

# ACCEPTANCE & MINDFULNESS

## WHAT IS Acceptance and Mindfulness?



**Mindfulness** is a form of meditation. It teaches us how to shift our focus to the present moment; not to dwell in the past or future.



**Acceptance** is an approach to life. It teaches us not to fight things that are not under our control, and to truly embrace reality in its fullness.

Both work hand-in-hand to reduce the **suffering** children experience.

## WHY IS this topic important for chronic pain management in kids?

When clinicians work with youth who experience chronic pain, we ask two important questions:

**Intensity:** How intense or “loud” is your pain?

**Unpleasantness:** How much does your pain bother you? How much suffering is your pain causing?



While youth may have limited control over the pain itself, they can always learn how to reduce the suffering.

When thoughts and concerns become repetitive and uncontrollable – they cause great suffering and can be more debilitating than the pain itself.

**Mindfulness meditation can help refocus these thoughts and reduce suffering!**

# TIPS FOR parents supporting kids

## For Parents of Young Children

Supporting the child is done mostly by modeling.

The more the parents practice mindfulness and acceptance in their own lives, the more this rubs onto the child.

It may be that the child's pain will not go down, but the child's distress and suffering will be greatly reduced.

## For Parents of Adolescents

It is helpful to encourage the child to learn and practice mindfulness and acceptance.

It is an active practice that gives youth a sense of agency and competency ("I can help myself!").

It is something youth can do by themselves, for themselves, to help reduce the suffering they experience.

You may recall your child around the age of 2 or 3 years old bumping their head against the corner of a table.

*What did your child do next?  
Did they cry?*

No. They first looked at you, and based on how much distress they saw in your eyes they either calmed down or started crying.



## LEARN MORE about Acceptance and Mindfulness

**Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide** by Laurie A. Greco & Steven C. Hayes

**Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy** by Christopher McCurry

Ontario  
Chronic Pain  
Network



- We all experience stress and unwanted emotions at times
- Right now, with the pandemic, we have extra stresses in our lives

This group focuses on a way to lead YOUR life more the way YOU want to, instead of being pushed around by your feelings:

## **ONLINE ACT GROUP FOR TEENS**

6 One-Hour Sessions Over 6 Weeks

Tuesdays 3:30-4:30 pm

May 5, 12, 19, 26, June 2, 9, 16

ACT works by helping us discover ways to bring unwanted inner experiences along with us while doing what really matters. This group is just for teens, to explore ways to figure out what is important and how to manage when unwanted emotions, such as anxiety, sadness, and anger, show up. Teens are invited to join online for six one-hour sessions of ACT (Acceptance and Commitment Therapy).

To enroll, or if you have questions, please email your name and phone number to

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