Welcome to Fall 2018!

This is the introductory email to Mindfulness in Teaching tips, ideas, and reminders. I plan to send these emails each month during the Fall and Spring semesters. (At any point, if you'd like to stop receiving these emails, please just let me know and I'll take you off the email list.)

IDEAS and REMINDERS:

I hope you spend some time reflecting on previous semesters, consider how you will prepare for upcoming semesters, and contemplate about how you can find ways to be more mindful during your daily life and during class.

Take time each day to breathe and release your stress.

Mindfulness and stress resilience are a daily practice.

ARTICLES:

Check out this article about mindfulness called The Scientific Argument for Mastering One Thing at a Time at

https://jamesclear.com/master-one-thing
Lesson – Focus on one thing at a time.

VIDEOS:

Check out this TED talk about stress called How to Make Stress Your Friend at https://www.ted.com/talks/kelly_mgonigal_how_to_make_stress_your_friend/up-next?referrer=playlist-talks_to_help_you_manage_stres

Kelly McGonigal: How to make stress your friend | TED Talk

www.ted.com

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.
Lesson - Stress can be a good thing, and that view can lead to a healthier life.

FDC UPDATES:

You all attended the workshop named Mindfulness and Stress Resilience. After reflecting on the workshop and the timing of the workshop, I've decided some changes needed to be made. This Fall, the workshop will be changed into two workshops named:

Mindfulness and Stress Resilience

Mindfulness is our ability to be focused in the moment and aware of our thoughts as they occur. Stress resilience determines how well we respond to stressful situations. In this workshop, we will discuss how to be a more mindful and resilient individual in our daily lives, which will lead to a more aware and focused teacher in the classroom.

Relaxation for the Mindful Individual

Relaxation can help us achieve balance in our lives through mindful breathing. In this workshop we will explore the basics of practicing relaxation, the types of relaxation based on the situation in which it is being used for, and learn ways to apply these techniques to ourselves and our classrooms.

Each workshop will go into more detail/discussion than was previously covered, particularly the relaxation workshop. You received credit for the Mindfulness and Stress Resilience workshop. If you attend Relaxation for the Mindful Individual this Fall or during future semesters, you can receive credit for that workshop as well, even though there will be some overlap from the first workshop you attended.

UPCOMING MINDFUL WORKSHOPS:

Monday 10/1 10am-10:55am  Mindfulness and Stress Resilience

Monday 10/1 11am-11:55am  Relaxation for the Mindful Individual

Monday 10/8 10am-10:55am  Influence of Nutrition and Physical Activity on Teaching Quality
Monday 10/8  11am-11:55am  Quality Sleep for Quality Teaching

Monday 10/15  10am-10:55am  Effective Communication in Personal and Professional Relationships
Monday 10/15  11am-11:55am  Connections Between Self-Efficacy and Authentic Teaching

Reminder - register through the FDC site for any workshop you are interested in attending.

THOUGHT OF THE DAY:

Be your best self every day.

LASTS ITEMS:

I hope your semester is going well so far! Please feel free to contact me anytime if you have questions about mindfulness. I look forward to communicating with you and assisting you with incorporating mindfulness into your personal and professional lives.

Have an amazing week!

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