

Mindfulness: A Resiliency Practice

[Music]

Narrator: What do you find stressful in your work as an early childhood educator? Stress can have a positive effect or a negative one. If the stress is moderate and manageable, it can contribute positively to your ability to do a job well. But, if it is too intense, you can become disorganized and weary. So what can you do to manage your stress? There are many steps you can take to help you become more resilient: Getting more sleep, exercising, strengthening your social network, and the practices we highlight in this module—mindfulness. These are quick activities that can bring calm by focusing your attention on the present moment—like mindful breathing.

Teacher 1: I tell myself to take a deep breath and take a moment and think of the right way to respond.

Teacher 2: I try and get myself centered.

Teacher 3: I tell myself—cool it. Get your teachers. Teacher talk.

Narrator: There are many mindfulness practices. Some you can even do with young children. Mindfulness is one of the ways you can improve your well-being and quality of life. It turns out that teachers who are the happiest, the ones who feel the best mentally and physically and have tools to manage stress, are also the most effective in helping children achieve goals. Your health and wellness benefits you and the children you work with.

Narrator: To find out more about EarlyEdU courses, see our website at www.EarlyEdUAlliance.org.