

# Emotional Resilience - Lesson Sample 3

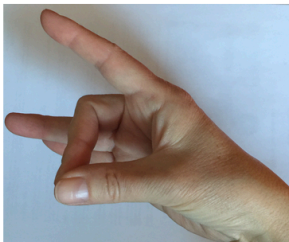
## Occupation Specific - Education

A demanding/argumentative student.



### In-class Activity

*The day of a teacher is usually meticulously scheduled to accommodate many activities leaving only limited time for disruptions. If a student keeps disrupting the class, the teacher knows that this will snowball into all sorts of delays. This can bring about many feelings.*



For this one-minute activity, we have chosen a mudra.

- 1) Have the middle finger and thumb lightly touch at the tips. (Either hand is fine.)
- 2) Use just enough pressure to feel the flow of energy. Do not press too hard.
- 3) Hold out the three remaining fingers straight but not rigid.

**Repeat the following phrase:**  
*I let go.*

**Repeat it again and pay attention to how the breath flows through your body.**

Relax your hand, take a couple of deep breaths and continue with your lesson.

*Alternatively, you can do this mudra with the student who is talking.*

### Personal Time Activity

To further let go, re-balance and re-focus try the following hand-washing meditation:

1. Turn on the tap.
2. Adjust the water temperature that it's just right for you at this moment.
3. Lather with the soap.
4. Feel your fingers with the soap on them.
5. Interlace your fingers and move them back and forth.
6. Observe the bubbles. Their colour, shape and size. Their movement.
7. Smell the soap. Is it sweet, fruity or refreshing?
8. Rinse off the lather.
9. Watch the bubbles leave into the sink.
10. Dry the hands with care.
11. Move your thumb over the tips of your fingers. Feel the softness of the skin.



**Repeat the following phrase:**  
*I let go.*

**Repeat it again and pay attention to how the breath flows through your body.**

Take a couple of deep breaths and continue with your day.

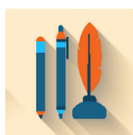
## Meditation

Teachers offer support and compassion to others but often forget about themselves. Today's meditation teaches us *Affectionate Breathing*. This meditation takes approximately 14 minutes.

Click below to start the meditation.



## Reflection



Feeling overwhelmed and rushed can cause stress that can present itself in the physical body. Close your eyes and mentally scan your body for any areas in which you currently feel tension or discomfort. In your journal, record these areas.

Muscle tension and tightness can lead to many physical symptoms including headaches, digestive issues, and lowered immune system. In reality, it is not the stress itself but how we perceive and manage it.

- Reflect on how you can be more relaxed and at ease during your day especially when you are feeling rushed.
- Make a list of at least five activities that can help you to change your relationship to stress. For example, you could practice the handwashing meditation on regular basis, or spend a few moments in silence by yourself. Perhaps, you could dedicate a part of your lunch break to a walk outside your school.
- Choose one activity that you can start today.

## Rationale

Falling behind can evoke frustration, resentment, and anger. The teacher can feel overwhelmed and out of control. Through practicing acceptance of our own feelings, we can extend patience and compassion to others. For challenging students, the teacher might consider clearly setting boundaries - perhaps in writing. This can be posted on the classroom wall and it can improve or prevent such difficult encounters.

1. The In-class exercise introduces the 'seal of patience' - the Shuni Mudra. The middle finger represents courage to hold duty and responsibility. The thumb represents fire and divine nature. When the two fingers touch, they encourage patience, compassion, understanding, and patience towards ourselves and others. They help us turn negative emotions into positive ones. You can hold this mudra for a minute or as long as you like. How about challenging yourselves to hold it for 15 minutes?
2. The Personal Time activity reinforces the letting go principle. We can also imagine that we are washing the tension and our negative thoughts and feelings away into the drain and into the Earth.
3. The meditation focuses on compassion for ourselves as there is no empathy for others without compassion for ourselves first.

Acknowledge the feelings, name them and release them.