

**Moving Past Perfectionism
and Procrastination**

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Learning Objectives

Obj1

• Participants will be able to define perfectionism and possible origins.

Obj 2

• Participants will be able to discuss the physical and psychological costs of perfectionism.

Obj 3

• Participants will be able to explain the difference between perfectionism and striving for excellence.

Obj 4

• Participants will be able to apply at least three interventions to assist their child or student with perfectionism.

Obj 5

• Participants will be able to apply at least three interventions to assist their child or student with procrastination.

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**Understanding the
Gifted Perfectionist**

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Perfectionism



- Perfectionism is part of being gifted.
- Expectations are extremely high for gifted students.
- School, society, family and self can contribute to the idea that peak performance should be the norm for students selected for gifted programs.
- Although it can breed excellence it can also be destructive, leading students to think that the only efforts worth making are those that end in perfect achievement.

Delisle, pg. 34 Guiding the Social and Emotional Development of Gifted Youth

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Perfectionism

Perfectionism is the combination of a desire to be perfect, a fear of imperfection, and an emotional conviction that perfection is the route to personal acceptability.

Perfectionism is a self esteem issue; it burdens lives, interferes with creativity, and makes intimate relations difficult. The bright line distinguishing perfectionism from the pursuit of excellence is the perfectionistic anxiety about mistakes, which seem to reflect a personal defect. Everyone is disappointed by mistakes. Perfectionists may be devastated by them.

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Reasons for Perfectionism

- Inborn for some individuals (Dabrowski, 1964; Silverman, 1990)
- Perfectionistic parents (Rowell, 1986)
- Birth order (Leman, 1985; Smith, 1990)
- Messages from the media (Barrow & Moore, 1983)
- Perfectionistic teachers and peers (Adderholdt-Elliott, 1991)
- Asynchrony- developmental dysplasia- intellectual age greater than chronological age (Adderholdt-Elliott, 1991)
- "Hothousing" babies (Elkind, 1981)
- Influence of dysfunctional family
 - Alcoholics (Ackerman, 1989; Crespi, 1990; Smith, 1990)
 - Workaholics (Brophy, 1986)

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Some Perfectionistic Behaviors:

- Overcommits
- Rarely delegates work to others
- Has a hard time making choices
- Always has to be in control
- Competes fiercely
- Arrives late because one more thing had to be done
- Always does last-minute cramming
- Gets carried away with the details

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Some Perfectionistic Behaviors:

- Never seems satisfied with her work
- Constantly busies himself with something or other
- Frequently criticizes others
- Refuses to hear criticism of herself
- Pays more attention to negative than positive comments
- Checks up on other people's work
- Calls herself "stupid" when she does something imperfectly
- Procrastinates

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Some Perfectionistic Thoughts:

- If I can't do it perfectly, what's the point?
- I should excel at everything I do.
- I always have to stay ahead of others.
- I should finish a job before doing anything else.
- Every detail of a job should be perfect.
- Things should be done right the first time.
- There is only one right way to do things.
- I'm a wonderful person if I do well — lousy if I do poorly.
- I'm never good enough.

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Some Perfectionistic Thoughts:

- I'm stupid.
- I can't do anything right.
- I'm unlikable.
- I'd better not make a mistake or people will think I'm not very (smart, good, capable).
- If I goof up, something's wrong with me.
- People shouldn't criticize me.
- Everything should be clearly black or white.
- 'Grays' are just a sign of confused thinking

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Some Perfectionistic Feelings:

- Deeply embarrassed about mistakes she makes
- Disgusted or angry with himself when he is criticized
- Anxious when stating her opinion to others
- Worried a lot about details
- Angry if his routine is interrupted
- Nervous when things around him are messy

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Some Perfectionistic Feelings:

- Exhausted and unable to relax
- Plagued by self-hatred
- Afraid of appearing "stupid"
- Afraid of appearing incompetent
- Afraid of being rejected
- Ashamed of having fears


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Costs of Perfectionism

- Depression
- Performance anxiety
- Test anxiety
- Social anxiety
- Writer's block
- Obsessiveness
- Compulsiveness
- Suicidal thoughts
- Loneliness
- Impatience
- Frustration
- Anger



