

TUNING INTO YOUR HEART

## Self-Reflection and Integration

# Self-Care Program

heartfulness  
advancing  with kindness



### 4-Week Workshop Series Includes:

- Stress management
- Fostering positivity
- Alignment with circadian rhythm
- Goal setting

*Each workshop session is 45 minutes to 1 hour and may be taken online or in-person.*

**The “Tuning Into Your Heart: Self-Reflection and Integration” Self-Care Program is a 4-week workshop for students ages 10 and older, including adults, that promotes self-care through the practice of Heartfulness. It incorporates practical tools and hands-on activities designed for stress management, cultivating positivity, aligning with the natural circadian rhythm and goal-setting.**

The Heartfulness Program for Schools meets CASEL’s promising program designation for evidence-based programs, indicating that it can play an important role in a school’s approach to promoting social and emotional learning. [LEARN MORE](#)



### WEEK **01** Stress to De-Stress

01

- Stress statistics
- Stress to de-stress
- Stress curve
- Guided relaxation and meditation

### WEEK **02** Fostering Positivity

02

- Statistics on positivity
- Mind-mapping activity
- Positive mindsets
- Guided affirmations
- Breathing with awareness and purpose

### WEEK **03** Circadian Rhythm

03

- What is a circadian rhythm?
  - What does it affect?
  - Why is it important?
- Circadian rhythm activity
- Guided rejuvenation

### WEEK **04** Goal-Setting

04

- Self-reflection
- Attitude and mindsets
- Heartful communication
- Goal-setting
- Guided PEMS method:
  - Physical*
  - Emotional*
  - Mental and self-development*
  - Self-observation*

## What Is Heartfulness?

Heartfulness offers a means to tap into the heart's unlimited resources through a variety of simple and practical relaxation and inner-journey solutions. This can aid us in problem-solving and empower us to be the best we can possibly be in all aspects of our life. Heartfulness methods are practiced in more than 126 countries throughout the world, in schools, universities, corporations, communities and among individuals.

## What Is Heartfulness Program for Schools?

Heartfulness Program for Schools is a program of workshops that teach simple and effective relaxation, affirmations and breathing techniques to help develop calmness from within for reduced stress and anxiety, improved focus and overall well-being. The programs range from a single workshop to a workshop series for a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers and coaches.

## How Does Heartfulness Help in Schools?

In our school programs, students become:

- More relaxed and calm
- Better integrated and equipped to have healthy relationships
- More positive and focused
- Healthier and more balanced
- More creative and productive

## How Much Do Heartfulness Programs Cost?

Heartfulness Program for Schools is offered completely free of charge by Heartfulness Institute, a non-profit organization. Heartfulness programs are open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic background, academic ability or other demographics.



To learn more, visit  
[Heartfulnessinstitute.org](http://Heartfulnessinstitute.org)

## Tuning Into Your Heart



**Heartfulness Program for Schools is for everyone in a school system, not just students. Its holistic approach considers the individual needs of all members of a harmonious school body.**

- Conducted by trained and certified coaches
- Informational without competition or pressure
- Provides engaging activities that nourish compassion and acceptance
- Fosters confidence and improves mental clarity

To learn more about scheduling a Heartfulness program at your school, contact us at [edu@Heartfulnessinstitute.org](mailto:edu@Heartfulnessinstitute.org)