

# BREATHE

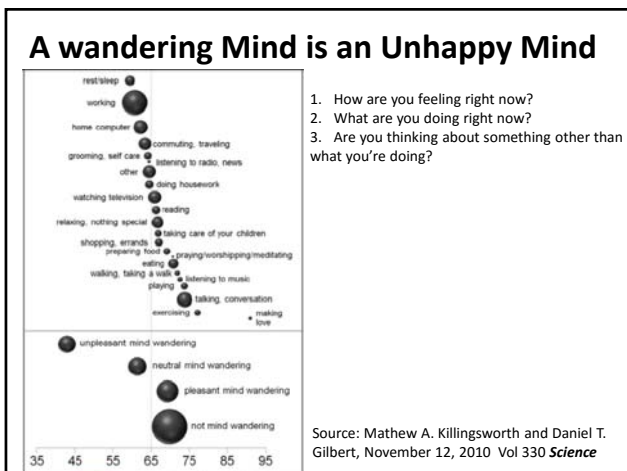
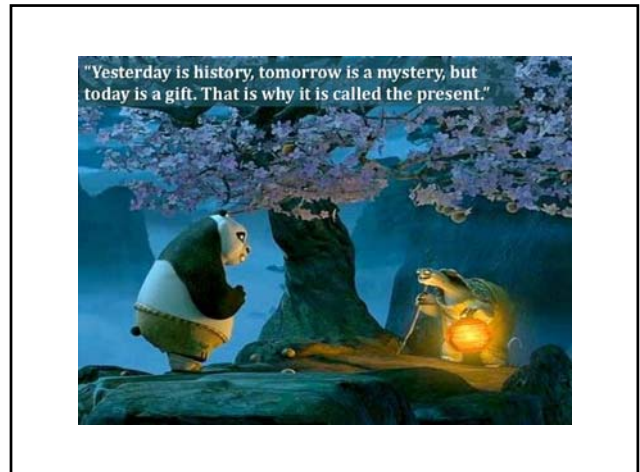
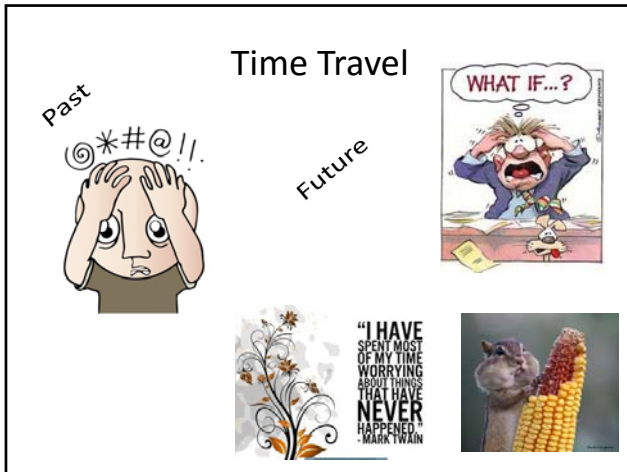
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- *Mindfulness* invites us to “wake-up”





## Developing the Mental Muscle



Mindfulness, A Mental Exercise

## Mindful Breathing

1. Attention (focus)  
Observing or noticing experience
2. Awareness
3. Acceptance  
Non-reactivity to internal experience  
Non-judging of experience

**Simple, but not  
Easy...**

## Mindfulness is...

- Moment by moment awareness
- Accepting without judgment
- Present & presence in whatever you are doing



## Stress & Mindful Breathing

Change sympathetic to parasympathetic balance within minutes!



## What does the research say?!?!? : Children

|                 |   |
|-----------------|---|
| INCREASED<br>↑  | Behavior Regulation<br>Executive Functioning<br>Sleep Quality<br>Self-esteem          |
| DECREASED<br>↓  | Anxiety<br>Depression<br>Aggressive Behavior  |
| WHAT WORKS BEST | Concrete : walk on soles of feet vs. focus on breath<br>Shorter: 5-15 minute sessions |

## What does the research Say?!?!? : Parents

|               |   |
|---------------|---|
| Increase<br>↑ | Presence<br>Acceptance<br>Empathetic Responding<br>Relationship<br>Interaction/Satisfaction |
| Decrease<br>↓ | Stress (32%)<br>Mood Disturbance (56%)  |
| Impact        | Family Cohesion<br>Social Interactions<br>Overall Mood/ QOL                                 |

## Personal Experience: My Heroes

- 6 Year Old Girl: Neuromuscular disorder
  - Requests Presence
  - Family Outcomes
- 6 Year Old Boy: Small Gut Syndrome
  - School
  - Social Outcomes
- 13 Year Old Boy: Microcephaly



## How Can I Implement this in my Home?!?!?

- Lead by Example:  
JUST BE PRESENT
- Just PAUSE
- Just Breathe
- Compassion



- Random Acts of Kindness
- Help them own/Embrace their Special Gifts
- Teach Belly Breathing ,  
blow a balloon, pinwheel  
etc.
- Calming Jar
- Mindful Movements
- Nature