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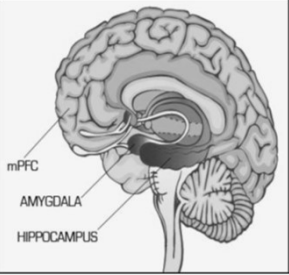


SORRY
SOMETHING HAS GONE TERRIBLY WRONG

PLEASE FEEL FREE TO PANIC

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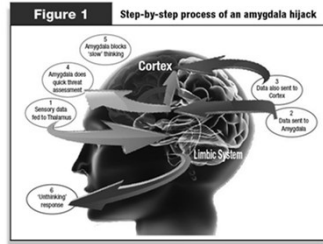
Amygdala



- The Amygdala is an almond shaped structure located in the temporal lobe.
- The Amygdala is an important part of the brain, which assists in responses of fear and pleasure.

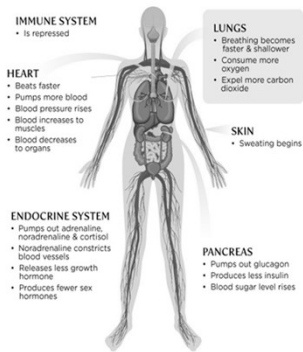
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The Amygdala Hijack



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Fight-or-Flight Response



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Excellence v. Perfectionism

| | |
|---|--|
| <i>Excellence is risk.</i> | <i>Perfectionism is fear.</i> |
| <i>Excellence is effort.</i> | <i>Perfectionism is anger and frustration.</i> |
| <i>Excellence is openness to being wrong.</i> | <i>Perfectionism is having to be right.</i> |
| <i>Excellence is spontaneity.</i> | <i>Perfectionism is control.</i> |
| <i>Excellence is flow.</i> | <i>Perfectionism is pressure.</i> |
| <i>Excellence is confidence.</i> | <i>Perfectionism is doubt.</i> |
| <i>Excellence is journey.</i> | <i>Perfectionism is destination.</i> |
| <i>Excellence is acceptance.</i> | <i>Perfectionism is judgment.</i> |
| <i>Excellence is encouraging.</i> | <i>Perfectionism is criticizing.</i> |

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Healthy Strivers learn to ask themselves the following:

1. Is it good enough?
2. What's the worst thing that can happen?
3. Will it matter in the long run?

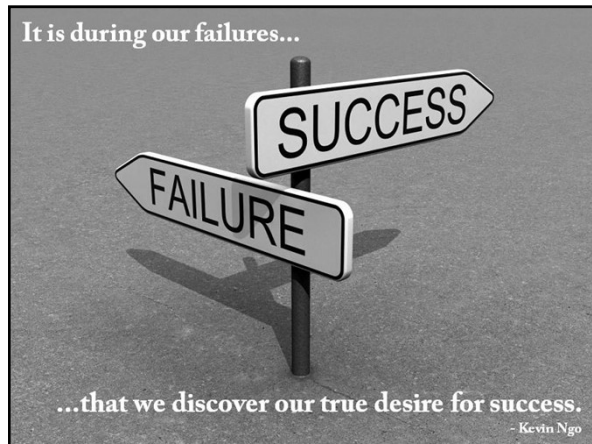
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PERFECTIONISM DOES
NOT DETERMINE
SUCCESS — TALENT,
ENERGY, and
COMMITMENT DO.

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PERFECTIONISTS ARE
SUCCESSFUL DESPITE
THEIR PERFECTIONISM
— NOT BECAUSE OF IT.

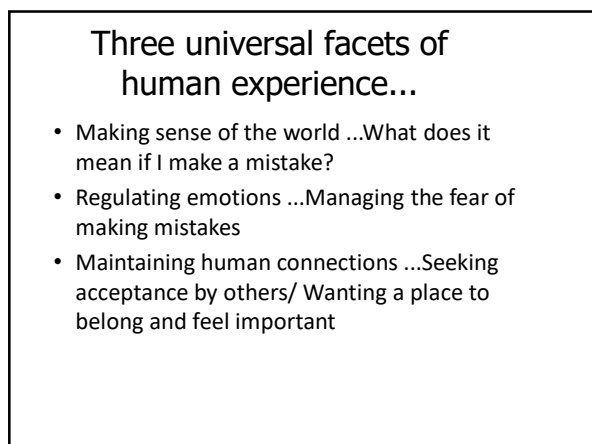
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Parents can help

- Teach courage: "I know you can try." Reward trying.
- Expect progress, not perfection, "Finished" is sometimes a better goal than perfect
- Applaud persistence, "You kept on trying, even when you didn't know how it would turn out"
- Break down the task - "Inch by inch, it's a cinch. Yard by yard, it's hard."
- Acknowledge learning - "what did you learn while you were doing this?"
 - "What part did you enjoy most?"
 - "What might you try next time?"
 - "How might you do it differently next time?"

