

**Presenter:** Sharon McCarthy, President  
ENVISION: Breakthroughs in Learning

**Location:** Online - Access information will be emailed to registrants

**Time:** 9:00 a.m. to 12:00 p.m.

<b>Registration</b>	MUJC Members:	\$105.00
<b>Fees:</b>	Nonmembers with Subscription:	\$105.00
	Nonmembers:	\$125.00

Teachers do so much more than teach. Many are vulnerable to secondhand trauma and compassion fatigue just like other professionals in the caring sector. As educators adjust to their profession in a post-pandemic world, it is more important than ever to equip teachers with the self-care mindset and skills necessary to sustain their mental and/or emotional health. This online inservice teaches mindfulness/stress management strategies and interventions that can help teachers develop coping and awareness skills to reduce anxiety, depression, and improved health.

Participants will gain knowledge and skills in:

1. mindfulness/stress reduction practices to promote self-regulation of attention,
2. avoiding thinking traps,
3. developing a personal mindfulness practice,
4. giving oneself permission to engage in self-care.

This inservice is online from 9:00 a.m. to 12:00 p.m.