

A Mindfulness-
Based

Approach To
Stress
Management
for Educators

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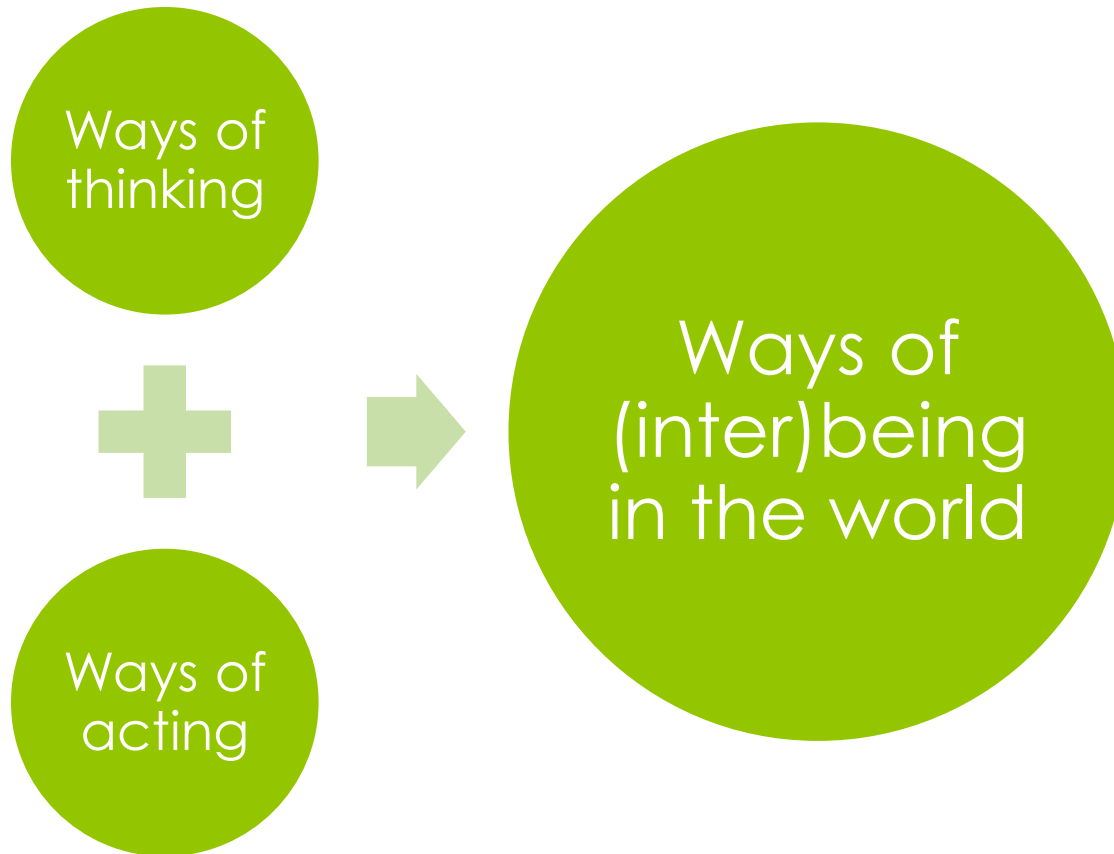
Teachers drop out at a higher rate than students.



