Online Resource 3.2 • My Stress Reduction Starting Point



Step I. Review your experience with COVID-I9 and write your own story, reflecting on your changing levels of stress, how you coped, what worked well, and what you could improve.

Step 2. Identify stress-reducing practices and goals. Then identify a few of your most valued practices.

PRACTICE	CURRENT STATUS (TIMES PER WEEK)	GOAL (TIMES PER WEEK)
Activity		
Sleep/Nutrition		
Self-Care		

Step 3. Review your story and the practices and goals you listed. Select at least one practice that you may want to increase: ______

- Consider when, where, why, and how you will implement your practice.

 Here are a few goal statements from teachers with whom we have worked:
 - Activity. Implement 12 minutes of vigorous exercise daily. This may include walking or aerobics. The goal is to increase heart rate and movement.
 - o *Sleep/Nutrition*. Increase intake of vegetables and reduce use of white flour, sugar, and artificial sweetener.
 - o Self-Care. Implement aromatherapy by using a diffuser with lavender essential oil as part of my daily routine.

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.