



## IASFAA Conference

Self Care and The Pause



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### Molly Schreiber

I identify as a white middle aged woman.

Wife of Tom

Mother of Sydney, Maggie, Jacob and Maria

Yogi: Challenge To Change

Teacher

Lover of life



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### Let's Do The Work This Year



- + Take time to PAUSE and remember and recall.
- + Capital T, Capital P.
- + The Year of THE PAUSE – what did you like/not like?
- + Everyone was doing the best that they could with the information they were being given.
- + What we need to do from now forward is practice self care.



AVAILABLE NOW on amazon



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"While we cannot control the world that is moving around us, Mindfulness reminds us we can control how we choose to move through that world..."

GROW

challenge to change

A graphic featuring a quote about mindfulness, the word "GROW" in a stylized font, and a logo with the text "challenge to change" and a cluster of colorful plus signs. The bottom of the slide is decorated with a border of colorful plus signs.

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### Mindfulness

challenge to change

A central diagram with "MINDFULNESS" in a blue circle. Four colored arrows point outwards to four boxes: "IN THE MOMENT" (orange), "AWARENESS" (green), "ACCEPTANCE" (pink), and "NON-JUDGEMENT" (blue). A rainbow arc is at the top.

challenge to change

The slide features a rainbow arc at the top, a central diagram of mindfulness components, and a decorative border of colorful plus signs at the bottom.

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### Mindfulness: What is it?

- + The pause between the action and the reaction
- + Being present and fully aware
- + Not living in the future
- + Not living in the past
- + Awareness of actions and reactions and how they effect others
- + Acceptance of what is
- + Living in the moment
- + Nonjudgement

challenge to change

The slide contains a list of seven bullet points defining mindfulness, a logo with the text "challenge to change", and a decorative border of colorful plus signs at the bottom.

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challenge to change

smart MIND

kind HEART

calm BODY

+ We need to be mindful:  
In Our Minds  
In Our Hearts  
In Our Bodies

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challenge to change

**WORDS MATTER**

INSTEAD OF...	TRY SAYING...
<b>What's wrong with you?</b>	<i>What happened to you?</i>
<b>What a mess!</b>	<i>It looks like you had fun! How can we clean up?</i>
<b>Do you need help?</b>	<i>I'm here to help if you need me.</i>
<b>I explained how to do this yesterday.</b>	<i>Maybe I can show you another way.</i>
<b>Do I need to separate you?</b>	<i>Could you use a break?</i>
<b>Stop crying.</b>	<i>It's okay to cry.</i>
<b>Do you have any questions?</b>	<i>What questions do you have?</i>
<b>You're OK.</b>	<i>How are you feeling?</i>
<b>It's not that hard.</b>	<i>You can do hard things.</i>
<b>We don't talk like that.</b>	<i>Please use kind words.</i>
<b>Be quiet.</b>	<i>Can you use a softer voice?</i>

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challenge to change

**Words of Self Care**

- + Be careful of your thoughts
- + Your thoughts become your words.
- + Be careful of your words.
- + Your words become your actions.
- + Be careful of your actions.
- + Your actions become your habits.
- + Be careful of your habits.
- + You habits become your character.
- + Be careful of your character.
- + Your character becomes your DESTINY.

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**Gratitude Rampage**

challenge to change

- Put 10 things you are grateful for  
 - All around your classroom and go back and forth writing down how your list  
 - Gets bigger and  
 - How is a large group activity.  
 - The more things around the circle saying things you are grateful for  
 - Encourages the class again, but this time, say things you are grateful for, outside  
 of yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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*Change Maker*  
KINDNESS GRAM

challenge to change

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**Kindness Gram Activity**

challenge to change

- + These are used for our team to write words of encouragement.
- + Write a Mantra for the year on it..
- + Write yourself a kindness gram and cheer yourself on.
- + What will you need to hear from yourself on your toughest days this year?
- + Find a trusted fellow Change Maker and have them read it to you.

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