

ENDINGS..... AND NEW BEGINNINGS

Closing Session
Covington Curriculum Conference
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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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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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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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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

[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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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

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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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