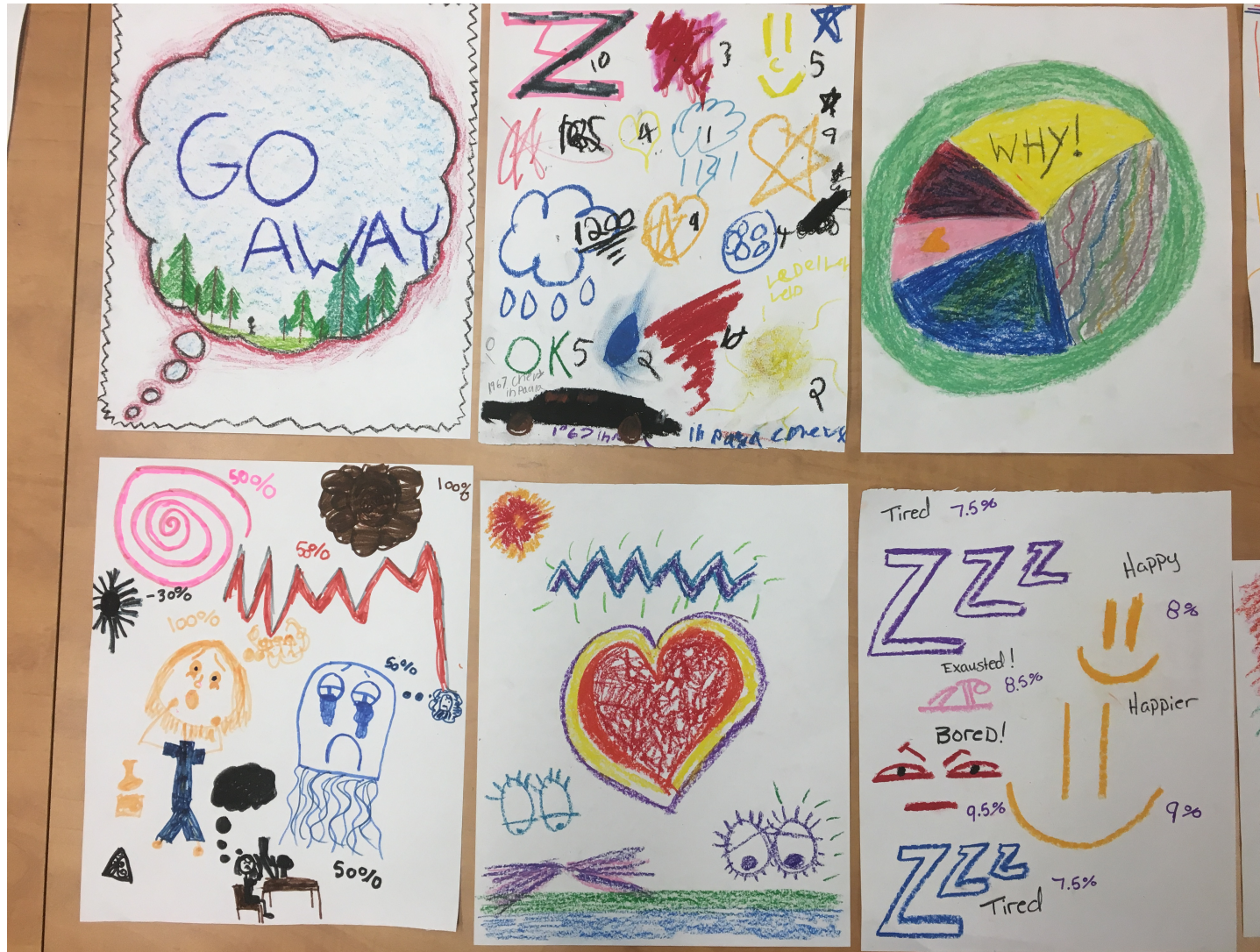
# Beginning and Ending Trees



# Asking questions about the arts-based creations:

1. Please tell us about your tree.
2. What kind of tree is it?
3. Your trunk appears... (adjective – solid, strong, small, colorful)
4. Your tree has lots of... (objects - roots, branches, leaves, animals, fruit).  
Can you tell us about that?
5. If you gave a title to this drawing, what would you call it?
6. It looks like your tree is in a (season – winter, spring, fall, summer) scene.
7. Does your tree make a sound? What does it say?
8. It looks like your tree is... (verb – growing, reaching for the clouds, swaying, losing all its leaves).
9. You used a lot of colours to draw your tree.
10. I'm wondering how you feel about your tree.

