

QUALITIES OF SELF-REGULATORS (INCLUDES TEACHERS / STUDENTS)

- ✓ act according to their values
- ✓ calm themselves when upset
- ✓ cheer themselves when down
- ✓ persist through difficulty
- ✓ do their best
- ✓ flexible & adaptable
- ✓ see good in others
- ✓ clear about intentions
- ✓ take control when necessary
- ✓ view challenges as opportunities

RESOURCES:

VERY WELL MIND: <https://www.verywellmind.com/how-you-can-practice-self-regulation-4163536>

PSYCHOLOGY, HEALTH, & MEDICINE: <https://www.tandfonline.com/doi/full/10.1080/13548506.2015.1061676>

MINDFULLY READY TEACHERS

 **WHY PERSONAL PRACTICE?** *Practicing, little and often, and embodying well-being ourselves, inspires our communities to also find well-being.*

 **RESOURCES:** OISE WELLNESS: https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html

ORSS MINDFULNESS PRACTICE: https://www.oise.utoronto.ca/orss/Mindfulness_Practice.html

SELF-CARE FOR EDUCATORS AND HELPING PROFESSIONALS:

https://us02web.zoom.us/meeting/register/tZEpfuyrrz0tG9LU6o1OjerVuFn_Mk974ajl

TARA BRACH: <https://tinyurl.com/4ssea3f>

ELISHA GOLDSTEIN: <https://elishagoldstein.com/ecourses/basics-of-mindfulness-meditation/resources/>


PEACE IN SCHOOLS: <https://www.peaceinschools.org/>

JEN B YOGI: <https://www.jenbyogi.com/> jenbyogi@gmail.com

JEN B YOGI YOUTUBE: <https://www.youtube.com/channel/UCy84oa7ttKyR5BIbSErITBw>

STEPS TO BUILDING A LASTING MEDITATION PRACTICE:

<https://www.yogajournal.com/meditation/build-meditation-practice-richard-miller/>

 **REFLECTION:** to develop your own personal practice / routine / ritual / habit, reflect to notice guiding patterns for feeling well-being, calm, & ease (e.g. integrating yoga / movement / breathing upon waking in bed; integrating face massage while showering / getting ready; integrating iRest® meditation while traveling to work; noticing moments in the body of feeling whole / timeless / spacious / connected / perfect)

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____

 **SELF-CARE: INTEGRATED IN ROUTINES:** *What can you start to integrate to connect to & ready the body & mind?* _____

 **RESOURCES:**

BETTER LEADER, RICHER LIFE: <https://hbr.org/2008/04/be-a-better-leader-have-a-richer-life>

ROSITA.DYNAMIC.STILLNESS: <https://www.instagram.com/rosita.dynamic.stillness/>

INSIGHT TIMER: <https://insighttimer.com/meditation-app>

IREST® TRY NOW: <https://www.irest.org/try-irest-now>

IREST® MEDITATION AND CONVERSATION LIBRARY: <https://www.irest.org/meditation-and-conversation>

IREST® SELF-CARE TREASURY:

<https://www.irest.org/blog/resources-nondualism-other/self-care-treasury-retrospective-free-meditation-monday-offerings>

JABUMIND: <https://jabumind.com/>

 **SELF-CARE: YOGA / MOVEMENT:** *What helps you feel well-being, calm, & ease?* _____

 **RESOURCES:**

YOGA INTERNATIONAL: <https://tinyurl.com/4k6d4asa>

VIVAYA LIVE: <https://vivayalive.com/dashboard/referral-detail/5903>

YOGA WITH ADRIENE: <https://www.youtube.com/user/yogawithadriene>

FIGHTMASTER YOGA (LESLIE): <https://www.youtube.com/channel/UCcox27Gc-NGbb2-X9hdLaMw>

7 DIRECTIONS SPINAL MOVEMENT: <https://ashleyjosephine.com/the-7-directions-of-spinal-movement/>

HIP OPENERS: <https://www.yogajournal.com/poses/anatomy/hips/qa-hip-openers-good/>

 **SELF-CARE: BREATHING:** *What helps you feel well-being, calm, & ease?* _____

 **RESOURCES:**

IREST® BREATHING FOR LIFE: <https://www.irest.org/muih-2022-year-long-pranayama-course-affiliate-landing-page>

IREST® PRINCIPLES & PRACTICES OF PRANAYAMA: JANUARY 2023

<https://www.irest.org/event/2023-january-irest-workshop-richard-miller>

IREST® GOING DEEPER: BREATHING FOR LIFE, THE PRINCIPLES, FOUNDATIONS AND PRACTICE OF PRĀṆĀYĀMA: 2023 <https://www.irest.org/event/2023-march-december-irest-pranayama-workshops-richard-miller>

MINDFULLY READY STUDENTS

 *What helps your community to feel well-being, calm, & ease?* _____

 **RESOURCES:**

THE MYNDFUL MOVEMENT PROGRAM: <https://myndfulmovement.com/>

KIDS YOGA STORIES: <https://www.kidsyogastories.com/>

GO NOODLE: <https://www.gonoodle.com/>

TVOKIDS HEALTH AND ARTS: <https://www.youtube.com/channel/UCHcFJHZWvX6XtSc9TvVu0mA>

COSMIC KIDS: <https://youtu.be/EJNOsvTnR1k>

THESE ARE THE 20 BEST SONGS TO WAKE UP TO, ACCORDING TO SCIENCE:

<https://amp.mindbodygreen.com/articles/these-are-the-20-best-songs-to-wake-up-to-according-to-science--22415>

IREST® MEDITATION EXERCISES TO HELP YOUR CHILDREN NAVIGATE LIFE:

<https://www.irest.org/blog/resources/3-practical-irest-meditation-exercises-help-your-children-navigate-life-free-poster>

IREST FOR EDUCATORS AND PARENTS: NOURISHING WELLBEING:

<https://www.irest.org/catalog/product/irest-educators-and-parents-nourishing-wellbeing>

GROWING UP ON IREST: INTEGRATING MEDITATIVE INQUIRY INTO PARENTING:

<https://www.irest.org/catalog/product/webinar-growing-irest-integrating-meditative-inquiry-parenting>

Thank you for attending the OISE Wellness Mindful Teacher Lunch & Learn session entitled:
Jen Baradi, The Mindful Teacher (& Students).

We hope you enjoyed the session and were able to learn some valuable information to help cultivate your health and wellness.

If you have any questions for Jen, please feel free to reach out to her. You can find her with the following links:



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jennifer.baradi@tdsb.on.ca



@jenbyogi



https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html