



STUDENT PARENT SUPPORT INITIATIVE

Funding provided by the Minnesota Department of Health



OCTOBER 2014

UPCOMING EVENTS:

- **Lunch N' Learn:**
ECC 123
Every Tuesday
11:45-1:00P.M.
- **Educational Workshop**
ECC 123
Apr 14th
11:45-1:00pm
- **Bike Rodeo:**
ECC Parking Lot
Apr 21st
5:00-6:30P.M.
- **Yoga & Stress Management –Free chair massage**
ECC 123
Apr 28th
11:45-1:00PM

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Enjoying Campus With Your Family

Check out the past events we offered to SCSU families



Family Movie Night

The UPB Films, Graduate Studies, and SPCC at SCSU organized a Family Movie Night on March 20th in Atwood Little Theatre. Student parents had a great opportunity to enjoy the time in a fun filled evening of family friendly movie– Into The Woods!



Sledding with the Huskies

Student parents, children, and families joined Student Parent Support Center and celebrate husky team to enjoy sledding off the snow with huskies!

Check out the upcoming family events SPSC has to offer



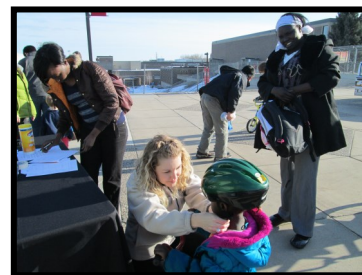
Yoga & Stress Management

Student Parent Support Center is providing a yoga & stress management session for student parents on April 28th in ECC 123 with free chair massage. This is a great way to relax your mind and body during final exams and ace it all.

Educational Workshop

Student Parent Support Center is providing an educational workshop on April 14th in ECC room 123 from 11:45-1:00pm. Applied Behavioral Program at SCSU will present on "Bedtime Routine and Behavioral Problem." You can participate in an interactive conversation and take home some useful materials!

Bike Rodeo– Social



The St. Cloud police department will talk to SCSU families and teach their children the skills and precautions of riding a bicycle safely. The event will be held outside Lindgren on April 23rd from 5:30– 7:00pm. A potluck will be arranged.

This event is open to all the student parents on campus and every child will receive a free helmet to take home.



Granite City Parade

Student parents, children, and their families are welcome to join Student Parent Support Center in the Granite City Parade in June 2015 .

Mindfulness

Finding
acceptance for
what is here
right now

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Mindfulness & Stress Management

What is mindfulness?

The term **mindfulness** refers to the ability to direct the attention to experience as it unfolds, moment by moment, with open-minded curiosity and acceptance (Kabat-Zinn, 1996). It enables those who have learned it go on to practice it to be more able to be with their present experience, and respond more skillfully to whatever is actually happening.

- **A SELF-REGULATION TOOL** - a way to check in with yourself in each moment
- ⇒ IE: Patience, compassion, big picture view, deescalate
- A way of interacting with yourself (mind, body, soul) and the environment around you.
- A lens that serves as a tool to help you stay grounded, present, and clear minded.
- Helps you to “respond” vs. “react” to a situation.
- Helps you see what is “real” vs. what might be a thought/fear/imagined.
- Gets you out of your head and into your whole being.

The only thing we have with certainty is this moment. As an individual, as a parent, a friend, employee, a member of the collective society, etc. it is our job to be fully present for ourselves and each experience in each moment.

As a parent -

How much do we miss when we aren't fully listening to our children? What message is that sending them? What are we teaching them?

- Our culture is so fast pace. This is ok. But we also need to take time to connect with ourselves.
- Let's help teach our next generation how to be here NOW.
- * To fully listen
- * To fully experience and feel
- * To understand their body, its messages
- * To connect with humans – to really connect
- * To be vulnerable with themselves and others
- * To teach that it is a normal human experience to struggle at times, that is how we grow and to practice: non-judgment, patience, trust, acceptance, letting go
- * To teach that we need to feel and accept all of our feelings (frustration, sadness, joy, love, excitement, etc.)

