ENDINGS..... AND NEW BEGINNINGS

Closing Session
Covington Curriculum Conference
June 9, 2023

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1

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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2

Appreciation

&

Gratitude

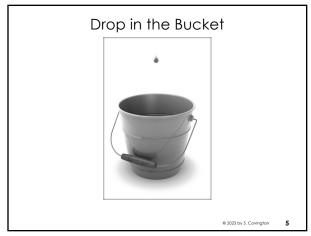
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Ending of the Conference... and You

- Inspired
- Rejuvenated
- Challenged
- Supported

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4





Crisis in America Seven Social Sins

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7

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

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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10			
	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			
	Do One Small Thing		
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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

Mini-Vacation

Take 30-60 seconds, 2x a day

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

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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

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16

Work-Life Balance

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

17

Think about What You Need



For Yourself.... For Others

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Aqua Blue Peace, sincerity, communication **Royal Blue** Wisdom, intuition, insight **Brick Red** Action, confidence, courage Pink Acceptance, love, healing Clear Clarity, wholeness, openness Yellow Joy, happiness, energy Orange Persistence, endurance, creativity Green Learning, growth, change © 2023 by S. Covington 19

19

The Fifth Principle for Living Love

Do small things with great love
Become more loving human beings

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20

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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