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Teach your Child

Don't Take It Personally

- Separate self-worth from products
- Grade reflects how their work matches to grading criteria; it is not a reflection on student's worth
- Share rubrics with students and discuss how they are used

Know When to Quit

- Make sure students know not to work forever – there needs to be a stopping point
- Have clear expectations – consider including maximum as well as minimum requirements
- Monitor student progress throughout project time frame (Pryt, 2004)

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Teach your Child

Match the Time Commitment to the Value of the Assignments

- Weight assignments appropriately
- Encourage students to put most effort into assignments that count the most

Set Goals and Focus on Improvement

- SMART goals – specific, measurable, achievable, realistic, timeframe-provided
- Incremental improvements can lead to achievement – a huge leap is not necessary

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Teach your Child

Study the Lives of Eminent People

- Realize the path to success is not an easy one
- Persevere in the face of obstacles
- Revising and refining is part of the process
- Failure can be constructive

Enjoy Each Day

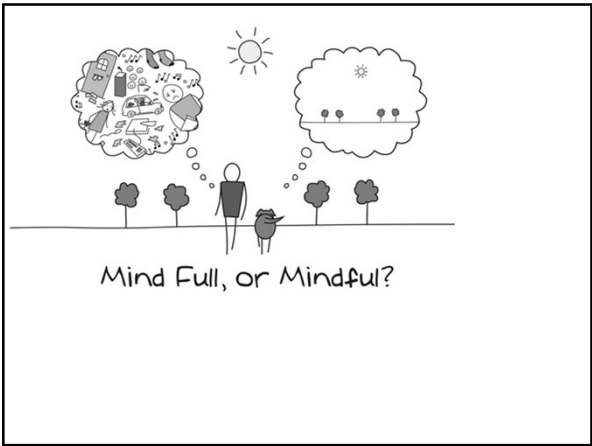
- Participate in community service projects (make a difference)
- Engage in hobbies and pursuits that are enjoyable

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Perfectionists very easily spend their time obsessing about the past or the future.

We worry about the outcome. We anticipate embarrassment or rejection if we aren't perfect. When we spend a lot of time trying to make the future exactly as we want it, we miss out on the present. And we also spend far too much time ruminating over our past mistakes. We beat ourselves up with criticism that only sees our mistakes. We're all a mix of successes and failures. We're works in progress. And we're entirely unfair to ourselves when we choose to focus only on our imperfections.

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Consider this...

- What is more valuable, a twenty dollar bill or an imaginary one hundred dollar view
- Then how is imaginary performance perfection more valuable than what is real performance perfection
- As a perfectionist, you reject reality
- To overcome perfectionism, you have to learn to accept reality for what it is at any given moment.

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Rejoice in the things that are present; all else
is beyond thee." *Montaigne*

- We are *mindful* when we are in a "mental state characterized by nonjudgmental awareness of the present moment experience, including sensations, thoughts, bodily states, consciousness, and the environment, while encouraging openness, curiosity, and acceptance" (Hofmann et al., 2010, p. 169).

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Is mindfulness thinking about nothing?

NO! Mindfulness meditation is paying attention in a systemic way to whatever you decide to focus on, which can include awareness of your thoughts. By listening to your thoughts, you discover your habitual patterns. Your thoughts have a massive impact on your emotions and the decisions that you make so paying attention to them is helpful!

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Zen and the Brain

- “It is a letting go of oneself of letting things happen, of not striving. This means not trying to do something. It also means not trying not to do something. Finally, a state beyond trying arrives.” ...
- A state beyond trying, a state beyond striving, beyond craving, beyond seeking, beyond reaching – is a state beyond perfectionism.

