

Mindful Education for Teachers

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A red circular logo with the text "mind body align" in white, lowercase letters, stacked vertically.

mind
body
align

Mindfulness IS

- paying attention on purpose
- a way of living
- evidence based
- self regulation of attention and emotions



Mindfulness IS NOT

- a silver bullet
- a disciplinary tactic
- just about meditation
- a religion



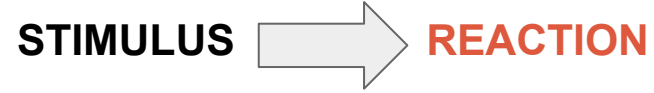
What is Mindfulness?

- **Paying attention** to what is happening right now
- Noticing how your body feels and what you **see, hear, smell, touch and taste**
- Noticing what your mind is doing, and paying attention to your **thoughts and emotions**



MINDFULNESS HELPS TO CREATE SPACE AND REPLACE IMPULSIVE REACTIONS WITH THOUGHTFUL RESPONSES

WITHOUT MINDFULNESS



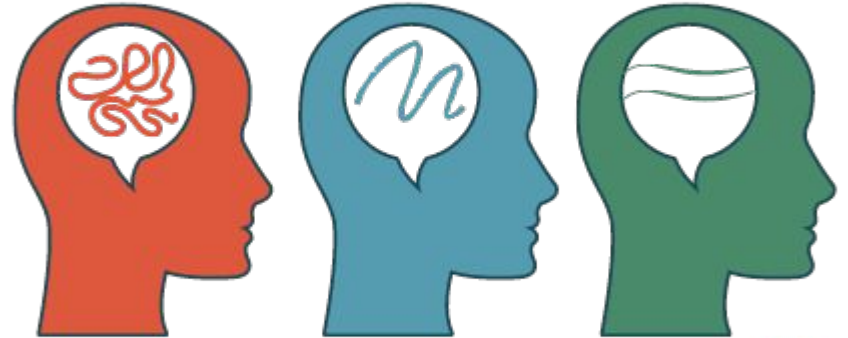
WITH MINDFULNESS



Why Mindfulness?

Exercise for the mind!

- Increase focus
- Manage emotions
- Make better decisions
- Empathize in our relationships

