



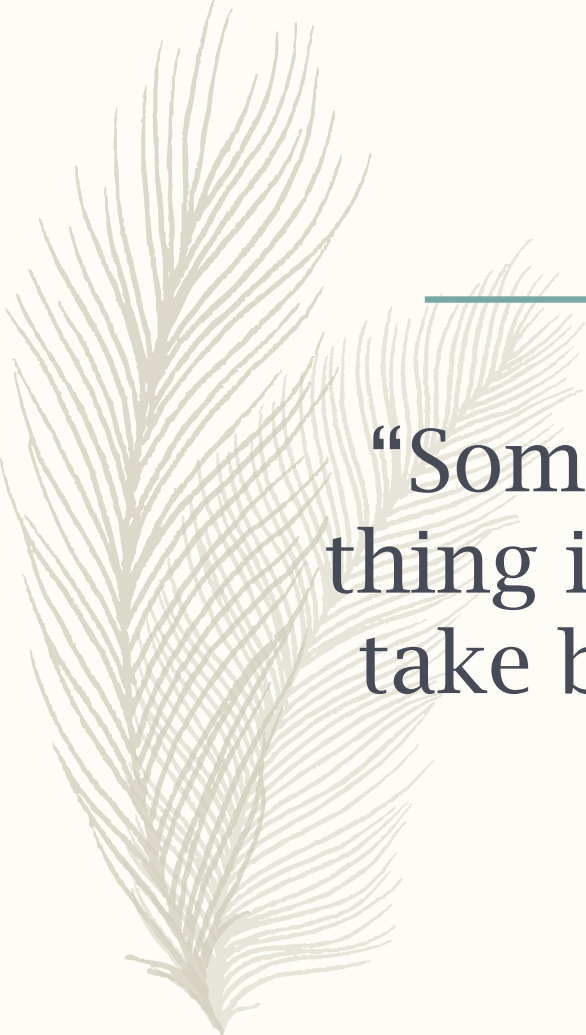
Mindful Self-Care for Educators

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Teacher Stress and Health: Effects on Teachers, Students, and Schools

<https://www.rwjf.org/en/library/research/2016/07/teacher-stress-and-health.html>



“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”

-Etty Hillesum



What Is Mindfulness?

Paying attention to your moment-to-moment experience with an attitude of openness and curiosity



2 Types of Practice:

Formal

(meditation)

Ex. Sitting and watching
breath for 5 minutes

Informal

*(“everyday
mindfulness”)*

Ex. Feeling warm water on
hands as you wash dishes

“Mindfulness is a deceptively simple practice but not at all easy. We have found the key to be regular practice, woven into our already busy days. Mindfulness is a way to move about one’s day differently rather than doing more.”

-Kate McElvaney





Mindful Self-Care

What does self-care mean for me?

Is what I'm practicing for self-care
actually beneficial?

Is self-care a priority?



Aims of Self-Care

- Taking care of physical and psychological health
- Managing and reducing stress
- Honoring emotional and spiritual needs
- Fostering and sustaining relationships
- Achieving an equilibrium across one's personal, school and work lives



Self-Care Can Also Be...

1. Something you want to maintain permanently
2. Something that has a meaningful impact on your well-being
3. Engaged in on a regular basis



Morning Mindfulness

5 Minute Breathing Exercise



How to Practice Mindfulness

mindful
mindful.org

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.





<https://www.youtube.com/watch?v=nmFUDkj1Aq0>



Other Morning Ideas...

- *Set an intention to be present as best you can*
- *Create a ritual (drink glass of water, coffee or smoothie mindfully)*
- *Set the stage*
- *Avoid your phone*
- *Read and reflect on an inspirational quote*



Midday Mindfulness

S.T.O.P. Technique

Stop what you are doing.

Take a few deep breaths.

**Observe your experience as it is
(thoughts, feelings, emotions).**

**Proceed with something that will
support you in the moment.**



<https://www.youtube.com/watch?v=EiuTpeu5xQc>



Other Midday Ideas...

- *Eat 1-2 lunches per week in silence*
- *Walk mindfully, thinking of a single word with each step you take*
- *Use everyday cues in the environment as reminders to “center” yourself (phone ringing, sitting at computer)*
- *“3 Center Check-In” (Head, Heart, Body)*



Evening Mindfulness

Body Scan



Other Evening Ideas...