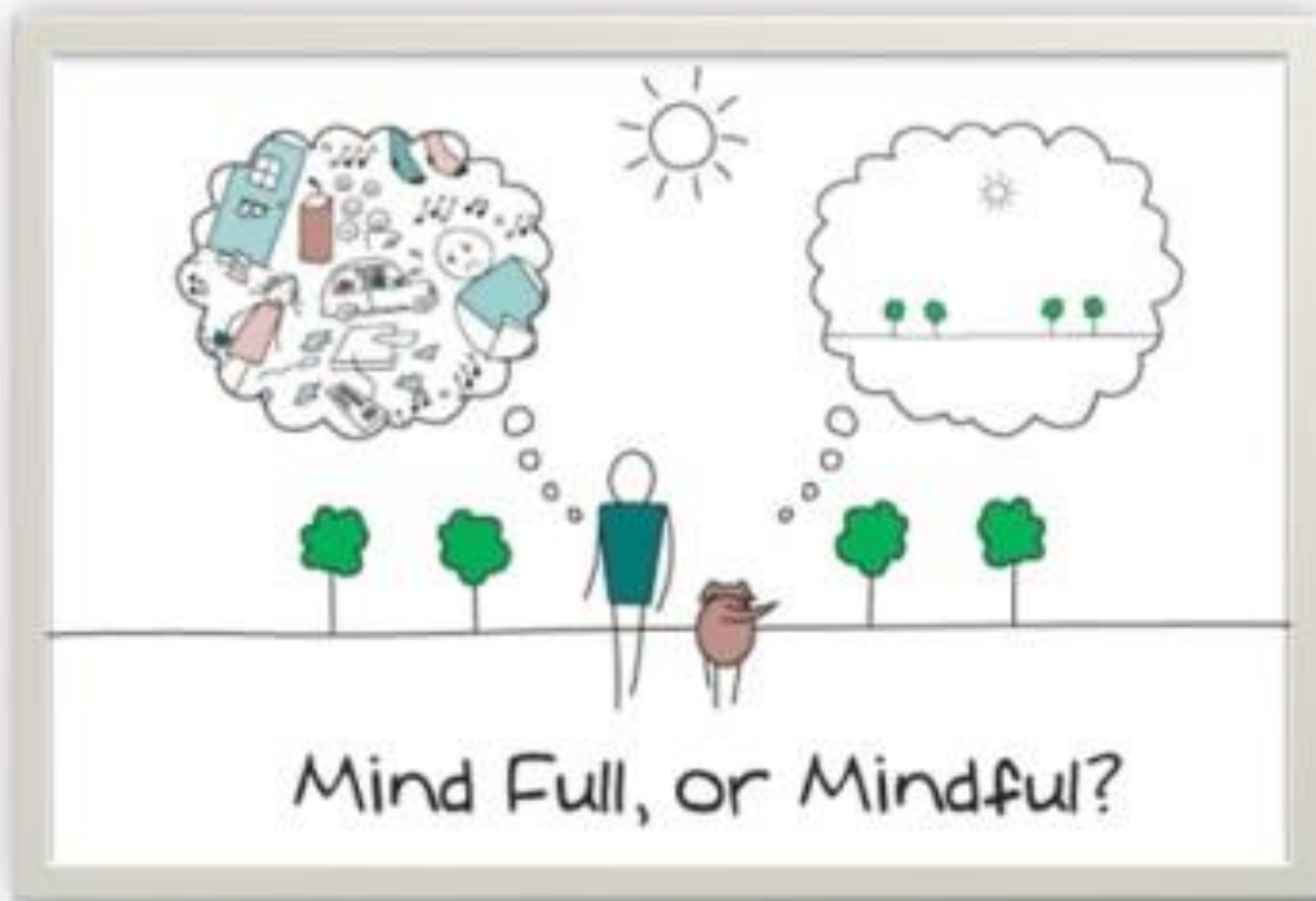
Our “negative” emotions... a legacy from evolution



Stress management is a life-style



Mindfulness = Seeing things as they are in the present moment





Is that monster really me?

Mindfulness.....

shapes
our
intentions
...

which
shape
our
thoughts
and
words...

which
shapes
of
actions
...

which
become
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habitual
behaviors
...

Which
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Which
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Mental habits that amplify stress:

Catastrophizing

- "Its going to be horrible"

Exaggerating the negative and discounting the positive

- "I like this class but we certainly have our share of troublemakers."

Mind reading

- "I know they are plotting against me."

Being the eternal expert

- "I can NEVER be seen making a mistake."

