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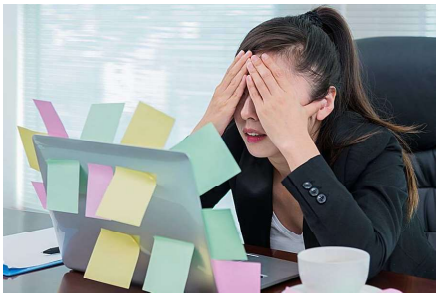
GLOBAL TEACHERS' FESTIVAL 2025

10th-21st February

macmillan education

Dealing with stress and anxiety



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GLOBAL TEACHERS' FESTIVAL 2025

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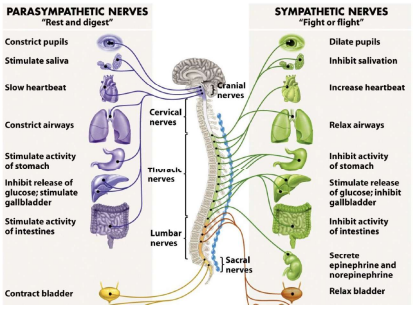
Take a moment–
Meditations for busy teachers

By Emma Reynolds

macmillan education

Meditate to regulate!

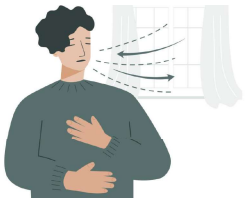


Let's begin with a S.T.O.P. practice

Please close your eyes

S - **Stop**
T - **Take** some conscious breaths through the nose
O - **Observe** your emotions in the body
P - **Proceed** into your day, what might you need?

How do you feel?
Is there any difference?

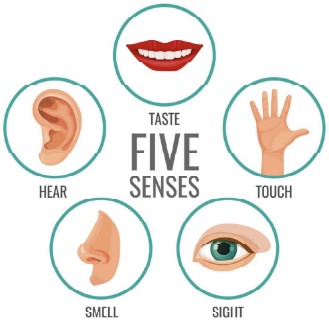


Our minds wander…

Meditate to focus on the present

Look around your space

5 colours
4 sensations
3 sounds
2 smells
1 taste



Thoughts Meditation

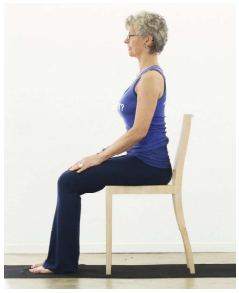
Close your eyes and sit up

Focus on your breath
Say hello to your thoughts
Return to breath
Think of one good thing
Smile

The Body keeps the score

Sit up and close your eyes

Become aware of body sensations
The feet on the floor
The bottom on the seat
Any tension in the body



Emma Reynolds
www.mbsr-mindfulness.com

Mindful movement

Close your eyes and sit up

Allow yourself to follow your breath as you move
Move slowly
Small or large movements
Hands to the face