THE RESILIENT KID PODCAST

Season 4 – Episode 2

Preventing Parent and Teacher Burnout with Rachel McKenna

Ashley: What tool can really help all those parents and teachers out there struggling with burnout? Listen to the Resilient Kid podcast with me, Ashley Costello, and my lovely guest, Rachel McKenna.

Hello and a big, warm, resilient kid. Welcome to Rachel McKenna, who is our special podcast guest this morning. Hi, Rachel.

Rachel: Hello. Hi. Thanks for having me.

Ashley: Oh, you're welcome. So, , just before I hit record, Rachel and I were getting quite excited and giddy because A, of all the content that she's going to share with you today, but also because we've kind of come, um,, and met.

With similar backgrounds, really, haven't we? So, Rachel, tell me a little bit about your story. Tell everybody who's listening or watching today, , a little bit of your background, please.

Rachel: Okay, so, yeah, I mean, I started as a teacher, so I always wanted to teach. From being really little, actually, I wanted to teach, be a teacher.

I was really inspired by my own teacher, so that's the route that I went down. And I loved teaching. I loved it. I loved being around the children. All of it, I just really enjoyed, but I noticed that the longer that I was there, the longer that I was teaching, the more, I don't know, I guess the more pressure is, is, the more is expected of you, the more pressure is put upon you.

And I just found that the longer I was there, the harder it was becoming to kind of keep myself going as a really effective teacher, which I know that I am a really effective teacher and a really passionate teacher, but it wasn't that anymore. So I would say around year five, I was in, I was in my fifth year.

I just remember being in the classroom one day and I was thinking about marking. I was thinking about the targets. I was thinking about parents evening. I was thinking about all the things that were outside of teaching these children, you know, just to keep myself afloat really. And the children were just kind of, at one point I noticed they were just walking around the room.

One was having a chat with their friend. One was looking for a sticker in the drawer. I thought this isn't right. This isn't, I'm not present enough with these children to be, the effective teacher that I want to be. I'm not doing them justice. So I decided to leave, it was a huge decision, but I decided to leave in order really to support my own mental well-being because I was really struggling with burnout and overwhelm.

I had some time away from school to try and support myself and it wasn't working. So I took myself away and I trained in mindfulness. And I always say that mindfulness, I feel like it found me. I wasn't looking for mindfulness. But I stumbled upon it and it was, it was just what I needed at that time.

So my sole intent was right. I'm going to learn this stuff. I'm going to go back into a school. I'm going to share it with my class. But I feel like what I learned was, was so profound that I needed to go into as many schools, working with as many teachers, as many children using mindfulness as kind of like my, my tool really but mostly really to support teachers that were feeling how I felt and try and sort of put a, whoa, you don't need to leave.

You don't need to leave. There's something we can do about this. You know, there are tools out there. You just haven't found them yet. Or they haven't found you like it was in my case. So I trained in mindfulness and that's what I do now. I train in hypnotherapy also NLP. So really what I do, I do a whole lot of., supporting teachers with their mindset, supporting teachers with breath work and reducing stress and anxiety and organization and all that kind of stuff, really. But yeah, that's, that's where we're at.

Ashley: Amazing. And before we came on, so I shared a little bit. So a lot of you who listen to the podcast know that I am a trained teacher.

I have trained in mindfulness, which I actually hadn't shared this with Rachel. So I do hypnotherapy, and NLP. So we have come kind of come together and it almost

feels like fortuitous that we've met because I'm really passionate that we have to look after our teachers because they're looking after our kids.

And, you know, for me, one of the biggest things and a lot of the resilient kid really was born out of my TEDx talk "Is education broken", and I think, I probably don't need to ask Rachel the question to this, but I'm sure she would say yes, it is as well and agree with me. And it's because, and the reason it's broken is not because of the teachers are doing a bad job.

It's we are not supporting the teachers so they can just get on with their job. Like you say, there's all the pressure of marking and, targets. And, and I think that's the thing is once, if you're, a capable and kind of inventive teacher. I think the, the heads, the, senior leadership team really grab onto you, don't they?

And go, Oh, what about this? And you, because you want to make a difference. That's why we all go into teaching. We want to make a difference in these children's lives. Um, you know, and because of that, then you go, yeah, okay, I'll do that. And you just find yourself taking on more and more and more, don't you?

