# Do-Be/Mindful 2021

The best thing about being a educator is that it matters. The hardest thing about being a educator is that it matters every day.

**Todd Whitaker** 

## no-BeMindful Every Day Attention

Practise focusing your attention each day on counting a few gentle breaths. Each time you notice your mind wandering bring your attention back to focus on the breath. Observe what is happening to your thoughts without judging - this is an important quality of Mindfulness.

Bring your full attention to a routine daily activity - brushing your teeth, having a cup of tea, walking

to work. Focus your awareness on the experience - what you see, feel, hear, touch, taste. Openness to being present with what is happening in the moment is key to Mindfulness.

Ask a friend to tell y that hy was Ask a colleague, friend or family member to tell you about something that happened during the day that was important to them. Be present and truly focus your attention while in conversation - avoid the temptation to multi-task and make it a device-free interaction. Notice how this helps to enrich your relationships.

### RESILIENCE

Regular Mindfulness practice builds emotional resilience and has a transformative effect that helps to keep us mentally and physically healthy during the stressful, challenging times in our lives.

> Happiness and a sustained sense of wellbeing are skills that can be learned.

Write down 3 good things that happened during each day, things that you are grateful for, things that went well, that you enjoyed, **Gratitude** or that made you feel happy. Appreciation of even simple things in our lives creates happiness. Positivity helps us to flourish in our personal and professional lives.

Recognise that setbacks and failures are completely understandable and inevitable in life they are part of what it means cceptance to be human. Foster an attitude of caring acceptance by saying to yourself

'I'm doing the best I can, and that's enough.'

> Compassion is an innate quality in all of us but so often we tend towards being self-critical and judging ourselves too harshly. Treat yourself the way you would a good friend - with open-heartedness, gentleness, softness, kindness and empathy. Mindfulness and Self. Compassion self-compassion are inseparable.

Do something kind for a family member, a friend, a colleague or a stranger this week. Notice how it feels. Experiencing kindness brings happiness into our lives and a sense of both mental and physical wellbeing.

Kindness

## mindful

Positive Outcomes of Do-BeMindful Foundation Programme

Baseline % ■ % Following Introduction of Do-BeMindful

83% of educators stated that they frequently worried about work problems when not at work.

86% of educators said that their job had impacted negatively on their wellbeing.

• 77% of educators stated they had experienced more workplace stress in the last 12 months.

• 70% stated that the job had adversely affected their mental health in the last 12 months.

Feeling good about myself Having energy to spare Feeling relaxed Feeling interested in other people Feeling useful Feeling optimistic Awareness of emotions

45

180

135

90