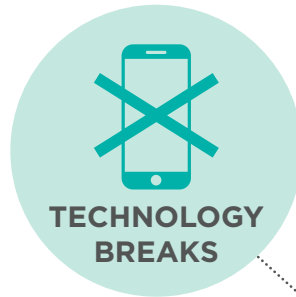


7 MINDFULNESS STRATEGIES

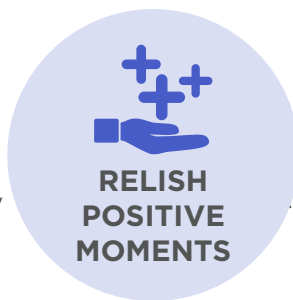
Don't let your tech tools rule your day!

- Check email only at certain times
- Delete distracting apps
- Turn off notifications
- Set a do not disturb message for specific times
- If you can't let go entirely, take 15 minute breaks, and walk away from your device



Take time to relish those daily wins!

- When you experience something positive - stay with the feeling
- Let the feeling sink in for at least 30 seconds
- Feel the emotion throughout your whole body
- Dwell on why the experience feels so good
- Repeat this process half a dozen times a day



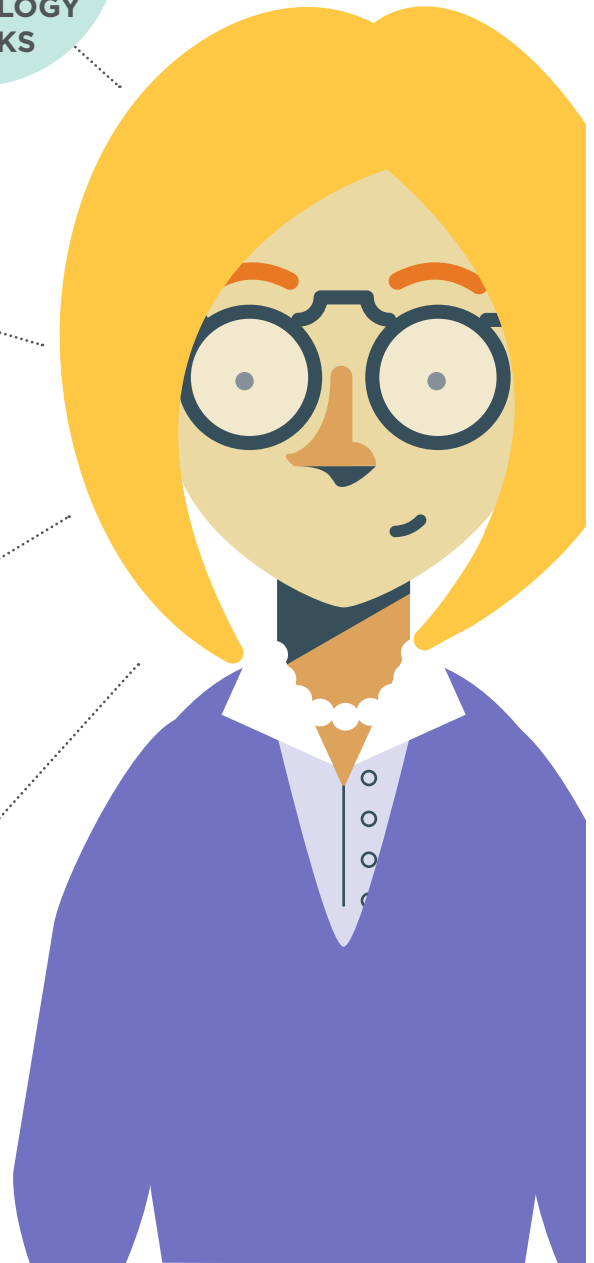
Slowing down and focusing on your breathing is a great way to re-center and de-stress!

- Close your eyes and mouth
- Take in a deep breath through your nose, feeling your lungs fill up
- Zero in on the different sensations you are feeling
- Place a finger on your left nostril and breath in through the right nostril
- Switch positions, cover the right nostril as you breath in through the left
- Alternate nostrils several times
- You may let your mind wander
- Bring your attention back to your breath before slowly opening your eyes



This doesn't have to be long or extensive. Small moments of meditation can re-charge you during a busy day of teaching!

- Sit in a comfortable chair in a quiet spot
- Close your eyes
- Breathe normally in and out of your nose
- Pick a mantra like "peace." It can be religious or secular, as long as it relaxes you
- Repeat this mantra silently as you breath in and out deeply
- Start with 5 minutes and work your way up to longer periods of time when able



7 MINDFULNESS STRATEGIES



BODY SCAN

This is going to sound very technical but it isn't! We aren't using any machines here, just our minds, as we become more aware of our bodies.

- Sit or stand in a comfortable position
- Close your eyes
- Take a few slow breaths
- Mentally focus on your forehead first:
 - Is there any tension?
 - Can I relax my forehead muscles?
- Then move to your eyes:
 - Are they tightly squeezed?
 - Can I feel them flickering rapidly?
 - Can I calm them down?
- Move down your body, "scanning" and removing tension as you go



VISUALIZATION

Create a mental picture as you take a sensory journey!

- Print a selection of artworks for use (the best ones don't feature figures)
- Closely observe the artwork. Scan up and down, left and right
- Close your eyes as you begin to recreate the image in your mind
- Imagine yourself inside the art work
- Start to move about the artwork as you think about:
 - How are you moving? (walking, floating, swimming, etc.)
 - What is around me?
 - What textures do I see/feel?
 - What do I hear?
 - How do I feel in this space?



NATURE BREAKS

There are so many benefits to taking a break and going out into nature, but you can also bring the outdoors in!

- Consider walking or biking to school, or during errands
- Go outside during your lunch break (don't take your phone with you!)
- Bring nature inside with nature sound tracks
- Surround yourself with the textures of nature (rocks, pebbles, leaves, stick, sand, etc.)
- Use diffusers to bring the smells of the outdoors in

