

How SLPs Can Develop a *Mindful Practice* To Reduce Stress



Start the Day Mindfully:

Begin each day with a few minutes of mindfulness. This can be as simple as taking deep breaths or practicing a short meditation to set a calm tone for the day.

Mindful Morning Routine:

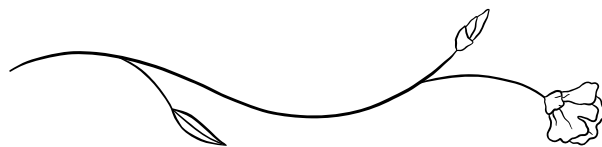
Pay full attention to your morning routine, from showering and dressing to eating breakfast. Focus on the sensations and actions involved.

Create a Peaceful Workspace:

Organize your workspace to create a calming environment. Incorporate elements like plants, soft lighting, or calming colors.

Mindful Transitions:

Pause and take a few mindful breaths between classes or activities to reset and prepare for the next group of students.



How SLPs Can Develop a *Mindful Practice* To Reduce Stress



Mindful Walking:

Practice walking mindfully when moving around the school or classroom. Pay attention to each step and your surroundings.

Mindful Breathing Breaks:

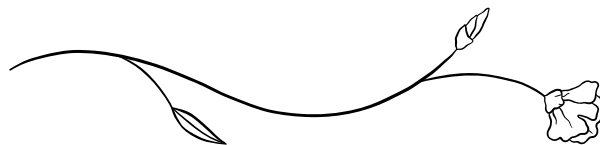
Schedule short breaks during the day to practice mindful breathing or a quick body scan to release tension.

Mindful Eating:

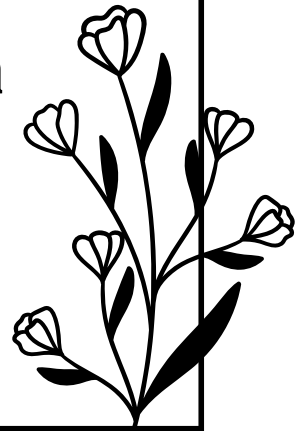
Take time to eat lunch mindfully. Avoid multitasking and savor each bite, appreciating the flavors and textures.

Gratitude Practice:

Incorporate a gratitude journal into your routine. Write down things you're thankful for, both big and small.



How SLPs Can Develop a *Mindful Practice* To Reduce Stress



Set Boundaries:

Establish clear boundaries between work and personal life. Avoid overworking and allocate time for relaxation and self-care.

Mindful Listening:

Practice active listening when students or colleagues speak to you. Give them your full attention without thinking ahead to your response.

Mindful Response to Stress:

When faced with a stressful situation, pause before reacting. Take a few deep breaths and respond thoughtfully instead of impulsively.

Mindful Meetings:

Bring mindfulness to staff meetings or professional development sessions. Encourage brief mindfulness exercises at the beginning or end of meetings.

Mindful Support Network:

Connect with colleagues who are also interested in mindfulness. Share experiences and strategies for reducing stress.

