CARE

CARE (Cultivating Awareness and Resilience in Education) a Garrison Institute Program.

Presenter: Christa Turksma

Developing a practice to increase awareness and reduce stress:

* Three deep breaths
	+ On your way to school
	+ Short breaks during the day
* Set and intention for the day
* Create a visual reminder on your coffee mug, on the wall of your classroom, or on the refrigerator
* Choose an intention buddy with whom you will share your daily intentions and intention checks
* Mindfulness practice – start with 3-5 minutes
	+ Sit with your feet flat on the floor, upright body posture, hands resting gently in your lap, eyes gazing downward or closed
	+ Focus your attention on your breathing
	+ Choose **one** physical sensation of breathing to focus on
		- The rising and falling of your chest
		- The sensation of breath as it passes through your nose
		- The in and out movement in the abdominal area
	+ Distractions – when your mind wanders, as it will, bring your attention back to the breath and posture with gentleness, non-judgmentally
* Notice your emotions
* Notice your triggers
* Take deep breaths when you notice tension while in the classroom
	+ Creates the space to respond rather than react

Contact Information

Christa Turksma: Co-Developer of the CARE program

christaturksma@gmail.com