Mindfulness: A Guide for the School-Based SLP

INTRODUCTION

The practice of mindfulness is more than a fad – it is key to managing stress, improving awareness, and acting with intentionality. This session from ASHA’s 2021 Schools Connect online conference provides tools and guides you in building a regular practice of mindfulness. The presenter addresses common misconceptions of mindfulness practice and illustrates how mindfulness can help you respond to difficult situations from a place of nonjudgmental awareness and engagement rather than responding from impulse, overreaction, or habit.

LEARNING OUTCOMES
You will be able to:

• Plan a daily mindfulness practice to improve stress management
• Practice new mindfulness techniques

PROGRAM HISTORY and IMPORTANT INFORMATION

Recording length: 30 minutes
Online conference dates: July 14–26, 2021
End date: July 14, 2026

To earn continuing education credit, you must complete the learning assessment on or before July 14, 2026.

This course is offered for 0.05 ASHA CEUs (Intermediate level, Related area).