

# Resilient Mindful Learner Summer Institute



- Enhance your well-being & mindful presence
- Discover how chronic stress prevents student learning
- Learn to teach your students healthy stress coping & attention skills
- Create a calm classroom

**July 26 - 28, 2016**

**8 am to 4 pm**

**Fullerton Arboretum**

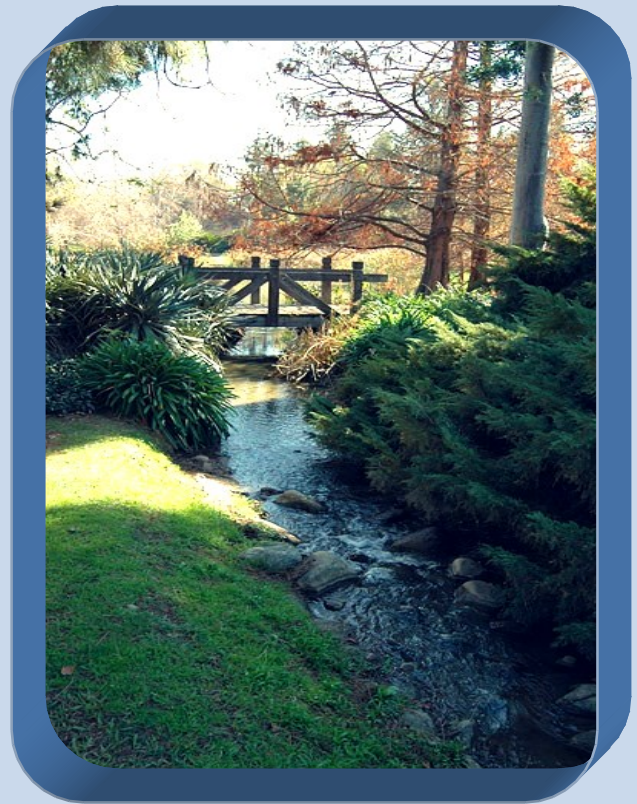
1900 Associated Rd.  
Fullerton, CA 92831

**\$299**

Includes text, CD, teaching materials,  
light breakfasts & lunches

Register: <http://ocde.k12oms.org/1250-111274>

Space is limited.



## **Day I: Adult Stress Management**

Adult resilience & creating a resilience plan  
Physiology and neuroscience of stress  
Physical, cognitive, behavioral and emotional signs & symptoms  
Impacts of stress on work performance and relationships  
Stress prevention & the new science of stress  
Benefits and attributes of the relaxation response  
Healthy stress coping skills  
Variety of stress reduction practices

## **Day 2: A Mindfulness Retreat**

Benefits of mindfulness for adults' mind-body health  
Practice of a variety of mindful awareness practices including:  
mindful breathing, mindful walking, & mindful eating  
Easy stretching and yoga

## **Day 3: Teaching Students Stress Management Skills**

Resilience, risk and protective factors for youth stress  
Prevalence of youth stress  
Physical, cognitive, behavioral & emotional signs and symptoms  
Types of youth stress and the role of adult support  
Impacts of Chronic stress on the brain & social-emotional development  
Chronic stress and learning; optimal mind state for learning  
Guidelines for teaching stress-reduction practices  
A toolkit of simple relaxation and self-regulation practices  
California Health Framework and stress management  
A calm classroom and school

### **Trainers**

#### **Beth Mulligan, PA**

Certified Mindfulness-Based Stress Reduction & Yoga Trainer

#### **Dolores Macaya-Toyama**

Former Principal, Mindfulness-Based Stress Reduction Facilitator

#### **Lucy Vezzuto, PhD**

Coordinator of Student Mental Health & School Climate,  
Orange County Dept. of Education

For registration questions, please contact Paula Bartlett at 714.966.4427 or [pbartlett@ocde.us](mailto:pbartlett@ocde.us) For more information, please contact Dr. Lucy Vezzuto at 714.327.1081 or [lvezzuto@ocde.us](mailto:lvezzuto@ocde.us). Payment must be submitted prior to or brought with attendee to the event. Participants will not be admitted to an event without a PO, check or other form of payment. Cancellations must be made 14 days prior to event for a refund of payment.

This training supports LCAP priorities of school climate & student engagement.



Student Mental Health & School Climate Initiative  
[www.ocde.us/healthyminds](http://www.ocde.us/healthyminds)

