

Audio-Guided Mindfulness Practices

A significant body of [research](#) shows that mindfulness practice focused on caring and compassion can both positively impact well-being as well as improve physiological response to stress. [Convincing research](#) shows that when adults use mindful practices, they can increase their ability to create healthy and caring student-teacher and teacher-teacher relationships.

Please note that these mindfulness practices are developed specifically for teachers to use for themselves, not with/for their students.

Caring Practice for Educators

About This Strategy

This audio recording guides educators through a mindfulness practice focused on cultivating self-compassion. The goal of this exercise is to generate compassion for oneself and others. Moreover, this recording can help support and supplement an educator’s existing mindfulness practice.

Instructions:

- [Click here](#) to play a recording of this guided mindfulness exercise.

Gratitude Mindfulness Practice

About This Strategy

This short mindfulness practice focuses on fostering gratitude for others. The goal of this audio-guided mindfulness practice is to both improve educator well-being as well as build relationship skills—the abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

When we use effective relationship skills as educators, we can communicate clearly, listen with our full attention, work collaboratively to solve problems, navigate settings with different social and cultural demands, provide leadership, and seek or offer help when needed. We can create a sense of belonging that allows others to be seen and cared for.

Instructions:

- [Click here](#) to play a recording of this guided mindfulness exercise.