

# Mindful Moments With Faculty and Staff

Use these Mindful Monday meditations with staff to show how mindfulness supports well-being. Try them at the start or end of meetings, before PLCs, or with teaching teams.

Remember, when educators feel the benefits themselves, they're more likely to bring those practices into the classroom with confidence and care.



## Strength in Seeking Help

Whether we know it or not, daily decision-making can become overwhelming. This meditation explores two powerful tools for success—making a gratitude list and naming the things you value about yourself.



## Staying Open to Possibilities

When the future is uncertain, take a moment to reframe and imagine staying open to all possibilities at the beginning of the school year. Then, engage in mindful journaling to write any ideas or inspiration that comes to mind.



## Clearing Your Mind

New experiences are an opportunity to acquire new knowledge and learn new skills. This mindfulness activity guides you in entering new situations with a clear, open mind to engage fully with what a new experience has to offer.



## Lead with Compassion

From the moment we wake up in the morning, we can impact how our experiences look, sound, and feel for ourselves and others. Take five minutes now to fuel the light of compassion that lives within you so that you can share this positive energy with the world.



## Slow Yourself Down

At times, our lives can feel anything, but still. Take a few minutes now to refocus and tune in to yourself, noticing how our busy lives can impact us and those around us.