And it's, yeah, it's just such a shame because, and I'm, what would you say Rachel? So I always think burnout kind of comes between year five and year seven. That's typically what I see in, in teachers that I either speak to or friends that are teachers that we can't kind of sustain that constant for much more, much longer than that. What have you found?

Rachel: Absolutely. Yeah. I mean, teachers come in and they're so much full of enthusiasm and energy. And, and I see it, I'm in a really privileged position, actually, at the moment I'm working in one particular school. I'm there two days a week as their mindfulness person, which is great.

And I'm sort of in a, in a little room on my own and the children come and the teachers come and I see, year on year, how they come in with so much enthusiasm and energy and year by year, that kind of dwindles. And I think like it was for me, the pressure just gets added on and added on and added on.

So yeah, I reckon around, around the same sort of time, it was year five for me, I was in my fifth year and I couldn't do any more physically, mentally couldn't do any more. I mean, a lot of teachers sort of pushed through that and they're absolutely my heroes. And I say this all the time, teachers are my heroes.

People say, you're so brave because you left. No, no, you are so brave because you're staying and you're working through it. But yeah, absolutely. I feel like the longer that teachers are there, unless there's something in place or unless they're finding it from elsewhere, you know, outsourcing some kind of support to, , not bring the work home every single night and not go in with a thousand things to do before they even step foot in the door, unless they do that, that they're going to reach a place of this is just too much.

Or becoming a less effective teacher, which was certainly the case for me, where I was just in that room and I wasn't in the room. I wasn't at all presence. I was just thinking about what I needed to do.

Ashley: Yeah. And I think, I think that's it. I think as a, as a system, we have to change to allow our teachers to get on with the job of teaching and not all the admin and the paperwork and the targets and stuff.

So what I want to do is because. Although we're talking a lot about teachers, I know that mindfulness is really, really helpful and effective for anybody, for the kids, for parents and, and for teachers alike. So tell us a little bit. Rachel, what is mindfulness? Because I think it's kind of a little bit like resilience.

It's a word that's banded around a lot, but, and lots of people talk about it, but we don't often you know, lots of people who probably shouldn't talk about it, talk about it, should we say. So what is mindfulness for all the listeners out there?

Rachel: Yeah, so mindfulness is, in a nutshell, mindfulness is about bringing our awareness and our senses into the present moment.

So if I ask somebody who doesn't really know much about mindfulness, what is, what is it? They often think it's a really serious practice, you know, that we sit on the floor and we meditate and we, they usually do sort of this sort of thing at me with their hands at all. But it's not, it's not really that, that can be a part of it for sure.

You know, the meditation is a, is a huge part of it. Yeah. In a nutshell, mindfulness is about bringing our awareness to the present moment. So really focusing in on the things that we can see in the moment, the things that we feel, the things that we can hear. So it's a really, it's a simple thing. It sounds like a simple thing, but actually it takes quite a bit of practice to get used to.

Being present, you know, going off to a one-off mindfulness workshop is great and you will pick up things that you can take away. But actually it's the daily practice of mindfulness of, okay, I'm feeling really stressed and overwhelmed. I'm going to take a minute to focus on this pen. So I'm just going to spend a minute just looking at it and noticing how the light touches it and any sounds it might make if I tap it.

You know, and that kind of thing, it's just bringing your awareness and your senses. on to something. And each and every time that we do that, we're literally training the brain. So mindfulness is a little bit like the gym, going to the gym, but for your mind. So every single time that we pay attention to something for even just a few seconds, a few moments, we're actively reducing cortisol, which is a stress hormone.

So when people say, well, why would I want to focus on a pen for that? It just seems so pointless. But if you're really truly focused on that one thing, the sounds that you hear, there's the, the breeze as you walk into work, how it touches your skin, anything like that. Your cup of tea, we're reducing cortisol in the moment.

So we're reducing stress. So it's worth us practicing that even if it's just for a few moments on a regular basis.

Ashley: Absolutely. And so as you're talking there, I'm really trying to like concentrate on what you're saying. Trying to be mindful, but actually it's throwing up lots and lots of questions for me.

So, so one I used to go into schools and I used to be the CEO of Mini Me yoga, which is a lovely children's wellbeing company. And one of the steps that you would do in that was to get the teachers, because it was a teacher's workshop, to lie on their belly and colour. And I would only ever give them one coloured pencil.