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Mindfulness is the practice of being imperfect.

- We're perfect beings who do things imperfectly. Our actions are bound to include mistakes, miscues, and misdirection. Put your self-worth in the vault where nothing can touch it, especially whether or not you are perfect in any given moment. Life will be unnecessarily anguished if your self-esteem is on the line with the outcome of everything you do. When it is in the vault, it is protected from every contingency.
- Mindfulness is the practice of being imperfect. Attention wanders from the present moment and must be retrieved over and over again. This is our practice of being alive. We're always in the process of becoming, and we're different in each moment. If the moment is perfect, it won't last. If it's imperfect, no worries—there's another breath coming along the horizon. Everything adds up to be perfectly imperfect.

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Intrapersonal and Interpersonal Mindfulness

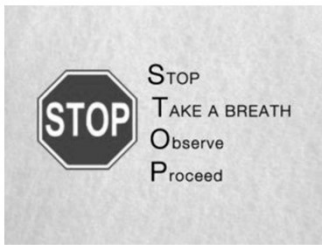
- Intrapersonal mindfulness is the present moment, nonjudgmental awareness of internal processes, including your thoughts, feelings, and bodily sensations. Interpersonal mindfulness is how you relate to self.
- Interpersonal mindfulness includes listening and giving full attention to others, present-centered awareness of emotions experienced by you and others during interactions, openness to, acceptance of, and receptivity to others' thoughts and feelings, self-regulation and compassion for yourself and others (Jennings, 2015).

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Deep listening

- Deep listening involves giving your full attention and maintaining a present-centered awareness of your emotions, thoughts and feelings. Interpersonal mindfulness can help teachers recognize how their behavior affects their students. Gifted students often are put off by teachers and others who continue to engage in rearranging papers on their desk, checking their emails etc. while they are trying to explain something that is important to them. Being mindful while teaching can also help teachers manage their classrooms more proactively, as they notice when students are about to go off task, or become disruptive or in the case of gifted students become anxious, and disengaged.

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(1) Be mindful of one thing at a time

Mindfulness requires consciously focused attention towards one idea, feeling, or sensation held in consciousness. You cannot be mindful of multiple things at once, since mindfulness means to pay deliberate attention to *each* thought, feeling, or sensation that arises in your experience. Practice developing mindful awareness of just *one thing* at any given moment.

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(2) Be nonjudgmental

When you are practicing mindfulness, you are *not* actively problem-solving and looking for solutions. Mindfulness means to *observe* your present-moment experience with curiosity, openness, acceptance, and love (Siegel, 2007). When you are choosing to cultivate your observing self through practicing mindfulness, you are also making the choice to temporarily let go of the need to change, fight, or deny any aspects of your experience. In a state of true mindfulness, you refrain from making *any* judgments about your experience, no matter how painful (or wonderful) it may be... you simply *let it be*.

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(3) Be mindful of the moment

Choose to fully observe what is happening in your internal and external experience *right now*. Let go of the need to focus on the past or the future and bring your full awareness to *this moment in time*. Recognize that time spent dwelling on or fretting over the past is futile. The past is gone. There is *nothing* you can do to change any of it. The future has yet to come. There is nothing you can do to magically alter it. The truth is that it is always *now*. The way that you can "change" the future is by choosing thoughts and behaviors in the *present moment* that will bring about the future that you desire. When the "future" comes, it will once again be "now." Let go of past and future... they are illusions. Wake up to *this present moment*.

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(4) Focus on your senses

Practice applying mindful awareness to all aspects of your bodily experience. Mindfully notice what you see, hear, taste, feel, and smell. Begin to notice small aspects of your sensory experience that you usually overlook. Choose to direct your attention to subtle smells in the air, tastes of new and familiar foods, and sounds around you. The idea behind directing your mindful awareness towards the experiences of your senses is to help you get in touch with aspects of your everyday experience that you usually tune out.

Notice all aspects of your felt experience without judging any of it. Become open to comfort *and* discomfort. When you stop trying to avoid things that feel uncomfortable, they lose their power over you. Cultivate a open, curious, and gentle attitude of mindfulness towards what you sense and feel. How does your experience change through mindful acceptance of your experience just the way that it is?

