MESSAGE FROM EASE

In the hustle and bustle of our roles as educators, it’s easy to get caught up in the day-to-day challenges and stressors that come our way. However, November is a perfect time to pause and remember the power of gratitude. Practicing gratitude isn’t just a seasonal tradition; it’s a year-round tool that can significantly impact our mental health. Research has consistently shown that incorporating gratitude into our daily lives can have profound effects on our well-being.

Here are a few reasons why gratitude is worth cultivating:

1. **Improved Mental Health**: Expressing gratitude has been linked to reduced symptoms of depression and anxiety. It helps shift our focus away from negative thinking and allows us to appreciate the positive aspects of our lives.

2. **Enhanced Relationships**: Gratitude fosters better connections with others. It strengthens our bonds and encourages a supportive and positive work environment.

3. **Stress Reduction**: When we practice gratitude, we become more resilient to stress. It helps us cope with the challenges that arise in the field of education.

4. **Increased Happiness**: By acknowledging and appreciating the good things in our lives, we experience a boost in overall happiness and life satisfaction.

This month, I encourage you to make gratitude a daily habit. Take a few moments each day to reflect on the things you are thankful for. Whether it’s a supportive colleague, a successful lesson plan, or the small joys in life, let’s make an effort to acknowledge them. EASE is here to support you not only during challenging times but also in your quest for personal growth and well-being. Let’s make November a month of gratitude and positivity. Together, we can create a more nurturing and mentally healthy environment within our school and work communities.
Moving with Gratitude:
A Hawaiian proverb for self-forgiveness and Gratitude

Understanding the Ho'oponopono Mantra

The Ho'oponopono mantra consists of four simple phrases: “I love you, I am sorry, please forgive me, thank you.” The basic principles of the mantra involve acknowledging and taking responsibility for one’s actions and their impact on others. The mantra allows one to “clean or clear your own perception of your feelings towards a situation,” as told by Dr. Halkiakakis “Harry” Len and Dr. Joe Vitali, authors of Zero Limits. There are several steps you can take to apply and use ho'oponopono:

1. Identify an issue, conflict, or limiting belief. Please take the time to reflect on any conflict or limiting belief that is causing unpleasant feelings or situations. This could be an internal struggle or disagreement with someone or issues about our society.

2. Acknowledge and take accountability for your limiting belief or role in the issue. Once these have been identified, write them down in a journal and spend time acknowledging feelings and taking accountability for the role you have played in creating or maintaining the conflict, issue, and/or belief. How can you acknowledge your faults? How would you apologize for your contribution in conflict, issue, or belief?

3. Let go of negative sentiments: It is time to let go of the negative sentiments you have created or attached to the situation. What positive intentions or reflections can we replace the negative sentiments or thoughts with?

4. Repeat the ho'oponopono phrase and visualize the negative sentiments or belief being cleared. To help clear or clean any negative energy, focus on the issue/conflict/limiting belief as you recite the ho'oponopono mantra: “I love you, I am sorry; Please forgive me.” “Thank you.” You can also listen to this YouTube video as you take deep breaths and silently repeat the phrases in your head. (Click the underlined wording for video)

5. Replace the limiting belief with a positive affirmation or declaration. It is important to replace the negative energy with a positive. You can do this by expressing something like “I am enough” or one or all of the affirmations found in this newsletter.

I am grateful for many things in my life that bring me joy and comfort

I am worthy of beautiful endings and exciting beginnings

Today, I will concentrate on taking one step forward, however small

I am grateful to be a part of this amazing Universe

I constantly remind myself to enjoy all the good I have in my life
**SELF CARE CALENDAR**

**MONTHLY WORKSHOP**

**LEADERSHIP SERIES**

**PROFESSIONAL LEARNING SERIES**

**TIPS AND DISCUSSION RESOURCES REGARDING ISRAEL AND GAZA**

**TALK TO US**

EASE has counselors if you want to talk.

24/7 Hotline: (800) 882-1341

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