Now for teachers, anybody who knows a teacher knows that stationery is their life, you know, so I would say you can only choose one. They would get really upset and go, but why? And I'd say, well, you know, because I just want you to concentrate on staying, you know, I don't even mind if you don't stay in the lines, but just colouring, not what's next, what's next, what's next, because I think that's what we do, isn't it?

And, and I think it's so important what you do, because like when you started and you were telling us your story and you're in the presence of all these, beautiful

children in front of you, you know, it's so important that you who are doing various different things and you're thinking, what about my targets?

What about that? That's not being present. I guess that's what you're saying.

Rachel: Yeah, absolutely. It's not. And I love that you, you only invite them to use one colour at a time because that's a real bugbear of mine when you, when teachers say, oh yeah, we do mindfulness. And what they're actually doing is giving the kids a load of colouring sheets and no, you're colouring, you're colouring in with the children, but actually, you know, choosing one at a time and really focusing in on that one shape with one colour.

Yeah. Really focusing in that's mindfulness. It's that present moment awareness. And yeah, absolutely. We need to be present with the children. Otherwise, how do we, how do we know what this, what they're going through? How do we know what their, what their experience in the classroom is? If actually we can see them.

But we're not looking at them, you know, we, we can see that they're there, but actually we're not looking, we're, we're not really getting to the core of what it is that they need as a child. And it's not just help with division, as you'll know that it's not just help with division or support with the fractions or whatever it might be.

It's actually, you know, they've had a really tough morning and they might've got shouted out by mom on the way to school or. They forgot an item of their PE kit and it's on their mind. It's actually being really present with them so that we can be effective and not just be with them. You know, anyone can be with a group of children, but actually are we there?

Are we present?

Ashley: Absolutely. And I think that's, there's a couple of things I think as, as, Kids, we often give them the you've got to do this and this and this, you know, we, we give them lists quite often, don't we? And, and we're almost, I always say this, and I've said this a lot as, as moms in society, particularly, , women are those people who identify as women.

We, and there are anyone who takes that caring role. We are almost trained to multitask and it's, it's become like a really big joke over the years, hasn't it? Oh, well, men can multitask and women can as if it's some kind of badge of honour.

And what I find now is that actually it's not good for us. You know, it elevates our stress levels, our cortisol, the adrenaline that we're, we're feeling and stuff.

But actually for me, it's around. Being more present, just concentrating on one thing at once is, is going to allow us to A, be more effective doing that. And also B, be more present in your life. Like, you know, let alone with your family or with your, your students or colleagues or whatever. And I find that we're almost being trained as a society to Do multi things at once and, and actually one of the ways, so there's two ways that I kind of practice um, mindfulness is one, always my first coffee in the morning is always done just nicely and calmly.

And usually when nobody else is around, like I got up early this morning, so knew you, we were recording. And just had that coffee, smelled that coffee, felt the warmth of the cup, choose a special cup. I always have a special cup, you know, as well. Those kinds of things. The rest of the day, I don't really care.

I know I probably should. And I should be more mindful on the others, but that's kind of my style. And then when I'm cooking, I like to, you know, chop the things, do the things, and do it, kind of. Quietly and methodically almost, and that's, that feels like a little bit of therapy for me. So what kind of things do you do in your everyday life, Rachel, that just kind of brings you back to being present, being in that moment?

Rachel: That's a great question, and I love that you're already doing a couple of things. I think it's about finding those moments, isn't it? And teachers, the first thing teachers say, sorry, before I answer your question, the first thing that teachers will often say is, I've just no time for mindfulness. And he said, well, actually, do you have a coffee in the morning?

Do you wash your hands 10, 000 times a day? Cause we do now working with children. We absolutely do. So it's about finding those moments and it really is a moment. , I like to make a nice cup of coffee in the morning, really listening to the sound of the kettle boil, the feel of the cup, how the light touches the surface.

Um, are there any bubbles, that kind of thing, just really bringing my awareness and attention to that just for a few moments. I have a toddler at home, so it's actually really, it's a challenge. It's a challenge, but we can still find, even when we've got things happening and busyness, we can still find moments where we can be.

And I'm learning so much just from being around a toddler so much, , how, how into things they are and they pick up a Lego brick and really look at it. So me, myself, I just, you know, I have the coffee. I try and be mindful in the shower. I think a mindful shower is a really great thing to do because we're really feeling how it, you know, how it feels, how it feels against our skin, things that we can smell taking the dog for a walk is a huge mindful moment for me.