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(5) Describe your experience

Begin to practice describing your internal and external experience with language. Once you become more comfortable with mindfully noticing *all* aspects of the present moment, put words to that which you observe. Describe the qualities of your present moment awareness... of your thoughts, feelings, and bodily sensations. Avoid using judgmental language or describing what you "should" think or feel. Simply describe what you *do* think and feel. If you are feeling bored, cranky, or unhappy, mindfully describe the qualities of this experience. Allow yourself to think and feel *just as you do*.

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Calming Breath

- Sit in a comfortable position. Close your eyes and simply notice your breathing.
- As you notice the air move in through the nose and out the mouth, think "in" with each breath in, and "out" with each breath out.
- It's natural to have distracting thoughts, simply return your attention back to breathing.
- Practice the breathing exercise for two minutes .
- Open your eyes. Practice this technique once or twice a day.

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Balloon Breathing

1. Inhale, and stretch your arms over your head in the shape of a balloon.
2. Give a sigh of relief (the balloon deflating) and lower your arms as you exhale.
3. Continue this breathing pattern for 3 to 5 balloon inflations.

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Walking Meditation

- Thich Nhat Hanh said as you walk, you can marvel over the fact that your body is able to walk, and enjoy each step.
- You focus on your breath and as your feet touch the Earth, be aware of the sky and the wonder of your environment.
- With each step there is the possibility of mindfulness, concentration and insight.
- Walk slowly and mindfully at your own pace.
- Focus on your breathing and as you walk, you are unifying your mind and body.

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Procrastination

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The Procrastination Trap



- Studies show that often perfectionism is at the core of procrastination.
- Procrastination acts as an insurance policy.
- Procrastination is a complex problem that leads to irrational behavior.

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The Cycle of Procrastination

1. "I'll start early this time." (hope)
2. "I've got to start soon." (anxiety, hope)
3. "What if I don't start?" (foreboding)
 - "I should have started sooner." (guilt)
 - "I'm doing everything, but everything, but..." (rationalization)
 - "I can't enjoy anything." (guilt, apprehension, disgust)
 - "I hope no one finds out." (ashamed)
4. "There's still time." (hope)

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The Cycle of Procrastination

5. "There's something wrong with me." (fear)
6. THE FINAL CHOICE: To do or not to do

| Path 1: Not to do | Path 2: To do- On to the bitter end |
|-----------------------|--|
| a. "I can't do this!" | a. "I can't wait any longer." |
| b. "Why bother?" | b. "This isn't so bad. Why didn't I start sooner?" (relief, puzzled, relief) |
| | c. "Just get it done!" (relief, exhaustion, resolution) |

7. "I'll never procrastinate again." (relief, exhaustion, resolution)

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Interventions for Procrastination

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What Doesn't Work

- Saying, "Just do it!"
- Nagging and being a watchdog
- Using criticism, ridicule, and threats of extreme or exaggerated consequences
- Doing it yourself

(Burka & Yen, 1983)

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Specific Techniques

1. Establish clear limits, deadlines, & consequences.
2. Help the procrastinator set small interim goals.
3. Help the procrastinator be concrete & realistic about what he or she needs to do.
4. Reward progress along the way.
5. Tell the procrastinator directly if you do get angry.
6. Let the procrastinator know that he or she is more to you than just his or her performance.

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Ten Tips for Procrastinators

1. Allow more time than you think a project will take.
2. Set realistic goals, but don't set them in stone. Stay flexible.
3. Break down big & intimidating tasks into smaller, doable ones.
4. Reward yourself after each accomplishment, large or small.
5. Make a conscious effort to realize that your paper, project or whatever can't be perfect.
 - This helps deflate the fear of failure.

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Ten Tips for Procrastinators

6. Develop a "backwards schedule."
 - Start with things you most enjoy doing (things you usually save for last)
 - Then add things you're supposed to do
 - Plan to have fun without feeling guilty OR
7. Begin your day with the most difficult or most unpleasant task.
8. Keep a diary of your progress – what you accomplish each day.
9. Remove distractions from your workplace.
10. Keep a list of backup projects, things you mean to do when you have time.

