

## FAA Family Involvement Committee Meeting

Topic: Mindfulness | Being present in the moment mentally and physically

Date: 11/13/18

Time: 5:30

Location: FAA Cafeteria

Speaker: Dystany Gatlin

Dystany is a parent of 2 scholars that attend FAA, she also works at Health Partners and has agreed to share her expertise on mindfulness.

President Chaunea Greene introduced herself, spoke on behalf of Vice President Ms. Hope Patterson, in her absence, and also introduced her secretary, Ms. Yolanda Lawhorn.

Dr. Russell spent the first 20 minutes of the meeting with his own presentation on 'Parent Introduction to Eureka Math'. Dr. Russell discussed why FAA chose Eureka, the anatomy of Eureka lessons, common Eureka strategies, what to expect at home, and how to help your mathematician. If you would like more information on the presentation please reach out to one of the FIC members and we will get it to you.

M.L. Kennedy introduced our guest speaker, Dystany Gatlin.

Dystany put together a wonderful presentation on Mindfulness. She discussed reasons we should be mindful, using mindfulness to focus and stress management.

Dystany engaged with the group throughout the meeting, getting them to give examples of what is stressful or overwhelming to them right now. One person responded with the holiday season, and how

society pushes out decorations and plays holiday music before the next holiday is even over; putting pressure on them to put up Christmas decorations before Thanksgiving and getting holiday shopping done. An FAA student mentioned that being a leader in his class is stressful, trying to provide help to those that clearly need it, but decline the help. After a few people spoke, Dystany responded with ways to manage stress, providing us with a helpful formula:

*suffer = Pain x resistance.*

*Other tips on dealing with Stress:*

\*Give yourself a break

\*Care for your comfort

\*Appreciate the goodness in your life

- Below is a link to a short 2 minute video that Dystany shared with us on mindful breathing. When time allows, please watch the video and try the mindful breathing exercise.

<https://youtu.be/Equj6Rp2Q1w>

- Dystany wrapped up her presentation with her contact information and a resource link; Live and Work Well.

<https://www.liveandworkwell.com/content/en/public.html>

M.L. Kennedy passed out a survey for people to take regarding the meeting and looking for suggestions for future meetings. Ms. Chaunea announced the next meeting, encouraging people to bring their family and friends and Ms. Yolanda wrapped up the meeting with the raffle drawing.

End: 6:30pm

\*\*\*Please make sure to come out to our next meeting, Tuesday, December 11, 2018 for FAMILY GAME NIGHT!!!\*\*\*