

NATIONAL STUTTERING ASSOCIATION

IF YOU *stutter*, YOU ARE NOT *alone*.



Tuesday, September 24, 2019

Stuttering and Mindfulness at Work Webinar

Mindfulness. Everyone seems to be talking about it these days. But what is it, exactly? And, more importantly, can it really help people who stutter in the workplace? Yes, it can. It can help us handle stressful speaking situations more successfully and with greater ease. This webinar will provide tangible insights about mindfulness and down-to-earth practices designed specifically for people who stutter, with an eye toward work challenges and stressors.

(Facilitator - Mara Ormond)

Behind the Scenes - Chat Room Excerpt

Jamila:	Hi, everyone. I am a speech pathology graduate student. I am listening in for support for my client.
Denise:	I am Speech Pathologist and I work mainly in the stuttering area.

Cheree:	Hi, everyone, I am a Speech Language Pathologist working with students who stutter. I also experience anxiety.
Question: What Do You Feel During Stressful Situations?	
James:	Anger, muscle tightness, annoyance, sweats.
Pamela:	When I stutter at work, I often find myself flushing red on face and neck.
Roshina:	I get nervous, dry mouth and struggle for words.
Carmen:	Embarrassed when I can't say someone's name when I introduce them.
Cheree:	Anxiety.
Janice:	I get very nervous and tense when I have to speak to someone of authority
Nicole:	My typical body response is I get really tense and feel like I can't breathe.
Erik:	I experience fear, shame. Sweating.
Jamila:	My client has reported frustration.
Venkat:	Anger.
Vera:	Frustration.
Frank:	Muscle tightness, anxiety.
Andrew:	Nervous, anxiety, tense.
Jonah:	When I stutter, sometimes I have embarrassment, anxiety, and body tightness
Bethany:	Shame.
Christal:	Embarrassed.
Rachel:	Facial tightness.
James:	Fight or flight leading up to speaking to a group.
Venkat:	Self-pity.
Peter:	I tend to close my eyes when I begin to stutter.
Erik:	Shallow breathing

Joshua:	Frustration, confusion; feeling inadequate, not good enough to keep my job; any excitement positive or negative makes me stutter.
Jamila:	Before returning to school for speech pathology, I taught kindergarten. I was amazed how much my students were able to pay attention to the small details. We can learn a lot from kids.
Janice:	Could you give an example of how to use these techniques when you are stuttering?
Anita:	How do I help school-age children and teens understand the difference between mindfulness and meditation?
Matthew:	You were saying how this is a muscle right? That it's weak at first and needs to be strengthened. How do you know if it is being strengthened every time you practice mindfulness?
Frank:	I took the MBSR course. How important do you think loving kindness meditation is for stuttering
Matthew:	I use Mindfulness Coach. Unlike Headspace and I'm sure others, it's free. No sign up.
Jamila:	Anyone working with kiddos, GoNoodle has a mindfulness section online; free to sign up.
Janice:	Perhaps you could meditate before making that phone call to calm your nervous system.
All:	Thank you very much! Great webinar! Excellent information for clinicians. Excellent information and very helpful. I'm taking away a lot of information. Such a good presentation coming from a person who has meditated for over 20 years. Thank you so much! Can we get the slides?