



CARE (Cultivating Awareness and Resilience in Education) a Garrison Institute Program.

Developing a practice to increase awareness and reduce stress:

- **Three deep breaths**
  - On your way to school
  - Short breaks during the day
  
- **Set and intention for the day**
  - Create a visual reminder on your coffee mug, the wall of your classroom, or on the refrigerator
  - Choose an intention buddy with whom you will share your daily intentions and intention checks
  
- **Mindfulness practice** – start with 3-5 minutes
  - Sit with your feet flat on the floor, upright body posture, hands resting gently in your lap, eyes gazing downward or closed
  - Focus your attention on your breathing
  - Choose **one** physical sensation of breathing to focus on
    - The rising and falling of your chest
    - The sensation of breath as it passes through your nose
    - The in and out movement in the abdominal area
  - Distractions – when your mind wanders, as it will, bring your attention back to the breath and posture with gentleness, non-judgmentally
  
- **Notice your emotions** ( Awareness of Emotional Elevator)
- **Notice your triggers**
- **Take deep breaths** when you notice tension
- **Use Mindful Listening when interacting with others.**
  
- Brief Mindfulness practices related to the 5 CASEL Dimension of SEL  
<https://createforeducation.org/resources/access-mindful-practices-self-awareness/>
- Brief Mindfulness practices from CARE  
<https://createforeducation.org/resources/access-mindfulness-practices-from-care-program/>
- Video on Mindful Listening  
<https://www.youtube.com/watch?v=JbLbHaBzNUY>

Contact Information:

*To enquire about the CARE program for you or your school, contact Dorothy Morelli at [dorothygm@hotmail.com](mailto:dorothygm@hotmail.com) or by phone 615 364-6606.*

*For more information on CARE and the research, please visit [createforeducation.org](http://createforeducation.org)*