



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

April 21, 2021



This week...

Take 5!

The day is running at full speed and your attention is jumping from one thing to another with frequent interruptions in between. Do you feel like you are on a merry-go-round that will not slow down to let you off until the end of June? We get it.

However, amidst the busyness of your day, **take 5 minutes to rest your nervous system and brain function.**

We invite you to spend these 5 minutes practicing mindfulness with your fellow members from Prince George (SD 57), **Katie Marren** and **Dan Watt**. In this [5-minute Mindful Minute audio recording](#), Katie and Dan will guide you through a breathing exercise, a quick body scan and an activity to prepare you for the rest of the day! Notice how you feel after this session. You will likely feel better than before, and that may just motivate you to practice mindfulness more regularly!

Practicing mindfulness is a proven way to create measurable changes in the brain regions associated with memory, sense of self, empathy and stress. Even just a few minutes a day on a regular basis can make a significant difference. To learn more about the science of mindfulness, watch this quick video on "[The Science Behind Mindfulness Meditation](#)".

The Mayo Clinic states:

"Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you."

In recent years, much attention has been paid to researching the many benefits of mindfulness. Some of the benefits of mindfulness include:

- Promoting a calm mind;
- Reducing stress;
- Improving memory and concentration;
- Enhancing creativity;
- Lessening your emotional reactivity;
- Increasing empathy;
- Improving your mood and resilience; and
- Cooling your overheated mind circuits!

Take 5 for mindfulness!

If you would like to contribute, or have ideas about what you would like to see in the [ReFresh](#) series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.