



# WELLBEING WITH MINDFULNESS (FOR SUSTAINABLE, INSPIRED TEACHERS)

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# WELLBEING WORKING GROUP

- Is being an effective teacher sustainable?

## WHY MINDFULNESS?

- Mindfulness (a billion \$ industry) is accessible
- Addresses mental emotional health

*How can we improve our wellbeing and support each other?*

# MINDFULNESS AND ITS BENEFITS



- Reduce stress,
- Remove distracting negative talk
- Improve health and wellbeing
- Rewire the brain

# ROLE OF STRESS

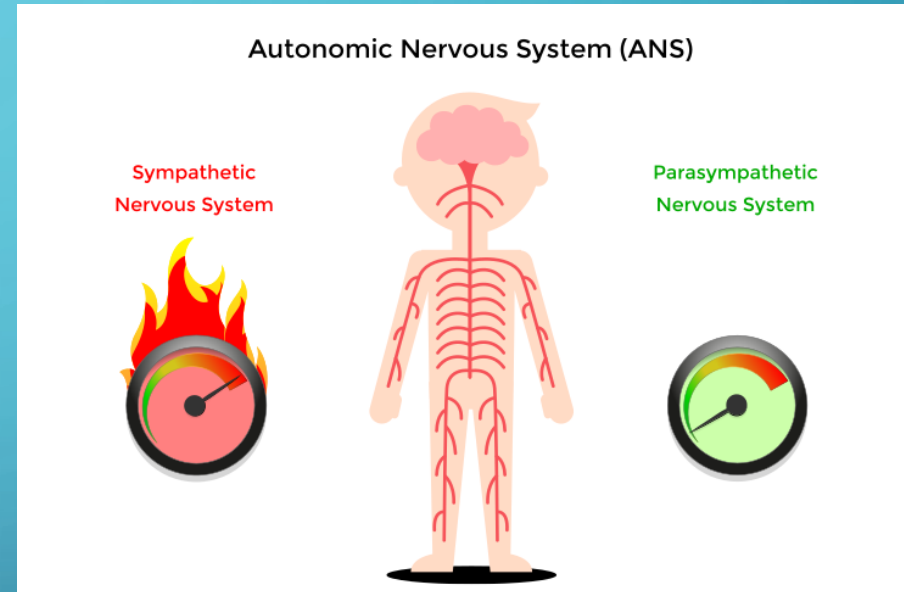
Stress = response to a demanding situation

## Sympathetic nervous system

- Fight or flight

## Parasympathetic nervous system

- Rest & digest



<https://www.parentingforbrain.com/self-regulation-toddler-temper-tantrums/>

*Dr. Benson's "Relaxation response" (to stress) at Mass Gen Hosp in 1970s*



# CULTIVATING DAILY PRACTICE

- Mindful eating one meal – what, how, when and thank the cook
- Sitting practice 10 - 20 minutes
- Observe the mind, wait before reacting
- Practice gratitude for 3 things

What mindfulness practice have you done in the last month?



The background is a solid blue gradient. In the corners, there are decorative white line art elements resembling circuit boards or neural networks, with lines and small circles connecting them.

## SOME MYTHS ABOUT MINDFULNESS

- It is a religious practice
- It gives peace and bliss
- It is time consuming
- It must be done 24/7