

Taking care of your own wellbeing is so important!

As Educators, we spend so much of our time caring for other people, we forget to care for ourselves.

Remember: You can't pour from an empty cup. Fill yourself up first, then serve others the overflow! Taking care of yourself is the first step to taking care of your children.

Each month we will be posting wellbeing tips, giving our HAFDC Educators suggestions and encouragement for caring for ourselves!

This month, we are looking at mindfulness. Although this might seem like the new 'It' word, mindfulness is a practice that everyone can do to support your wellbeing.

Mindfulness is about looking after your mind. It is a way to manage stress. It is about training ourselves to react skillfully and to accept whatever is happening around us, whether it be good or bad. It is about being non-judgmental and learning to not let your feelings run your decisions. Mindfulness is about being in the present moment and showing appreciation and gratitude, instead of being wrapped up in being busy and thinking about all the things you need to do, therefore missing out on seeing all the great things in your life. Mindfulness helps us to understand that we are in control of a situation by the way we react.

This Mindfulness exercise comes from <http://www.thirteenthoughts.com>

FIRST THING IN THE MORNING

“As you take your morning shower, don't let your mind race. When you're getting ready for the day, focus on what you're doing at this given moment. Feel the warm water on your skin. Smell the soap, feel the silky foam and notice how good it feels against your skin. As the hot water hits your muscles- relax them and release that tension. Brush your teeth slowly. Focus on all your senses. It won't be easy at first, because your mind is used to rushing all the time. As you practice this every day though, you'll slowly start noticing yourself feeling more calm- and that, is a superpower.”

Mindfulness cannot eliminate the stressors from our life (for nothing can); what mindfulness does is gives us a powerful set of techniques and practices that help us manage those stressors skillfully and creatively.

<http://leftbrainbuddha.com/3-reasons-need-mindfulness/>

Practicing mindfulness results in:

Getting better sleep

Having better focus and concentration

Greater happiness and optimism

Increased empathy and compassion



Holistic
APPROACH FDC