It's something that I found really kind of, what's the point in the beginning? Like, oh, I'll go for a walk with my dogs every day. How am I going to be mindful? I'll do it every day. But actually, as soon as I started to, notice how it sounds when I'm on a walk and feeling the ground underneath my feet list just listening and feeling the breeze and all of that.

It became a whole different, very, very, like you say, almost therapeutic experience of just, this is me time. This is absolutely me time. And of course, when you're outside, you can breathe. So just getting that sense of I'm breathing in fresh air. I'll often on a walk, I'll often just stop. And once I've stopped, I just take.

Two or three, what I call mindful breaths, you know, a breath that I'm aware of just to really ground myself and bring myself in. Cause , I think we have to do that, don't we? We have to take a moment, several moments through the day to just be, just be human beings, not human doings.

Ashley: I love that. I love that.

We're human beings, not human doings. I really like that. One of the things that I just thought about then is we absolutely need that I was gonna say should do that and yes We know there's lots of things that we should do like, you know, eat healthily Maybe not have that extra glass of wine not watch that Extra series if it's late at night and things like that, but I kind of always shy away from the should Because we never want to be prescriptive and sometimes those kind of, that kind of language can hit us over the head a little bit, like, Oh, we've not done it.

So we feel bad, but actually,

I feel like the way that you talk about the day, it's a need that our body has and a need that our nervous system has to just take a moment and just stay calm and, and, or bring yourself back to being calm and things.

I just wondered, now I've, I'm going to totally put you on the spot here.

I wondered if, because when you were talking about going for a walk with the dog and just stopping and taking those mindful breaths. I thought, Oh my God, I'm there. I'm there. Like, I almost imagine like looking down at a leaf, you know, on the floor and stuff. So I wondered if you could just take us through, say, a mindful breath, just for everybody listening, so that they can, , along with us while they're listening or they're watching, they can, just take a moment in the day because quite often I get One of the reasons that we do it visually on YouTube and we also do it on this audio.

The reason I started the podcast was because I listen to a lot of things. Like I don't, I don't have a lot of time to sit and read so I will often walk with listening into a book or listening to a podcast and that's why we did it. So I often get like little feedback coming, was walking the dog this morning and you said this, or you know, so I just think how lovely will it be if somebody sat having a cup of tea now listening to the podcast or they're out walking the dog listening to this and listening to me and you Rachel, where we just stop and we take a moment with them.

How lovely would that be? Are you okay with that?

Rachel: Absolutely, what a lovely idea. Yeah.

Ashley: Okay, I'm going to put myself on mute so I can do this along with you. Okay. And then I'll, I'll, so I'm literally handing over to Rachel now, so if you are not in a position to be able to just stop and take a moment, then press pause and do this later on, or maybe do it, maybe if you're climbing into bed, or just kind of press pause for now and you can either fast forward.

Until afterwards, or what we'd really love for you to do is just pause your day for a second and just join Rachel and I having a really lovely moment and mindful breath.

Rachel: Yeah, how lovely. So yeah,

wherever you are, then if you're just comfortable at this moment, it's allowing yourself just to be comfortable.

Or maybe if you're walking, just allowing yourself a moment to just stand, just to stop for a second. I think the first invitation is just to really just notice where you are. So just notice where you are, get a sense of your body, maybe grounded. Maybe your feet are grounded to the floor or you're noticing where you're, you're the backs of your legs, perhaps make contact with the chair.

If you're sitting. And then just allowing yourself just to breathe, just to breathe in the way that you always breathe. So you're not trying to change it. You're not trying to slow it down or speed it up.

Just allowing the breath just to be.

Our breath is an anchor. So we have our breath wherever we go. We don't leave it at home. It comes with us everywhere. So it's a great way to just stop, to focus in, to bring your awareness in.

I'm just getting a sense of where you feel that breath. Where do you notice it? You notice it in your chest, that gentle rise and fall.

Perhaps you notice it lower down in your abdomen,

or it might even be that you notice it around your nostrils or your mouth. So just paying attention just for a few more moments to where you feel your breath

Our breath is like the waves of the sea. You know, it's always just flowing. It's coming in. It's going out effortlessly, easily. It's allowing our breath to be,

and before we bring this to a close, maybe even seeing if you can notice that brief, brief moment. Once you've breathed in, you've filled your lungs with air, there's a moment there of stillness before you breathe out. There's a moment of calm where everything's just kind of still.

A place that we can really be with that stillness within our body.

