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

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