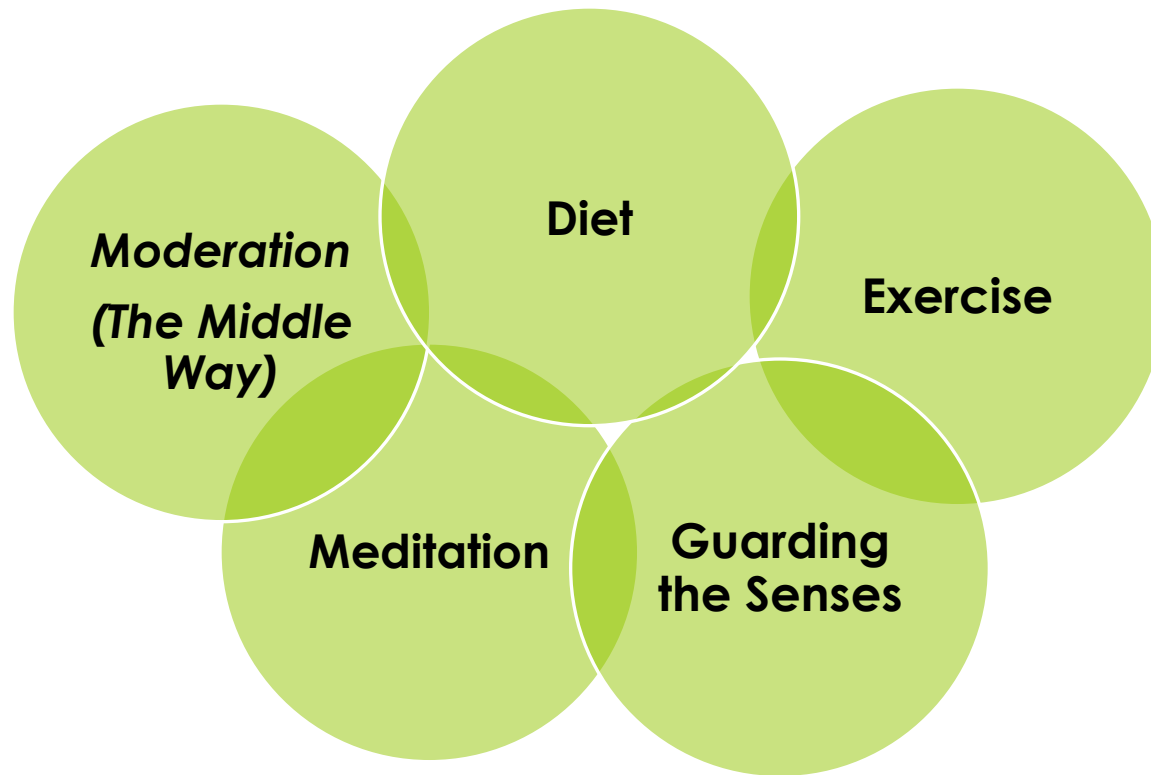
Shoulding

- "I should have done this; I should have done that."

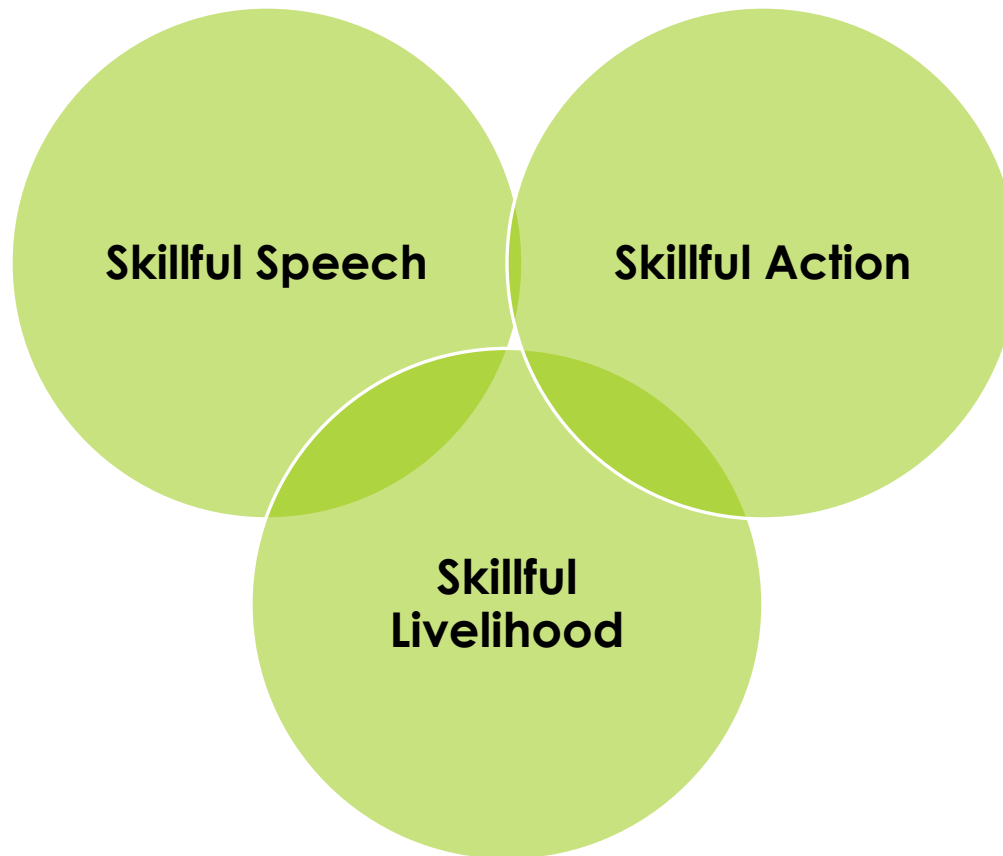
If-onlys

- "If only I make "Teacher of the Year, then I will be happy."

Background elements of a stress-managed lifestyle (“The Canvas”)



Foreground elements of a stress-managed life style (“The Painting”)



A Great Resource

A Mindfulness-Based Stress Reduction
Workbook

by Bob Stahl, Ph.D. and Elisha Goldstein,
Ph.D.

978-1-57224-708-6

newharbingerpublications, inc.

www.newharbinger.com

(Inspired by Dr. Jon Kabat-Zinn)



And now for
some sitting
meditation...