We can do this as many times as we like throughout the day, just stopping and just taking a breath, but I hope that's been nice to just take a second there.

Ashley: Oh, Rachel, your voice is like caramel. It's beautiful. I have got quite a busy day and actually I just When you, there was a couple of things that you said that really made me just focusing on, on what I was doing and being present and stuff.

But when you said breathe in and then just notice that stillness before you breathe out, it was like, that was like coming home. You know, you just think, this is lovely. So for that. Please drop us a line. If you have, just gone along with us. Then you've just listened to Rachel. You've taken a moment in your day and just let us know how that felt for you.

We'll feed it back to Rachel. But also, it's just, I think it's one of those things that we can do. And what I might ask Chantel le VA, everybody, the audience will know my VA Chantelle. She's lovely. To take that as a little soundbite, you know, so they can just press play and just listen to that, you know, as many times of the day as they need, really.

So thank you for that. That was lovely. Um, I feel, I feel like I'm all mellow now. So I always ask um, podcast guests to kind of come up with three things, three top tips for, for helping support our parents and our teachers out there. What, what are the top tips that you would give, particularly if we're talking about, , somebody who, , most people will have heard of mindfulness, and I think you're right.

I think a lot of people think it's being up the side of a mountain, cross legged, doing the uhms and stuff. And of course, you can do that if you want, but also, we know it's as simple as focusing on one thing, whether that is , an activity you're doing at that point. moment, or just focusing in on your breath, what, what are kind of top tips that you would give those people into either starting mindfulness, or if they're more interested, what, what would you say to them?

Rachel: Yeah, that's a great question. I think the first place is just to start. It's just to find a moment in the day. So rather than thinking, right, so next, next Saturday, I'm going to do a whole mindful practice and let's just do it now. Let's just find something like we've, we've, we've discussed today.

Haven't we around, you know, having that mindful cup of tea having a mindful walk, even just sit, if you've got a pet, just allowing your, your fingers just to move through their fur and just really be present with that. Sometimes we literally need to carve out these times in our day. So I think for somebody who is quite new to

mindfulness, finding, finding what works for you, looking at your general routine, finding what works for you.

So for example, if you really like to have a bath every evening, absolutely. You can make that mindful just by being there and just by noticing the smells. I think people often get put off by the meditation side of things that, well, I just can't meditate. So what's the point? I'm not going to be mindful.

But it doesn't need to be all about meditation. That's a lovely part of it. Don't get me wrong. And to find that space with informal practice, where we can sit and, you know, do a breathing meditation or listen to a guided meditation. There's space for all of that. But for somebody who is brand new and looking just to get going, just practice maybe having a few bites, I don't know, a few bites of a meal. I'm not talking the whole meal because I certainly couldn't eat a whole meal mindfully. I would just be too keen to just get going. But just really slowing it down and taking a few bites and, looking at it first of all, even look at the colours within there.

Where has this food come from? Think about the journey it might've been on so we can get a real sense of gratitude for our food as well. And then maybe just taking a bite and noticing the texture. Noticing any particular flavours that, oh, I didn't even realize there was paprika in there. Or, you know, so we can really get to grips with our food.

So I would say, yeah, making, making those moments within your day mindful leaning on a community as well. So leaning on community, I think community can really support our progress with mindfulness and Like I said, it is like going to the gym for our mind. So it's not something we can expect to just go, right.

I've done it twice. I've got it. I'll tell you; I've been doing this for years and years and years, and I haven't got it. It's just something that we have to continually come back to and to work on and to actively practice. So having a group that you can go to or join in an online session, a mindful online session, where you can come along and be part of a community share what you notice, because often within meditation, we have what we call inquiry at the end.

When it's a group formal setting where we can say, right, so what did you notice? Why would you do meditation and then not spend a minute going, okay, what did I, what did I notice from that? Did I feel anything within my body? Did I notice that I feel really agitated today? So having that group support as well could be

really, really helpful to help us to keep it going, but also to learn what it actually is and and get really good at it.

And it does get to the point where, you know, like I said, I, I used to go for a mindful walk very in resistance. Let's say that. I used to go in resistance, whereas now I can go for a mindful walk and just go and have a mindful walk and peace. Beautiful. I can be on the beach and be completely present with the fact that I'm on the beach rather than better get my phone out.

Cause it's the thing that we've got that habit of doing and scrolling for 10 minutes, just be there, listen to the sounds of the sea or the waves. So, so yeah, I would say that would be a good start for somebody who is new just to, just to go and do it, just to go and be there, find out what works for you and maybe even look to join a little community group of people that are doing mindfulness together.