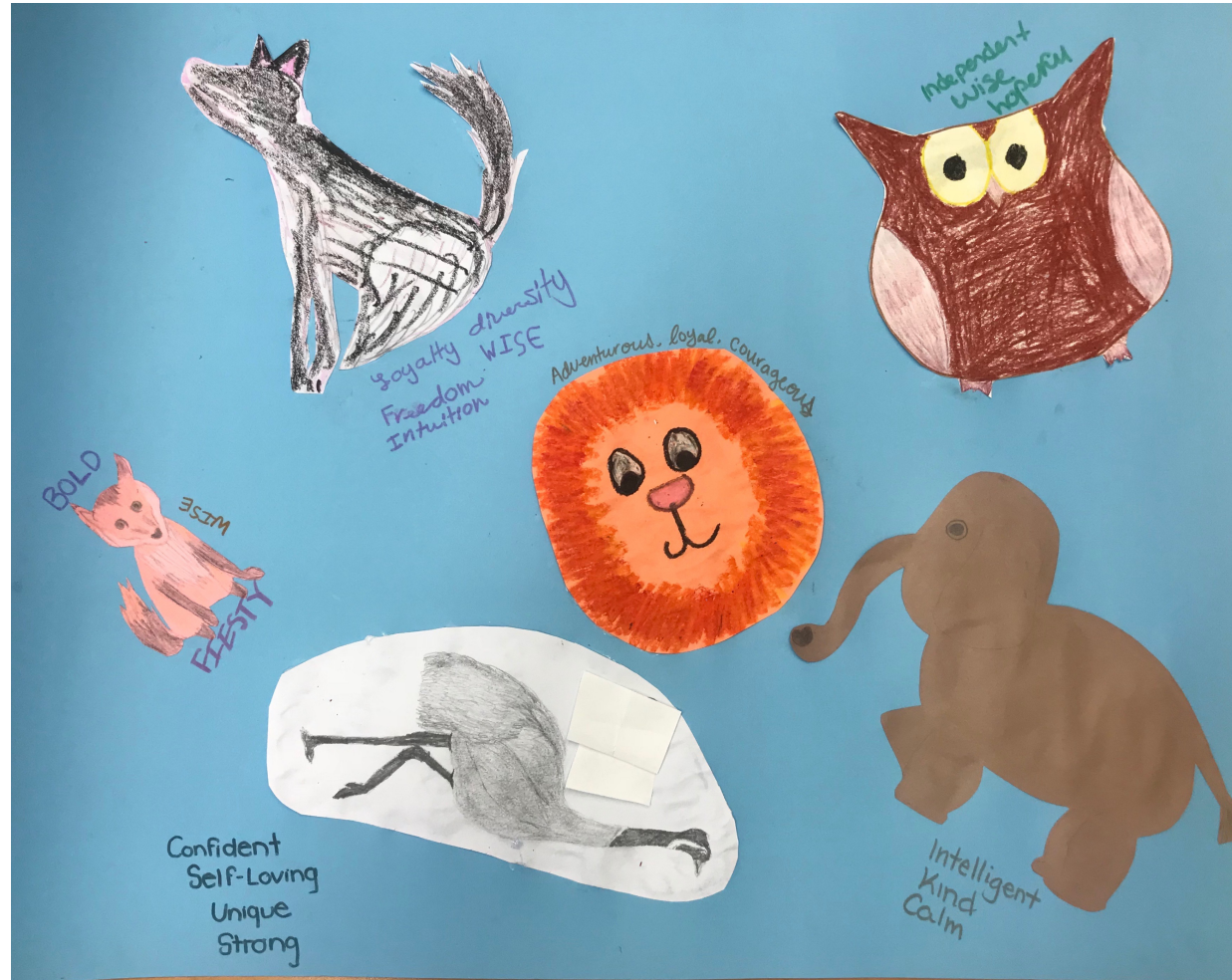
# Feelings Inventories



# Paint to Music



# Group Animals





Diana Coholic, Ph.D., RSW

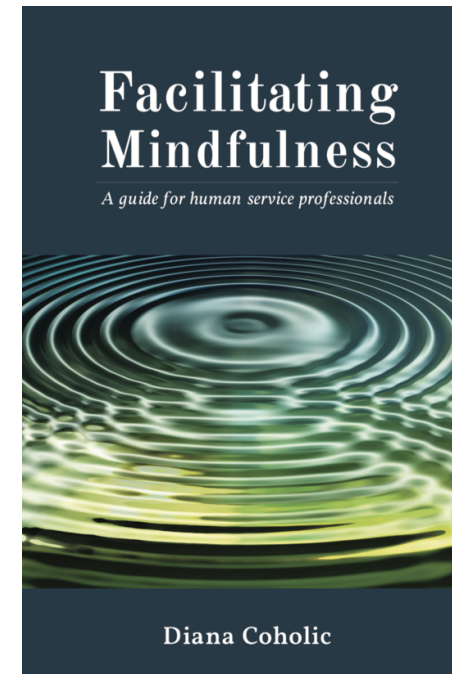
# RESOURCES

## *Facilitating Mindfulness* (Video, 2018)

In this 12-minute video, the concept of mindfulness is discussed and HAP team members describe their experiences learning and practicing mindfulness: <https://youtu.be/pNPTyG20YT0>

## *Facilitating Mindfulness: A guide for human service professionals* (Book, 2019)

<https://www.northrose.ca/northrose-titles.html>



# FOLLOW OUR WORK

Email Diana: [dcoholic@laurentian.ca](mailto:dcoholic@laurentian.ca)

Website: [www.dianacoholic.com](http://www.dianacoholic.com)

Facebook: @artsbasedmindfulness

Instagram: @hap\_group

Twitter: @DianaCoholic

Coming Soon! Community of Practice

QUESTIONS?  
COMMENTS?



# THANK YOU FOR JOINING US!

**Finding community is important, now more than ever.**

Connect with us at [www.youthrex.com](http://www.youthrex.com) and [@REXforYouth](https://twitter.com/REXforYouth).

Share your mindfulness practices and approaches: [info@youthrex.com](mailto:info@youthrex.com)

And please remember to fill out our feedback form for today's webinar!



# How to Tell a Story with Data Visualization

Tuesday, May 26, 2020  
10:00am - 11:30am

REGISTER TODAY!