

Mindfulness wellness tips



Mindful breathing



Why is this important?

- Slowing down our breathing pattern helps us to focus better.
- Mindful breathing enables us to think before we act on instinct or emotion.
- It helps us to concentrate on good pacing/tempo during lessons.
- It creates better classroom management and differentiation for students.

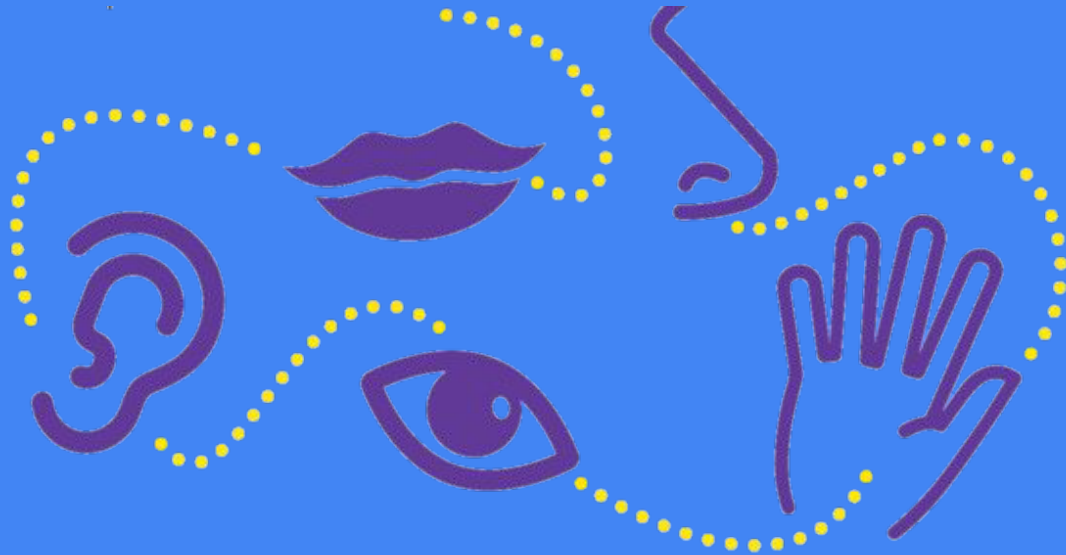
How can you implement this strategy?

- Find a quiet place.
- Get into a comfortable position.
- Do not cross your arms or legs.
- Let your thoughts go.
- Remove interruptions.
- Practice daily.
- True relaxation requires becoming sensitive to one's basic needs for peace, self-awareness, thoughtful reflection, and the willingness to meet these needs rather than ignoring or dismissing them.

Apps for teachers

Mindfulness Apps for Teachers: Here is information about Headspace, Smiling Mind, [Healthy Minds Program](#), UCLA Mindful, and Mindfulness Coach apps that you can use on your phone to help improve your mindfulness.

Finding presence through your senses



Why is this important?

Our senses help us to become aware, and we can use them to help control our attention to improve how well we respond to stressful situations.

How can you implement this strategy?

Find a comfortable place where you feel safe and close your eyes. Take a few deep breaths and notice the sensation of the air as it moves through your nose, into your lungs, and back out again.

- **Sound:** For a few breaths, pay attention to the sounds around you and notice where they are coming from.
- **Touch:** Put one hand on top of the other and notice the sensations such as temperature and texture that you feel in your hand as your knuckles touch the other. Shift your attention to your cheeks, noticing temperature and the feel of the air.
- **Taste:** What is the taste you are experiencing on your tongue? Is there no taste or is there the taste of saliva?
- **Smell:** As you breathe, move your focus to the smell around you as you take a breath. How many odors do you identify?
- **Sight:** Finally, focus your gaze on a point eight inches in front of you for a few seconds and see what colors, forms, light, and shadow you notice there.

Take a few more deep breaths and notice whether any of your senses feel heightened.

Body scan meditation



Why is this important?

Grounding yourself through body scan meditations in the moment helps you to connect your body with your mind to be aware of how you are feeling. This practice helps reduce anxiety, improves sense of control, and improves empathy.

How can you implement this strategy?

- Sit in a comfortable spot where you can relax your body.
- Beginning with the top of your head, relax any sense of tension and do this one body part at a time.
- Slowly scan down to your face, neck, upper arms, and hands while feeling their presence.
- Try placing your hands on your belly to feel your breath and let go.
- End by placing your hand on your heart and offering your body some kindness.

Thanks!

