YOU in Bloom!

CREATING SPACE FOR SELF-CARE

April 28, 2021 @ 4pm

Join us for a one-hour webinar designed to help you flourish.

This educator self-care session will explore the reciprocity of self-care and introduces the neuroscience of stress and its effects on the body and nervous system.

Participants will engage in journaling with writing prompts, breathing techniques, mindful movement, and guided relaxation strategies in the form of Breathe, Move, Rest Brain Breaks. The exercises promote educator wellbeing and develop the foundational Social and Emotional Learning (SEL) competencies of Self-Awareness and Self-Management. Participants identify how simple strategies can impact the ability to manage stress, organize/focus, and identify emotions.

Attendees should wear suitable clothing for light exercise.
Presenter: Michelle Kelsey Mitchell

Link to Register

