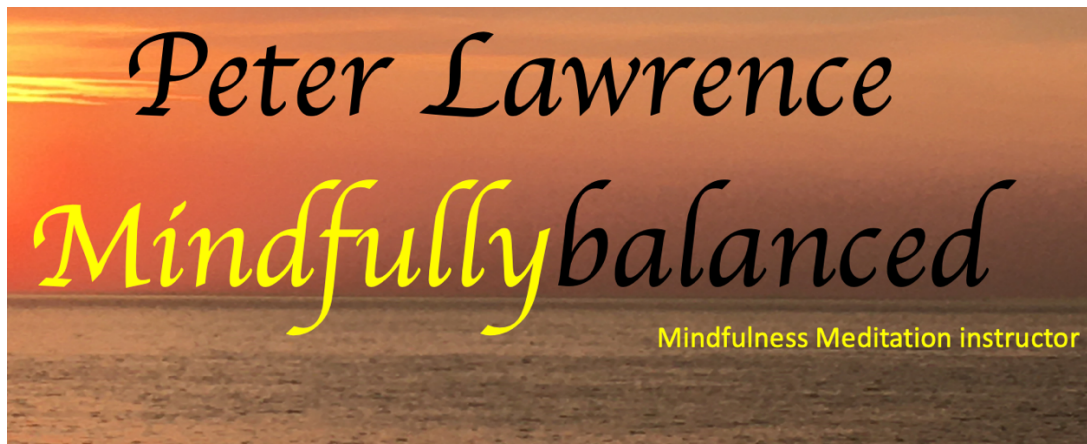


# Newsletter 12/2021



Mindfullybalanced.co.uk

Date: 15<sup>th</sup> May 2021

Contents of this newsletter:

Section 1: Update weekly sessions

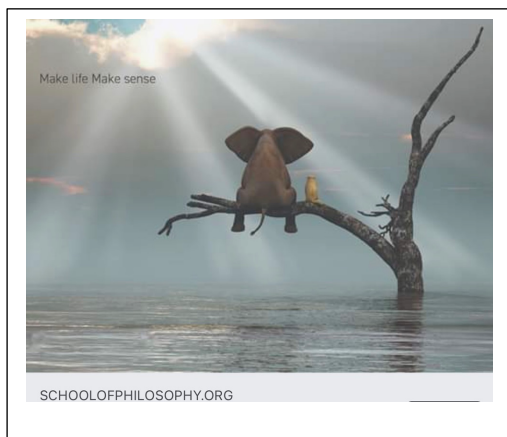
Section 2: Quick read – Mindfulness training effects for parents and educators of children with special needs.

## Section 1:

### Update weekly community sessions

**Next week's timetable is below.**

**Please note there is not a 11.30am session on Friday**



Monday 17<sup>th</sup> May - 9am and 8.30pm

Tuesday 18<sup>th</sup> May 7.30pm Movement for Cancer

Wednesday 19<sup>th</sup> May - 9am

Thursday 20<sup>th</sup> May – 6.30pm

Friday 21<sup>st</sup> May - 9am (**no 11.30am**)

Saturday 22<sup>nd</sup> May 11am

Sunday 23<sup>rd</sup> May 10am (***This is the last session in the Sunday morning trial***)

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

From the last survey, Sunday mornings showed as a popular time people wanted for a mindful session, so I am offering the following as a trial:

I will run three Sunday sessions in May:

Between 10am – 11am on Sundays 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>

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If you wish to attend, please let me know. At the moment not many people are attending, If there is not enough participants in the Sunday sessions, they will be assessed as to whether to continue.

*Attending Pete's Mindfulness sessions has shown me how to breathe correctly. I never realised I was shallow breathing and always feeling tense. Trying to breathe correctly, by being aware of the movement in my diaphragm and my tummy expanding and contracting, is challenging and I'll have to practice until I change naturally to breathing properly. Thanks Pete this has been a revelation. RT May 2021*

## Section 2: Quick Read:

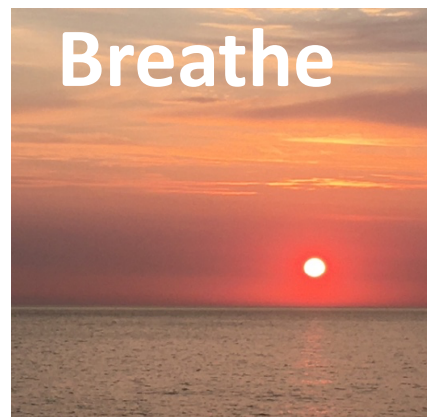
### **Mindfulness training effects for parents and educators of children with special needs.**

#### **Citation**

Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012). Mindfulness training effects for parents and educators of children with special needs. *Developmental Psychology*, 48(5), 1476–1487. <https://doi.org/10.1037/a0027537>

#### **Abstract**

Parents and teachers of children with special needs face unique social–emotional challenges in carrying out their caregiving roles. Stress associated with these roles impacts parents' and special educators' health and well-being, as well as the quality of their parenting and teaching. No rigorous studies have assessed whether mindfulness training (MT) might be an effective strategy to reduce stress and cultivate well-being and positive caregiving in these adults. This randomized controlled study assessed the efficacy of a 5-week MT program for parents and educators of children with special needs. Participants receiving MT showed significant reductions in stress and anxiety and increased mindfulness, self-compassion, and personal growth at program completion and at 2 months follow-up in contrast to waiting-list controls. Relational competence also showed significant positive changes, with medium-to-large effect sizes noted on measures of empathic concern and forgiveness. MT significantly influenced caregiving competence specific to teaching. Mindfulness changes at program completion mediated outcomes at follow-up, suggesting its importance in maintaining emotional balance and facilitating well-being in parents and teachers of children with developmental challenges. (PsycINFO Database Record (c) 2016 APA, all rights reserved)



Yay!!!  
Take care everyone.  
With kindness  
Pete