ASCD
SINGAPORE

33rd Annual General Meeting
(Online AGM)
Saturday, 28th May 2022, 10.00am

Mindful Self-Care
For the
Busy Teacher

A Practical Talk by
Dr Cheah Yin Mee

Synopsis

"Self-care is not the opposite of compassion. It's the opposite of self-neglect". Adam Grant

We all know many forms of self-care, like that holiday getaway and that relaxing massage. However, we are often most anxious and stressed out in the midst of work when we are unlikely to have the luxury of a long break to recover. The secret to good self-care is a daily practice so that in difficult times, we can fall back on our practice to sustain us.

This talk is based on my forthcoming book of the same title. I will share some mindful self-care activities that can be inculcated into our everyday life. These activities will not take too much time and can be easily done in school settings. I see these practices as the foundation for good mental health, and when practised regularly, they can promote well-being even in the most challenging times.

About the Workshop Presenter:

Cheah Yin Mee has been a teacher, a teacher educator and an English language consultant for more than 40 years. She left NIE in 1998 to set up Learning Ventures, a teacher training and English language consulting practice. In 2018, she retired from this consulting practice to focus on teaching mindfulness to children and teachers. She has taught mindfulness to teachers, adults, kindergarten and primary school children.

Yin Mee has maintained a contemplative practice for more than a decade. She formally trained with Mindful Schools of Oakland (mindfulschools.org) and completed a course in Mindfulness Based Cognitive Therapy (MBCT). She has also attended the 10-day Vipassana silent retreat and completed various advanced mindfulness courses online, in the region, and with the Brahm Centre here. She sustains her own mindfulness practice by attending annual retreats, taking online courses, and participating in learning groups with fellow mindfulness teachers here and in the US.