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**Do You Have
Any Questions?**

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Mobile Apps

- **Breathr:** Dr. Vo helped to develop this mindfulness app for youth with the Kelty Mental Health Resource Centre (British Columbia, Canada). Free for Apple and Android mobile devices!
- **Stop, Breathe, and Think:** Web and mobile app for youth, with meditations for mindfulness and compassion.
- **Calm.com:** Free website and mobile app with guided meditation and relaxation exercises.
- **Insight Timer:** Free mobile app with virtual "bells" to time and support your meditations, and access to lots of guided meditations by many different meditation teachers (including Dr. Vo).
- **MindShift:** Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety.
- **Smiling Mind:** Free mobile mindfulness app for young people, from Australia.
- **Headspace:** "Meditation made simple." This app has a free introductory period, after which it requires a paid subscription to continue to use.

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Mindfulness Books for Teens

- Gina M. Biegel, *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* (Instant Help Books, 2009)
- Joseph V. Ciarrochi, Louise Hayes, and Ann Bailey, *Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life* (Instant Help, 2012)
- Mark C. Purcell and Jason R. Murphy, *Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills* (Instant Help, 2014)
- Christopher Willard, *Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else* (Instant Help, 2014)
- Christopher Willard and Mitch Abblett, *Growing Mindful: A Deck of Mindfulness Practices for All Ages* (Growing Mindful Games, 2015). A deck of cards with short mindfulness practices to "cultivate mindfulness on the go." Available [here](#) and [here](#).

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Guided Mindfulness Meditation Recordings

- In addition to mindfulnessforteen.com's [free guided meditations](#), here are a few more recordings:
- Amy Saltzman, MD, [Still Quiet Place: Mindfulness for Teens](#) (CD)
- Gina Biegel, LMFT, [Mindfulness for Teens: Meditation Practices to Reduce Stress and Promote Well-Being](#) (CD, MP3)
- Larry Rosen, MD, ["The Buddha and the Fig Tree."](#) (CD, MP3)
- Mindful.org's ["Audio Resources for Guided Meditations"](#) collection: Online, free guided meditations.

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Meditation Supplies: Meditation Bells, Cushions, and More

- Parallax Press: search for “bell”
- Local import stores such as Ten Thousand Villages often carry Asian-style meditation bells, sometimes called “singing bowls.”
- Some practitioners and schools prefer to use a musical chime instead of a bell for meditation. Chimes are available at local music stores. The Woodstock Zenenergy chime is a popular version, available at <http://www.chimes.com>.

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Mindfulness Books for Parents, Educators, and Health Care Providers

- Patricia C. Broderick, *Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance* (New Harbinger Publications, 2013)
- Valerie Brown and Kirsten Olson, *The Mindful School Leader: Practices to Transform Your Leadership and School* (Corwin, 2014)
- Sam Himelstein, *A Mindfulness-Based Approach to Working with High Risk Adolescents* (Routledge, 2013)
- Sam Himelstein and Stephen Saul, *Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum* (Routledge, 2015)
- Susan Kaiser Greenland, *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* (Free Press, 2010)

62

Mindfulness Books for Parents, Educators, and Health Care Providers

- Jon Kabat-Zinn, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (rev. and updated ed.) (Bantam Books, 2013)
- Jon Kabat-Zinn, *Mindfulness for Beginners: Reclaiming the Present Moment—And Your Life* (includes audio CD) (Sounds True, 2012)
- Amy Saltzman, *A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions* (New Harbinger Publications, 2014)
- Daniel Siegel, *Brainstorm: The Power and Purpose of the Teenage Brain* (Jeremy P. Tarcher/Penguin, 2013)
- Bob Stahl and Elisha Goldstein, *A Mindfulness-Based Stress Reduction Workbook* (New Harbinger Publications, 2010)

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Mindfulness Books for Parents, Educators, and Health Care Providers

- Meena Srinivasan, *Teach, Breathe, Learn: Mindfulness in and out of the Classroom* (Parallax, 2014)
- Thich Nhat Hanh, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* (Beacon Press, 1999)
- Thich Nhat Hanh, *Happiness: Essential Mindfulness Practices* (Parallax Press, 2009)
- Christopher Willard, *Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed* (Parallax Press, 2010)
- Christopher Willard, *Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience* (Sounds True, 2016)
- Christopher Willard and Amy Saltzman, Eds, *Teaching Mindfulness Skills to Kids and Teens* (Guilford Press, 2015)

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Social Networking

- **Facebook:** Like “The Mindful Teen” on Facebook to receive regular inspirational quotes, poems, and articles to help you keep your mindfulness practice fresh and alive.
- **Twitter:** Follow The Mindful Teen (@TheMindfulTeen) for mindful tweets.
- Other mindfulness and positive teen Twitter feeds: See the feeds that The Mindful Teen (@TheMindfulTeen) is following, and follow some of those. The more mindful feeds you have on Twitter, the more opportunities you’ll have to practice mindfulness!

