



# Care Program

June 11, 2018

THANK YOU



Thank you again for participating in our CARE training days. We recognize that it was a commitment on your part to give up the days and we hope that you found them valuable. We also hope that you are starting to practice some of the skills you learned. We will be sending you weekly emails to reinforce your learning and to offer you encouragement.

Today's topic is on taking advantage of the summertime to replenish your own reserves. We are pretty certain that they got depleted by the end of the school year. Here are some tips from Mindful Schools on A Balm Against Burnout:

- Eat well, sleep more and exercise.
- Unplug once a week for a couple of hours each week – do a “digital detox”.
- Play – pleasure and play can help release endorphins, which have a range of positive health benefits.
- Spend time outdoors - enjoy the sunshine, the flowers and take advantage of our beautiful parks.
- Learn to say no in a loving way.
- Practice CARE skills – Establish a daily mindfulness practice – specifics are in the back of your workbook, remember to write in your journal and most importantly remember to BREATHE and take Mindful Pauses.

Arlene, Nancy and Jaimi