

Good morning and happy Monday team!

I hope you all had a great weekend! You all are awesome. **I definitely see the positivity and support you all are providing each other and the students.** There have been some **altruistic acts** for sure going on around UACCB.

Since we are starting a new semester, life can be chaotic and stressful. **Let's revisit mindfulness.** As educators, daily life is hectic and ever-changing. It's easy to feel overwhelmed and out of control. Mindfulness is a way to combat those feelings and feel calm, centered, and capable.

Consider the following choices, and choose one that you'd like to try this week. If you already engage in one of this week's mindfulness options, challenge yourself to try something new.

Try at least one (new) mindfulness technique.

1. Mindful walking

- Choose a **quiet place** to practice.
- Stand at one end of your path and **pay attention to your body**. Try to relax and just walk.
- Focus on how the feelings and the **sensations of your feet change** as you walk. There is heaviness, pressure, movement, and even temperature – notice all of those things.

2. Deep breathing

- Take a **slow deep breath** in through the nose, breathing into your lower belly (about 4 seconds)
- **Hold your breath** for one or two seconds.
- **Exhale slowly** through the mouth (about 4 seconds)
- Repeat this a few times

3. Guided meditation

- Rest the backs of your hands on your knees
- **Close your eyes** and focus on a place that is peaceful for you
- **Breathe deeply**. Inhale deeply and exhale
- When you have a thought, think about the thought for just a moment. **Then relax and let it go.**

"A few simple tips for life: feet on the ground, head to the skies, heart open...quiet mind."

- Rasheed Ogunlaru

Peace,
Maggie

Maggie Beshears, LPC
Behavioral Health Therapist
UACCB/White River Medical Center
Office Phone: 870-612-2035
For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

