

It has been the honor of a lifetime to serve as the SEL Mindfulness Specialist for Austin ISD over the last 5 years. I know that mindfulness will continue in amazing ways in the district and I want to support that by sharing a vision statement for mindfulness moving forward in AISD.

-James Butler, SEL Mindfulness Specialist, 2016-2021

## **Mindful AISD Vision**

- **May mindfulness continue to be used as a tool for healing for ourselves, our students and our community.**

- Mindfulness is an amazing tool for healing. May we hold this healing approach as we use mindfulness for ourselves and with our students & community. We are all healing on some level, especially amidst the pandemic, and some of us are in need of deeper healing. Sharing mindfulness with this in mind is really important. It also lends itself to being collective and leaning into each other and mental health experts on our campus and in our district when appropriate.

- **May mindfulness continue to be equity-centered.**

- May we honor our students' backgrounds, including race, ethnicity, gender, identity, orientation, religious beliefs, etc. This can be achieved by offering choices that include incorporation of music, movement, art, writing, and breathwork. Always remember that there is no one "right" way to practice mindfulness nor is there a one-sized fits all approach.
  - Important note: It always took much longer to do the newsletter and find resources that were representative of the demographics in AISD, especially Black, Indigenous & People of Color. Mindfulness in the US is represented mostly by white women (yoga studios, media, etc.) but it's truly for everyone. It's always been important to share resources that are more inclusive and make mindfulness accessible to all. This was a key factor in reaching out to students, staff and community members to contribute to our Today's Mindful Moment videos.

- **May mindfulness continue to be trauma-informed.**

- Relationships are everything. Building community and a sense of trust with our students/staff allows for the beginning stages of trauma-informed mindfulness. Knowing how mindfulness impacts the brain and nervous system is paramount when sharing strategies. May we normalize a mindfulness that meets the individual where they're at in that moment, whether it's eyes closed or focusing on an object, whether it's sitting, standing, lying down, or rocking, whether it's quiet or with some instrumental music, whether it involves stillness or movement. May our mindfulness practice best suit our individual needs in the present moment.