

MINDFUL PRACTICES FOR ADVISORS: SUPPORTING STUDENT AND ADVISOR WELL-BEING



*Sharon Ericsson
Lisa Laughter*

An aerial photograph of a beach. The top half of the image shows turquoise ocean water with white foam from breaking waves. The bottom half shows a wide expanse of white sand. The text is overlaid on the image in a black, hand-drawn style font.

RECOGNIZE THE IMPORTANCE OF SELF-CARE
IMPACT ON YOUR ADVISING PRACTICE

3 DIFFERENT SELF-CARE METHODS

YOUR LIFE

ADVISING PRACTICE

КАНОТ 1

КАНОТ 2



Join this **Survey** with the **Kahoot! app** or at **kahoot.it**
with Game PIN:

How Stressed Am I at Work?

17



Skip

0
Answers



Low/Rarely



Medium/Sometimes



High/Frequently

Kahoot!

Game PIN

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How would you rate your calmness when working with stressed out students?



Full Screen

19



Skip

0
Answers



Cool as a cucumber



Nervous Nelly



Fearful



Overwhelmed

I regularly practice good habits that help me
destress

18



Skip

0
Answers



Yes



Not really



No

Kahoot!

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I have meditated before

14



Skip

0
Answers



Yes



No

Kahoot!

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Reasons why self-care practices are for the birds

12



Skip

0
Answers



It's time-consuming



It's expensive



It's for hippies



It's selfish

Kahoot!

Game PIN

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Why is self-care important?

18



Skip

0
Answers



We need something to soothe us.



It supports our physical well-being



We deserve to treat ourselves.

Kahoot!

Game PIN

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If I can't sit quietly, I can't meditate

15



Skip

0
Answers



True



False

Kahoot!

Game PIN

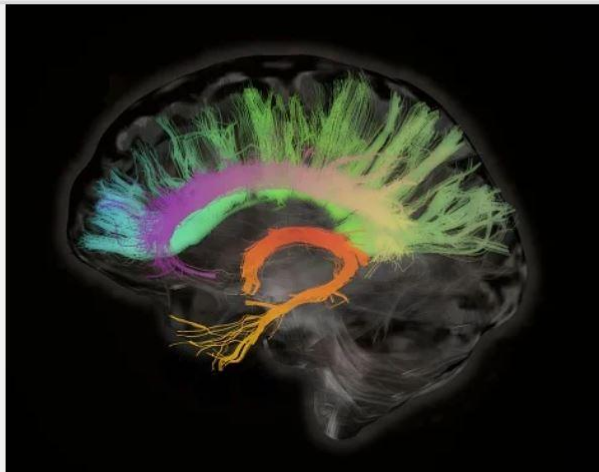
Enter

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Why is Breathing the new exercise?

17



Skip

0
Answers



Strengthens your respiratory,
brain, immune system



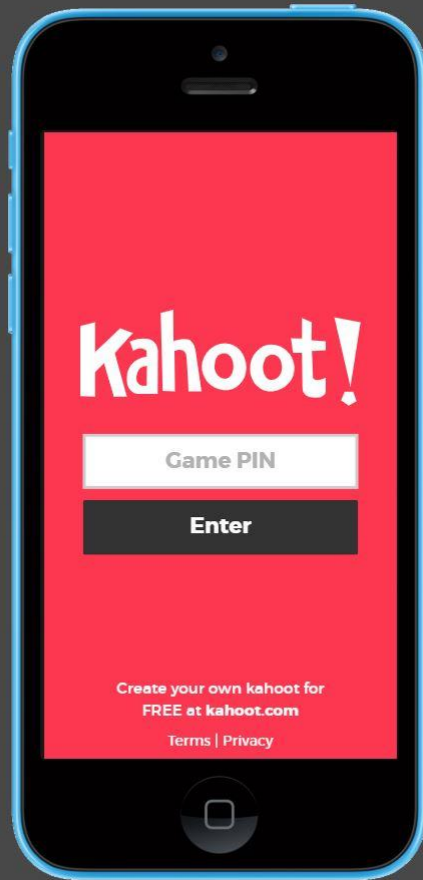
Breathing boosts your
attention span and memory




Releases tension, toxins,
anxiety, depression



Mindful breathing slows the
aging process



GRATITUDE

A pink notebook with a rose gold pen and green fern leaves. The notebook is positioned in the lower center of the frame. A rose gold pen lies diagonally across the bottom right corner of the notebook. Two green fern fronds are placed behind the notebook, one extending upwards and to the right, and another extending downwards and to the right.

TODAY
I AM
GRATEFUL

GRATITUDE CHALLENGE



Write about your favorite part of your workday

2 minutes

Pair-Share

3 minutes



MINDFULNESS

&

MEDITATION

LISTENING

Empathy

Acknowledgement

Validation

5-4-3-2-1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

BODY SCAN



Breathe




MINDSET & AFFIRMATIONS

BOUNDARIES



IT TAKES A VILLAGE!



A small, rectangular, light-colored card is placed on a dark, reflective surface, likely a windowsill. The card features the word "mindfulness" written in a black, cursive script. Behind the card is a window with dark frames, showing a blurred view of a landscape with trees and a cloudy sky. The lighting is soft and natural, coming from the window.

mindfulness

AFFIRMATIONS ACTIVITY

SELF CARE ASSESSMENT

3 MINUTES



WHAT DO YOU RECALL/
CAUGHT YOUR ATTENTION
FROM TODAY?



WHAT WAS MOST EXCITING ABOUT
WHAT YOU LEARNED?

WHAT WERE YOUR FEELINGS DURING
& AFTER THE ACTIVITIES?

WHAT WAS YOUR KEY
INSIGHT?

WHAT WILL YOU DO DIFFERENTLY MOVING
FORWARD WITH THIS INFORMATION?



WHAT OPPORTUNITIES ARE THERE TO
TRY THE ACTIVITIES WITH STUDENTS?

PLAN

SELF
STUDENT



THANK YOU! LISA LAUGHTER & SHARON ERICSSON

[HTTPS://LISALAUGHTER.WIXSITE.COM/MINDFULADVISORS](https://lisalaughter.wixsite.com/mindfuladvisors)

