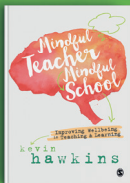


A LITTLE GUIDE TO MINDFULNESS



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MINDFUL TEACHER, MINDFUL SCHOOL



Improving Wellbeing in Teaching and Learning

Packed full of DIY exercises, activities to use in the classroom and links to resources and further reading, this inspiring book will support experienced and new teachers to maintain a healthy work-life balance and thrive as a teaching professional.

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Whether you are new or experienced, teaching can be a uniquely rewarding and demanding experience. Deliberately carving out time in each day where you can take a moment to care for yourself can be essential to your wellbeing.

You may be feeling stressed out by a looming deadline, overwhelmed by your to-do list, or overly self-critical about your teaching. You may be about to enter a classroom for the first time, perhaps starting a challenging lesson in difficult circumstances, or just not feeling you have the energy today to achieve what you want to achieve...

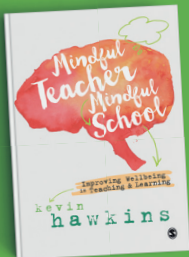
I hope this little book of mindfulness tips can help remind you to take a breath, be kind to yourself and just do the best you can with this moment.

Best wishes for the journey ahead!

Kevin Hawkins

Co-founder of MindWell and author of Mindful Teacher, Mindful School

(June 2017)



1.



NAME IT, OWN IT, ACCEPT IT

Feeling tense, nervous, confused, foggy, out of sorts, irritable or angry? The single most important thing you can do is to inwardly acknowledge and accept this feeling – it may not be how you want to be right now, but it is already here. So try to name it, own it and accept it before moving on. Take comfort in knowing feelings change, and this will pass.

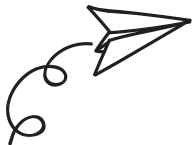
2.

TAKE A BREATH!



Use time between classes, walking through doorways, or climbing stairs as reminders to take a conscious breath. Notice the in-breath, notice the out-breath. Say to yourself “in”, “out”, as the breath enters and leaves the body. Just try to stay with the breath cycle as it is for a few moments. By taking this moment to really be with your breath you may start to feel a little calmer.

3.



A TO-DO LIST NEVER ENDS

Learn to accept that your To-Do List will never be finished... really accepting this may encourage you to prioritize tasks and also to be more deliberate about doing something for yourself during each day.

4.



TAKE A MINDFUL MOMENT EVERY MORNING

For example, if you normally drink tea or coffee in the morning, consider using this time to simply sit and sense, enjoying the experience of drinking rather than reading the paper or planning your day while you drink.

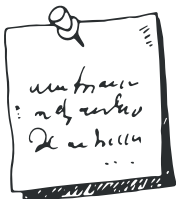
5.

REDUCE SOCIAL MEDIA OVERLOAD



Try to leave emails and social media for specific periods during the day rather than a continual, compulsive checking activity.

6.



USE MINDFUL REMINDERS TO HELP YOU THROUGHOUT THE DAY

The bell between classes, a reminder on your phone, a sticky-note on your computer or even a small picture can be reminders to slow down and take a breath.

7.



BE KIND TO YOURSELF

Kindness is a key element of mindfulness so practice being kind to yourself and don't beat yourself up if things don't work out as you hoped or planned. We all tend to notice the negative more easily than the positive, so learn to reflect on the successes of your day as well as the things that could be improved.

8.



CULTIVATE A MINDFULNESS ROUTINE

Mindful awareness activities may be simple but they are not necessarily easy to incorporate into your day. Setting intentions and renewing them daily can help in establishing new routines.