- *Change out of work clothes when you arrive home*
- *Set the stage*
- *Retrace today's activities and acknowledge and congratulate yourself for what you've accomplished*
- *3 Good Things*



Emergency Self-Care Plan

(prepared by Elaine S. Rinfrette, PhD, LCSW)

1. Make a list of what you can do when you're upset that will be good for you:

- What will help me relax? (*breathing, music, going for a walk*)
- What can I do that will help me through the day? (*remember to breathe, avoid caffeine, stay in the moment*)

2. Make a list of people you can contact if you need support or distraction

3. List 1-2 Positive things to say to yourself when you are having a hard time



TREAT EVERYONE  
 **kindly.** 
  INCLUDING
 **yourself** 
 
 

A decorative graphic of a feather, rendered in a light beige or tan color, is positioned on the left side of the slide. It has a central rachis with numerous fine barbs extending outwards, giving it a soft, organic appearance. The feather is oriented vertically, with its base near the bottom left and its tip pointing towards the top left.

Handouts...

1. How I Show Myself Kindness
2. Mindful Self-Care Scale
3. Weekly Self-Care Checklist

How I Show Myself Kindness

- *Complete and keep as a reminder of the importance of kindness
- *Do as a family and have each member fill up a section
- *Use any time you want to cultivate a new habit





Mindful Self-Care Scale

33-item Scale that measures self-care behaviors in 6 domains:

- *Mindful Relaxation
- *Physical Care
- *Self-Compassion and Purpose
- *Supportive Relationships
- *Supportive Structure
- *Mindful Awareness

Mindful Self-Care Scale

Cook-Cottone, 2016

Sample format with questions:

[Please Cite as: Cook-Cottone, C. P. & Guyker, W. (2016, manuscript in preparation).

The Mindful Self-Care Scale: Mindful self-care as a tool to promote physical, emotional, and cognitive well-being).

The questions on the scale follow.

Physical Care (8 items)

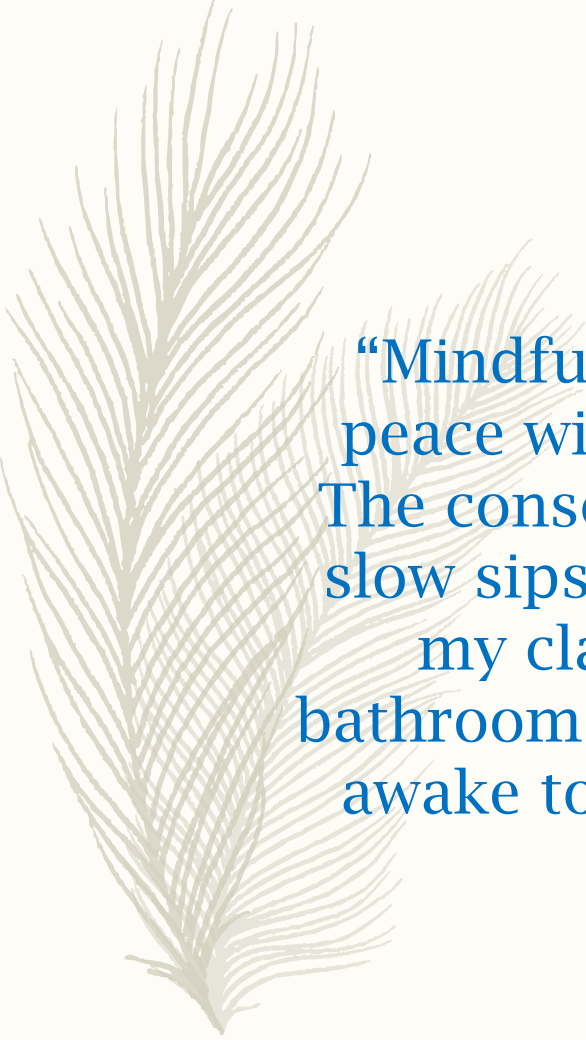
Score	Item
1 2 3 4 5	I drank at least 6 to 8 cups of water
1 2 3 4 5	I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)
1 2 3 4 5	I planned my meals and snacks
1 2 3 4 5	I exercised at least 30 to 60 minutes
1 2 3 4 5	I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)
R 5 4 3 2 1	I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer)-reversed score
1 2 3 4 5	I planned/scheduled my exercise for the day
1 2 3 4 5	I practiced yoga or another mind/body practice (e.g., Tae Kwon Do, Tai Chi)
	Total
	Average for Subscale = Total/# of items

Weekly Self-Care Checklist

*Simple method for tracking physical and emotional self-care

Weekly Self Care Checklist

Tasks	S	M	T	W	T	F	S
Got Enough Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got Out of Bed on Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleansed My Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed My Dental Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Medication/Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outside of the Bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Some Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a Snack or Two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Water Throughout the Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Nourishing Meals for Breakfast, Lunch & Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Some Deep Breaths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken a Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate & Relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



“Mindfulness practice helps me touch a space of peace within myself during the hectic school day. The conscious breaths I now take while drinking in slow sips of tea in my breaks, the mindful steps to my classroom, and even my moments in the bathroom between classes rejuvenate me so I can be awake to the beautiful smiles of my students and meet them with joy and ease.”

–Meena Srinivasan, *Teach, Breathe, Learn*