

July 2020 Webinar

Mind Matters Lesson One: Self-Soothing

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Webinar Information

If you are unable to access audio through your computer, please use your phone:

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All attendees are muted.

Ways to participate

1. Type your questions in the “Questions” box.
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Mind Matters

*Overcoming Adversity
and Building Resilience*

Lesson 1: Self-Soothing



Marshmallow Test

- https://www.youtube.com/watch?v=QX_oy9614HQ



What can we learn from the Marshmallow Test?



Why couldn't some kids wait?



Let's talk about
the emotional side to waiting.



When do you wish you would have waited?

When were you thankful or proud that you waited?



Research shows
why waiting matters.



People who can wait have
skills for success.



“Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”

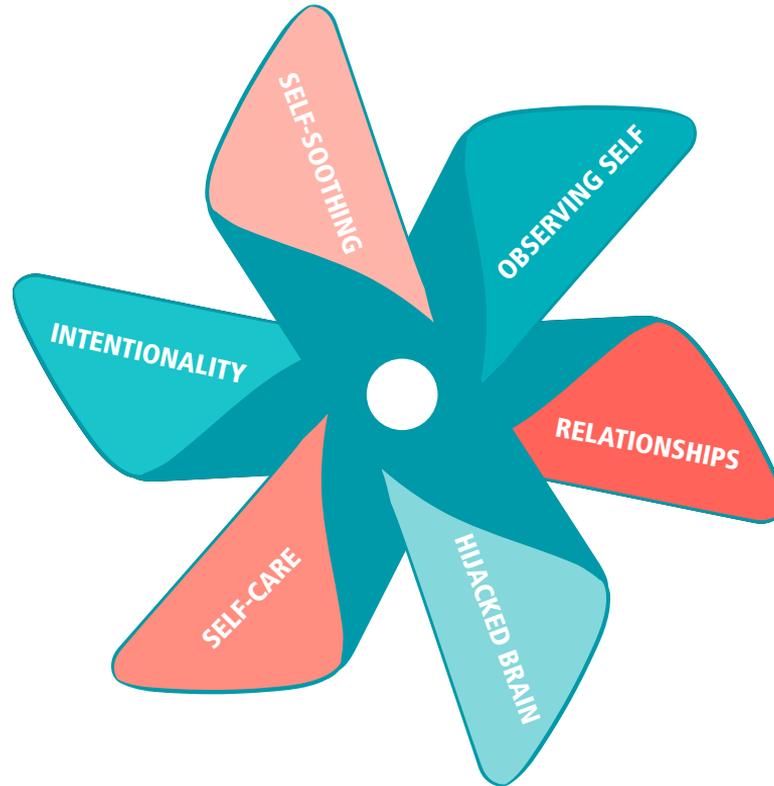
Victor Frankel, holocaust survivor



The purpose of this class is to become someone who can wait.



Mind Matters Pinwheel



Today we are going to learn 4 skills that can increase our ability to wait.

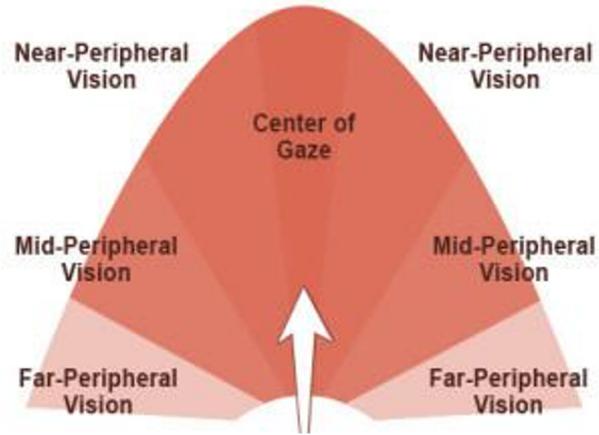


- Focused Breathing
- Peripheral Vision
- 5-4-3-2-1 Skill
- Coloring

How can Focused Breathing benefit us?



The second skill is Peripheral Vision.



The third skill is 5-4-3-2-1.

FIVE: What you see

FOUR: What you hear

THREE: What you touch

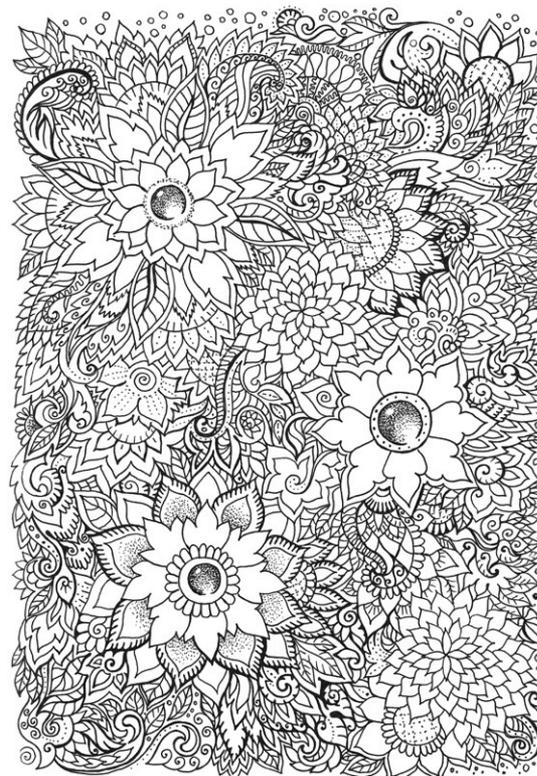
TWO: What you smell

ONE: What you taste

5-4-3-2-1 Skill is also about
MINDFULNESS.



Coloring



The nervous system is non-verbal.

1

Your nervous system does not speak English, Spanish, etc.

2

It sends signals and sensations to brain centers

3

The brain interprets these signs and sensation, assigns words and meanings to experience

We are learning a
new language
to communicate
with our nervous
system.



How to communicate with your brain.

Nervous system
communicates in signs and
sensations.

To control the system, signs
and symbolic practices are
necessary



The Importance of Practice



Try the Cell Phone Challenge.



Time to make a plan for practice!

Lesson 1 PRACTICE PLAN: Self-Soothing

Today we learned four self-soothing techniques that will help dial-down your stress. On the chart below, create a practice plan using one or more of these self-soothing skills. We also talked about learning how to wait, using your cell phone as a practice tool. Just how long are you able to wait before responding to an incoming text message? Practice waiting by finishing what it is you are doing before opening the next incoming text message.

What skills will you practice?	How many times daily?	How many times weekly?	When/where will you practice?	How will you remember to practice?
Focused Breathing				
Peripheral Vision				
5-4-3-2-1				
Coloring				
Cell phone challenge				
Which exercises are you most excited about trying?				
What benefits do you expect?				

Enjoy this opportunity to create space.

In this space --

- Be Kind to yourself!
- Celebrate others!
- Enjoy your week!



Questions & Comments



To view the Mind Matters Series

Checkout the YouTube Channel:

<https://www.youtube.com/user/TheDibbleInstitute>





Thank You for Joining Us Today!

There is a brief survey after the end of this webinar. Thank you for providing us feedback by completing this survey.

The webinar will be available in 3 days:

<https://www.dibbleinstitute.org/free-resources/webinars/>

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For a digital review copy of Mind Matters, email Rebecca@dibbleinstitute.org.

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Second Wednesday Webinar

August 12, 2020

Online Teaching Strategies: Tips and Guidance from the Field

Presenters:

John Lewis, Urban Strategies LLC

Tracy Barber, Aiming for Healthy Families