Mindfulness & Stress Management

Mindfulness Based Stress Reduction – Jon Kabat-Zinn

Brings together mindfulness meditation and yoga. It is typically an 8 week course that you participate in. I am sharing ideas and tools you can take away to start shifting how you experience your life.

There are 7 Foundations in Mindfulness Practice that are important to know about::

Non-judging	Mindfulness is cultivated by assuming the stance of an impartial witness to your own experience. To do this requires that you become aware of the constant stream of judging and reacting to inner and outer experiences that we are normally caught up in, and learn to step back from it.
Patience	Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.
Beginner's Mind	Too often we let our thinking and our beliefs about what we "know" prevent us from seeing things as they really are. Start seeing and experiencing things as if for the first time.
Trust	Developing a basic trust in yourself and your feelings is an integral part of living mindfully. It is far better to trust in your intuition and your own authority, even if you make some "mistakes" along the way, than if you look outside yourself for guidance.
Non-striving	Almost everything we do we do for a purpose, to get something or somewhere. In meditation and mindfulness this attitude can be a real obstacle. There is no other goal than that of Non-doing and to for you to be yourself.
Acceptance	Acceptance means seeing things as they actually are in the present. If you have a headache accept that you have a headache. Often acceptance is only reached after we have gone through very emotion-filled periods of denial and then anger. These stages are a natural progression in the process of coming to terms with what is. They are all part of the healing process.
Letting GO	Often our minds get us caught in very much the same way in spite of all of our intelligence. We hold on. Repeat. Patterns. This is why we must work to cultivate an attitude of letting go and non-attachment. See it, watch it, possibly respond to it, let it go.

TOOLS:

Mediation: seated, laying down, walking, outside in the woods, etc. find an app on your phone, free guided meditations on you tube.

- Mediation is not about stopping your thoughts - that is impossible. It is sitting with them. Releasing them. Breathing. Listen to you. The **happenings** inside (ie: thoughts, heart beat) you and outside (music in background, cars driving by, etc.. They never stop, but we can slow down to be with them in each moment.
- ⇒ Yoga: in a chair, on an airplane, in a yoga class, at home with a video, etc. videos on you tube, SCSU fitness classes, etc.
- To join or to "yolk" the body, mind, and spirit.

The goal with Mindfulness is to **CONIOUSLY** be in each **MOMENT** observing yourself

"You are one of a kind, and you matter to the world"

CRISPY BLACK BEAN & RICE BURRITOS

Directions:

Heat large skillet to medium heat, add bell peppers, onion, beans, corn, cilantro, butter, juice of the lime, & spices, sauté for 2-4 minutes on high. Remove from heat & set aside.

Lay tortilla flat on plate or counter, add 1/4 cup of the bean mixture, 2 tbsp. rice, 2-3 tbsp. cheese. Leave about 2-3 inches from the corners. Wrap burrito by folding over the edges. Continue for all 8 burritos.

Heat a large skillet, griddle, or pan, add 1 tsp oil, place burritos on the skillet for 1-2 minutes on each side until golden and crispy.

Serve warm with sour cream or salsa.



Ingredients:

1.5 cups mozzarella or Mexican blend shredded cheese	
1 can black beans	1/2 can of corn
1 cup cooked rice (optional)	1/2 bell pepper, chopped
1/2 onion, chopped	1/4 cup cilantro, chopped
1 tbsp. butter	1 tsp oil
1 tsp salt	1 tsp black pepper
1 tsp cumin	juice of half a lime
8 medium sized tortillas	

WIND CHIMES



Supplies:

Tin Cans (of all shapes/sizes)	Tape
Washers, nuts, or rocks (optional)	String
Glitter (optional)	Nail
Acrylic Paint	Hammer
Paint Brush	

Directions:

Make sure cans are clean & dry. This would also be an ideal project for outside. The kiddos could create with minimal clean up.

Tape around sharp edges to prevent cuts

Paint cans, add glitter

With nail & hammer put a whole through the top of the cans

Tie a knot & fish string through hole—or—Tie one end of string to washer & another a couple inches above. The 2nd will secure the string, the 1st will make noise.

Hang multiple decorated cans together at different lengths to finish off your wind chimes