

MINDFUL MONDAYS

Please visit the [North Carolina Social and Emotional Learning \(SEL\) Educator Wellness page](#) to find more information about Mindful Mondays and additional resources to support adult self-care.

PURPOSE

Provide a weekly opportunity for educators to connect through a mindfulness activity.

DETAILS

Live Monday Mornings at 6:15-6:30 a.m.
(join through Webex)
Recorded session available any time
(recorded on YouTube)

USES

- Anyone can use for their own personal self-care
- Administrators/Teacher Leaders can use to promote self-care in existing meetings

Benefits of Mindfulness

- stress reduction
- self-regulation
- working memory
- sustained attention
- general mental well-being

We invite you to join us each week at your convenience and utilize the mindfulness activities as often as you would like. We value you, as educators, and we know your time is a limited resource. We hope you will find the activities beneficial, and you will leave each session with a sense of renewal and appreciation for the very difficult job you do each day.

Join our next scheduled Mindful Monday: [Meeting Link](#)