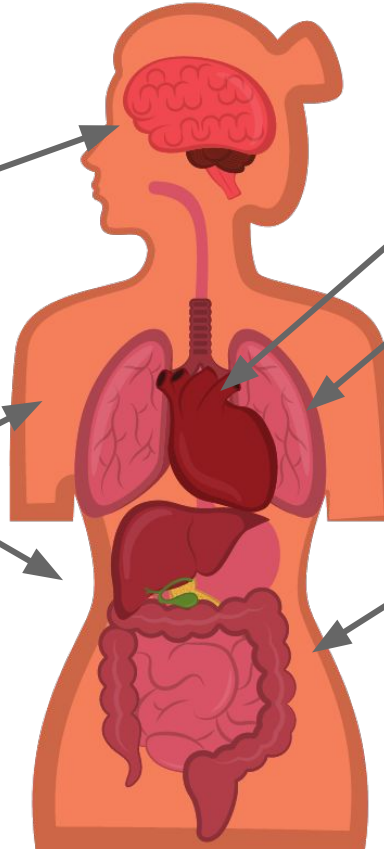


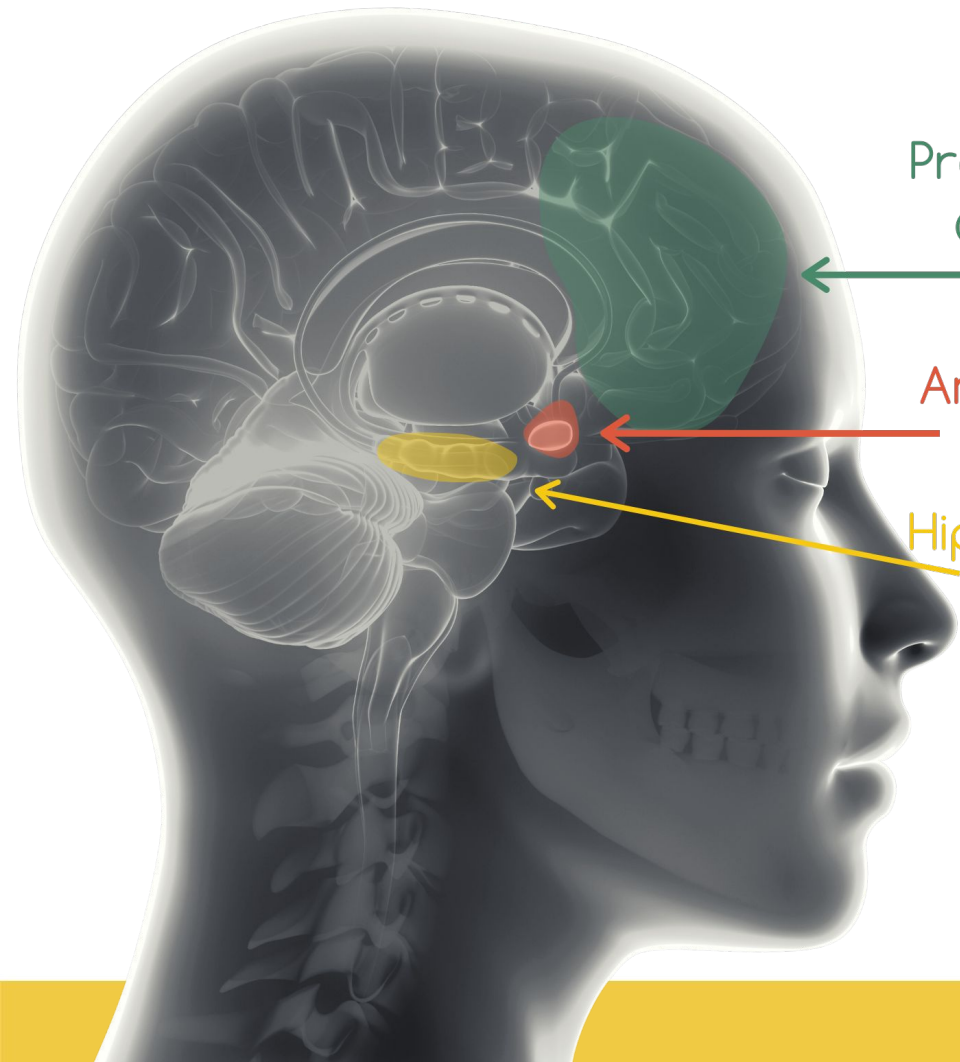
Sympathetic Nervous System

- Heart beats fast
- Breath is fast and shallow
- Pupils expand
- Gut is inactive
- Blood rushes to muscles
- Stress hormones
- Expend energy

Parasympathetic Nervous System

- Heart beats slow
- Breath is full and slow
- Pupils shrink
- Gut is active
- Increased blood flow
- Relaxing hormones
- Conserves energy





Prefrontal
Cortex

Amygdala

Hippocampus

Prefrontal Cortex -

wise leader,
quarterback,
executive

Amygdala -

security guard, blocker,
flight/fight/freeze

Hippocampus -

memory keeper, coach,
learn and remember



Stressful
Situation



Prefrontal
Cortex



Thoughtful
Response



2019 - 2024 Ohio's Strategic Plan for Education

Positive Behavior Interventions and Supports (PBIS)





Notice Stress

Meditate

Share with Students

Design Challenge:

Create one mindfulness practice that could be done daily in under 5 minutes to support your students.

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body
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An illustration of a female teacher with brown hair in a bun, wearing a dark blue long-sleeved shirt with a white collar and a brown skirt. She is holding a white clipboard and pointing towards a green chalkboard. The chalkboard has a string of colorful bunting flags at the top. On the board, there is text and a QR code. The text reads "Visit our Teachers Pay Teachers store!". To the right of the text is a QR code with the text "SCAN ME" below it. At the bottom of the chalkboard, there is a logo of an apple and the text "Mind Body Align At School".

Visit our
Teachers
Pay
Teachers
store!



Mind Body Align At School

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