

WAKEUP

A GUIDE TO MINDFULNESS AT SCHOOL

1

START THE DAY RIGHT

Research shows we release most stress hormones just after waking because we are thinking of the day ahead. When you wake up, spend 1 minute in bed focusing on your breathing. As the workday begins, slightly slow down as you walk to the car, check in with your body and notice any tensions. Try and soften them.

2

USE BREAKS WISELY

Have a stretch and when you walk between classes notice the sensation of walking and try greeting colleagues you pass instead of texting. If you sit at a desk, take a few breaths before checking emails.

3

TAKE 3 DEEP BREATHS

If you can't meditate for 5-10 minutes each day you can likely take 3 deep breaths. Breathe deeply so that your belly moves in and out. Take a few deep breaths before class to clear the noise in your head.

4

ON THE WAY TO CLASS

Mindfulness can help you lead more effective classes. To avoid entering a class with a wandering mind, take 2 minutes to practice bringing your attention to the breath. You can actually do this while you're walking to the class room. Even better, let the first one minute of the class be silent.

5

SET UP TRIGGERS

Stay sharp throughout your day by setting up triggers. Take a conscious breath when you stop at a red light, when your cellphone rings, when you walk through a door or before you sit down. You can even set a timer on your phone to ring every hour to remind you to take 3 conscious breaths.

6

THE COMMUTE HOME

Apply mindfulness in the car. For at least 10 minutes of your commute, turn off the radio, shut off your phone (which should be anyway), let go of any thoughts that arise and attend to your breath. It's a great way to return home and be more present with your family.

S-T-O-P PRACTICE

1

STOP

2

TAKE A BREATH

3

OBSERVE-OPEN-SOFTEN

4

PROCEED

SITTING PRACTICE

1

SIT COMFORTABLY

With back upright, eyes closed or not.

2

FOCUS ON BREATH

Focus your full attention on the feeling of your breath coming in and going out

3

KEEP COMING BACK TO BREATH

Bring your attention back to the breath when you notice it wandering. You don't have to clear your mind. Getting lost and coming back to the breath is the intention.

WANT TO LEARN MORE?

Sign up to Wake Up Kate's blog at wakeupkate.com to receive free mindfulness tips for the work, school and home and follow her daily mindfulness TIPS on Instagram and Twitter @wakeupkate_inc.

You can also get our full suite of evidence based mindfulness tools by attending our next **ONE DAY SEMI-SILENT RETREAT** - MAY 13th, 9-4PM, 2017 at MacLachlan College. For details on this event, visit this link: <https://www.wakeupkate.com/shop/wakeful-retreat> OR contact: kate@wakeupkate.com

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