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Websites and Organizations

- **Association for Mindfulness in Education** - <http://www.mindfuleducation.org/>
- **Center for Adolescent Studies** - www.centerforadolescentstudies.com
- Founded by Sam Himelstein. Offers trainings for professionals in all disciplines, in mindfulness and building authentic relationships with adolescents.
- **Center for Mindful Learning** - <http://www.centerformindfullearning.org/>
- **Center for Mindfulness in Medicine, Health Care, and Society** - <http://www.umassmed.edu/cfm/Stress-Reduction>
- **Association for Mindfulness in Education** - <http://www.mindfuleducation.org/>
- **Center for Adolescent Studies** - www.centerforadolescentstudies.com
- **Center for Mindful Learning** - <http://www.centerformindfullearning.org/>
- **Center for Mindfulness in Medicine, Health Care, and Society** - <http://www.umassmed.edu/cfm/Stress-Reduction> Navigate to: The Stress Reduction Program > Find MBSR Programs Worldwide.

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Websites and Organizations

- Dalai Lama Centre for Peace and Education - <http://dalailamacenter.org>
- Kelty Mental Health Resource Centre, Healthy Living Toolkit - <http://keltymentalhealth.ca/toolkits>
- Kelty Mental Health Resource Centre, mindfulness page - <http://www.keltymentalhealth.ca/healthy-living/mindfulness>
- Check out the three-minute "Mindfulness: Youth Voices" video to learn more about mindfulness for youths, from youths themselves.
- Also contains more information and resources on mindfulness for youths.

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Websites and Organizations

- Learning 2 Breathe - <http://learning2breathe.org/>
- Making Friends with Yourself - <http://www.mindfulnesscompassionforteens.com/>
- Mind and Life Institute, Call to Care (C2C) - <http://www.mindandlife.org/care/>
- Mindful Families - <http://mindfulfamilies.net>
- Mindful Magazine - <http://www.mindful.org>
- Mindful Schools - <http://www.mindfulschools.org/>
- Mindfulness Everyday - www.mindfulnesseseverday.org
- Mindfulness in Education Network - <http://www.mindfuled.org/>

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Websites and Organizations

- Mindfulness Without Borders - <http://mindfulnesswithoutborders.org/>
- MindUp - <http://thehawnfoundation.org/mindup>
- Niroga Institute - <http://www.niroga.org/>
- Palouse Mindfulness - <http://palousemindfulness.com/index.html>
— Free online Mindfulness-Based Stress Reduction (MBSR) course.
- The Still Quiet Place - <http://www.stillquietplace.com>
- Stressed Teens - <http://www.stressedteens.com/>
- Wake Up Schools - <http://wakeupschools.org/>
- Watch the film, "Happy Teachers Will Change the World," about "teachers learning mindfulness, true transformation and happiness."
<https://www.youtube.com/watch?v=pE6AM-uzp5E>

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References

- **6 Common Perfectionism Traps**, By Laura, August 6, 2011,
– <https://www.mindfulnessmuse.com/cognitive-behavioral-therapy/6-common-perfectionism-traps>
- **Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control** by Pavel G Somov PhD, June 3, 2010
- Mindfulness: Seeking a More Perfect Approach to Coping with Life's Challenges by Lawrence R. Burns, Mindfulness: Seeking a More Perfect Approach to Coping with Life's Challenges Article in Mindfulness · December 2012 Mindfulness, December 2012
- MindUP - <https://mindup.org/> <https://youtu.be/uR7UfsuJef0>

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References

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- **Using Mindfulness-Based Strengths Practices with gifted populations**, Jennifer E Sharp, Ryan M Niemiec, Christopher Lawrence, May 27, 2016
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