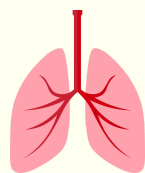


3 MINDFULNESS PRACTICES FOR BUSY & BURNED-OUT TEACHERS

1

FOCUSED BREATHING



Sit comfortably and gently close your eyes. Begin to focus your attention on your breath as you inhale through the nose and exhale through the mouth, perhaps placing a hand on your belly. Notice the sensation of the air entering and leaving your body in a steady rhythm, your belly expanding and emptying with each breath. It's perfectly normal for your mind to wander during this exercise. Take note of any thoughts, internal chatter, or feelings that come in and out of your awareness. Imagine them as small clouds, airy and drifting. They pass you by but do not carry you away. Envision a little more space between you and the clouds as you return to your breath. These distractions will come and go—it's all part of your practice, even withholding judgment of yourself in those moments. Slowly place your hand over your heart with appreciation for the ways your mind and body have practiced staying present.

2

GRATITUDE BREAK



Find a comfortable, quiet space to sit. Take a moment to settle your mind as you bring attention to your breath. Think about someone in your community who you are grateful for—this could be a family member, a friend, a colleague, or a student. Imagine their facial features, perhaps the curve of their smile, the quality of their voice, or the sounds of their laughter. Recall a kind word or deed that was meaningful to you and notice how that now feels in your body. Know that this person, too, experiences joys and frustrations. Hold them in your mind's eye and picture them surrounded by grace and goodness. Consider how your connection with this person expands your capacity to know and be known, and along with that, your sense of being upheld by your community.

3

MINDFUL WALK



Begin by taking a few deep breaths. As you breathe out, loosen your jaw and facial muscles, relax your arms and fingers, feel your legs extending gently to your feet, and notice how your toes anchor you to the earth. Does one leg balance more of your body? Try to center your weight, even as your body naturally shifts side to side. Walk a short distance, one slow step at a time. Pay attention to the sensation of your feet on the ground, the lifting and falling of your legs, and the sounds around you. Is the ground crunchy or creaky, yielding or firm? If your mind starts to wander, as all minds do, simply bring your attention back to your body, thanking it for carrying you now and through the day.

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[EDUC-942 Mindfulness Activities for the Classroom](#)

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