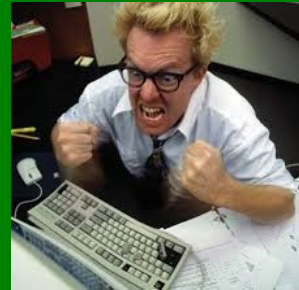




BrainWise CPR
A Foundation for MCM - Mindfulness, Contemplation and
Meditation



Homework Stress



Work Stress



No Stress

As we learn more about research on the brain and the toxic effects stress has on our bodies, we are finding ways that we can prevent and manage problems. BrainWise teaches coping techniques, and past newsletters have introduced BrainWise instructors who have infused the 10 Wise Ways

into their teaching and counseling, as well as their mindfulness, contemplation, and meditation (MCM) practices. (See the [Oct 2016](#) and [April 2017](#) newsletters.)

Scientists support the effectiveness of mind and body interventions. Today, these techniques are embraced by athletes, astronauts, physicians, Fortune 500 CEOs, welfare moms, soccer moms, inmates, celebrities, and others seeking a stress intervention. And while MCM may seem like a simple process, it still is difficult for many of us to practice it.

The deep breathing, focused attention, and abstract thoughts are not as

easy as they sound, and often require expert guidance to learn and retain. Without help, and even with help, they can be puzzling and uncomfortable, conditions that make it easy to give up. Some effort is needed to locate a good instructor, as they vary widely in their training. Finding the right fit takes time and effort, as well as money. These barriers contribute to reluctance to become serious about learning MCM.

BrainWise helps bridge this gap, a fact that appeals to instructors who also are mindfulness and contemplation masters. They recognize that using the 10 Wise Ways establishes strong links between body and mind. The Wizard Brain over Lizard Brain lesson and "building brain connections" activity that follows each wise way provides a visual reinforcement that helps everyone, even young children and developmentally disabled adults, understand the connection between their brains and bodies.

Practicing Buddhist and BrainWise instructor Dell Brooks immediately saw the 10 Wise Ways as tools he could use to teach contemplation methods to high-risk teenagers in his classes, many of whom had returned to school after previously dropping out. He found that students who had learned about the Wizard Brain and Lizard Brain and about building brain connections were motivated to learn and practice contemplation. His students recognized that MCM was a form of control self-talk that helped them lower their emotions elevator.



BrainWise Instructor Judy Cardenas:

Kindergartner Demonstrates Ability to Understand Higher-Level Thinking

Judy is a beloved BrainWise instructor who has been teaching BrainWise to her kindergarten classes for 20 years. She also has used her bilingual abilities to help teach BrainWise to Spanish-speaking parents.

One way that Judy's kindergarten students practice using the 10 Wise Ways is by assessing the behaviors of characters in fairy tales and other stories. The children demonstrated their ability during a presentation for parents. As Ms. Cardenas read aloud the story of the Gingerbread Boy, she asked the students questions as she finished each page. The book ends with the fox persuading the Gingerbread Boy to hop on his back for a ride across the river. As the water gets deeper, the Gingerbread Boy is forced to climb to the top of the fox's head when the fox eats him.



Judy Cardenas,
Kindergarten
Teacher
BrainWise
Instructor
since 2001
Denver Public
Schools

One of her students explained what happened. "That fox used both his Wizard Brain and Lizard Brain," he said. "He tricked the Gingerbread Boy to hop



Judy's Students Applying the 10 Wise Ways to Stories

on his back, and then he used his Lizard Brain to eat him."

It is exciting to know that Judy has taught BrainWise to hundreds of children, leaving a positive impact on their young lives. She is a double line in the Constellation of Support of anyone around her.

A big "Thank You" to Judy and all our BrainWise CPR instructors!



Dr. Pat

On a lighter note . . .



Ellen talks about meditation



The BrainWise Program

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