

MINDFULNESS, MOVEMENT, & REFLECTION

**FACULTY DEVELOPMENT WEEK
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PURPOSE FOR TODAY

Increase awareness of Self-Care, Self-Compassion, and Mindfulness as it related to Professional Burnout.

Define and connect the concept of mindfulness to movement of the body and a calming of the mind to improve overall outlook while at work.

Review mindfulness prompts to help focus thoughts and to practice mindfulness with yoga influenced movement that can easily be done in your office space.

WHAT IMPACTS WELLBEING IN HIGHER EDUCATION?



Compassion Fatigue: the deep physical, emotional, and spiritual exhaustion that can result from working day to day in an intense caregiving environment (Figley); a decline in the ability to feel sympathy and empathy, and accordingly, act from a place of compassion (Stoewen, 2020).



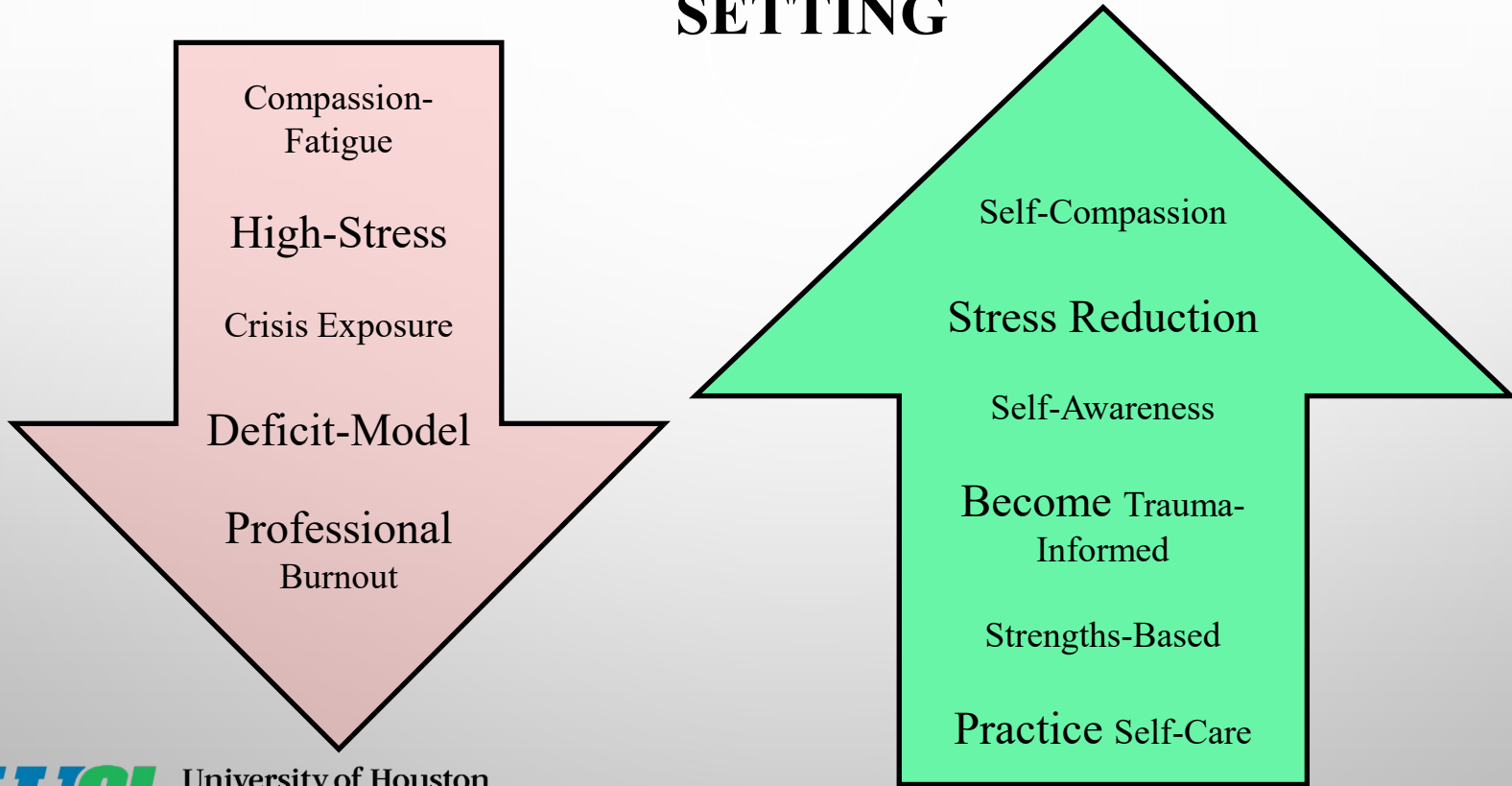
Burnout: a display of negative feelings felt by workers in helping professions due to long-term exhaustion, diminished interest, and low feelings of personal satisfaction at work (Freudenberger, 1979; NIH; Ratcliff, 2023).

MINDFULNESS AND SELF-COMPASSION

MINDFULNESS: is being fully present in the moment. It means you're aware of what you're doing, how you're feeling, and where you are, without being overwhelmed by what's happening around you (Battistin, 2019).

SELF-COMPASSION: having a self-attitude that involves treating oneself with warmth and understanding in difficult times and recognizing that making mistakes is part of being human (Neff, 2003).

SELF-CARE AND MINDFULNESS WITHIN A SCHOOL SETTING



CREATING A TRAUMA INFORMED SPACE CONDUCTIVE TO MINDFULNESS & MOVEMENT

MINDFULNESS: Do you ever stop to take in the space around you? Does it affect you in any particular way? What feelings or sensations do you notice as you observe it? How can you decorate or modify your space to create a welcoming feeling of security?

MOVEMENT: What ways can you adjust your space at work to allow for more movement? What supplies do you have access to that will support your body's need to stretch and move?

TWO SAMPLE MINDFULNESS PROMPTS (BATTISTIN, 2019)

- **CREATING AWARENESS:** Pause. Consider the here and now, this very moment. Notice your breath, any sensations in your body, and any feelings that come up. Are you nervous? Uncertain? Hopeful? Excited?
- **OPPORTUNITY FOR REFLECTION:** Do you carry yesterday's worries into today? What worry are you holding on to right now? Consider what it would be like to let go of those worries.

MOVEMENT ACTIVITIES FOR YOUR OFFICE

SO NOW WHAT? WHAT ARE THE NEXT STEPS...

- Continue building Self-awareness
- Work on Identifying YOUR Strengths and Needs
- Plan a few ways to increase wellness and wellbeing
- Develop/Try a Routine of Self-Care
- Slowly Incorporate more Healthy Behaviors
- Seek out Support from community and colleagues

THANK YOU FOR YOUR TIME!

AND....WE HAVE SOME GIVEAWAYS!