

# ENDINGS..... AND NEW BEGINNINGS

Closing Session  
Covington Curriculum Conference  
June 9, 2023

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*Thousands of candles can be lit from a single  
candle, and the life of the candle will not be  
shortened.*

~ Buddha

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Appreciation  
&  
Gratitude

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## Ending of the Conference... and You

- Inspired
- Rejuvenated
- Challenged
- Supported

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## Drop in the Bucket



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## Our World



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## Crisis in America Seven Social Sins

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## Moral Distress

- When one knows the right thing to do, but institutional constraints make it impossible to pursue the right course of action.
- Ethnically know what's right but feel powerless to take action.

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8

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## Moral Distress (cont.)

### **All over our country**

- Families
- Schools
- Workplace
- Communities
- Government

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Moral Distress  
(cont.)

Sense of helplessness

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*If you think you are too small to make a difference, try sleeping with a mosquito in the room.*

~ H.H. Dalai Lama

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11

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Do One Small Thing

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12

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## Trauma

### *A Brief Conversation*

#### Two Activities

- Five Senses
- Breathing

www.stephaniecovington.com  
Additional Resources → A Brief Conversation

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13

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## Mini-Vacation

Take 30-60 seconds,  
2x a day

- Deep breaths
- Look at something beautiful
- Smile at another person

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14

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## Four Principles for Living

- Show up
- Pay attention
- Tell the truth
- Don't be attached to the results

(Angeles Arrien)

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## Happiness

- Not too little (less than 2 hours) and not too much (more than 5 hours) time for yourself
- Sense of purpose, meaning in your life

[Cassie Holmes, PhD, *Happier Hour*, 2023]

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## Work-Life Balance

- Job – responsibilities in employment
- Work – mission or purpose you are guided or called to do

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## Think about What You Need



For Yourself.... For Others

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|                   |                                    |
|-------------------|------------------------------------|
| <b>Aqua Blue</b>  | Peace, sincerity, communication    |
| <b>Royal Blue</b> | Wisdom, intuition, insight         |
| <b>Brick Red</b>  | Action, confidence, courage        |
| <b>Pink</b>       | Acceptance, love, healing          |
| <b>Clear</b>      | Clarity, wholeness, openness       |
| <b>Yellow</b>     | Joy, happiness, energy             |
| <b>Orange</b>     | Persistence, endurance, creativity |
| <b>Green</b>      | Learning, growth, change           |

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19

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## The Fifth Principle for Living Love

Do small things with great love  
Become more loving human beings

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## The Snow Lotus A Symbol of Resilience



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The end is never the end. It's always the beginning of something.

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An ending is a beginning in disguise.

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