It's, it's a lovely space to be in actually when people are practicing mindfulness together. It's a really powerful space.

Ashley: Yeah, I think you're right. And I think the for me, I find that when I meditate, that's when I get my best ideas, when I've suddenly quietened everything else down. And, and sometimes, because we are busy and, , we're both moms and we both have our own business and stuff.

So, you know, you, probably quite similar, but I will have a like a literal list running through my head most of the day. But if I meditate, what I'll tend to do is put some like instrumental music on and that kind of keeps, keeps that list at bay almost so that I can then sit and be present and, and just meditate.

And that might be just focus on my breath for five minutes, or it might be , just sitting and listening to the sounds around me. Yes, I might do a guided meditation, but quite often if I'm just sat that kind of music will, will occupy that conscious mind that thinks I shouldn't be sat here.

Should be making the kids tea or I need to feed the cats or whatever that music will kind of keep that bit occupied. And that's when I find once I've kind of got into that quietness, that peaceful bit. I'll get ideas drop into my head and it isn't that I'll, I really stop and not try and run away with them, but afterwards that kind of inquiry going, oh, what was that?

Oh, yeah, I could try that, you know, so not being kind of carried away in the moment. But I do notice that if I. Quieten, I won't always say silence, but quieten my mind. That's when I am the most creative. And usually that's when Chantelle, the VA, my VA will get a list of things. Oh, I've thought of this and I've thought of that.

And then she has to come up with how we can do all this. So I think it's you know, apart from the kind of. stress relief. And apart from the, the, you know, physical benefits of just being mindful and just taking that time, even if it is like you say for a few minutes, I think I'm I'm more creative as well, definitely in that space.

Rachel: Oh yeah, yeah, because when we allow our brain to rest, isn't it, that these ideas just kind of drop in and the busyness doesn't always serve us. It's like having all the tabs open on the screen, isn't it, and and trying to do all of them, or, you know, we're actually not, we're not designed to multitask.

We're not very good at multitasking. What we do is we flip between different things, but we focus on one thing at a time. We become much more efficient, you know, productive, creative. So yeah, allowing that, that stillness.

And I would say as well as like an extra thing, really for those people that are thinking, well, actually I'd quite like to do a bit of meditation, but five minutes sounds like a really long time.

And it is for, , for beginners, it absolutely can feel like a long time, so try 30 seconds and then try a minute the next time. And then just try and build your practice really, really steadily. Because we can, we can absolutely learn to get better at it and learn to sort of what we, what do we call it? The calming the mind chatter.

We quieten the mind chatter because otherwise we're sitting there going, oh, I can't do it. I'm really rubbish at this. I'm really rubbish at this. And like you say, our thoughts drift away and we just notice it. That's what mindfulness is. We don't try and shut it off. We're not robots, but we go, oh, I've noticed that I'm thinking about.

What I'm going to have for my dinner again tonight. I'm thinking about that argument I had to bring it back. It's okay. It's okay. Bring it back to my breath or bring it back to the sounds, you know, the music that I've got going on. And yeah, we can learn to be with it more.

Ashley: And I think that's really useful.

And isn't it interesting because as you were talking then, I, also was thinking about, isn't it interesting when children go to bed or teens are going to bed and that's when they come up with everything that's happened during the day. And it's because that's when their mind is quiet and it allows the, maybe the stuff they're worried about or the stuff that they, you know, are thinking about, concerned to come up.

And often parents go, oh my God, you know, I'm so tired. Like I literally was in bed. The other day and my, my sixth former, my eldest one, she works and the hubby was going to pick her up from work. So it was quite late. It's about 11 o'clock. It's Friday night, but I was in bed early and I said, you know, if you want to come in, come in and she did.

And she said, and this, and this, and this, and it's because I know that that's the first time probably all day that she's relaxed enough to go. I need to tell you this has come up for me, , and it's hard for parents because usually it's like, , the last thing when you're trying to get them in bed and you've been probably trying to get, especially younger ones in bed for the last hour, when they then come up with that, you know, it can be difficult, but it is a time that their mind is just quietening so that they can hear, , what else is going on for them.

So it's quite interesting, isn't it? And I think, you know, practicing that. The breathing that Rachel has just gone through with those would be really good to practice with your, your child before they get into bed, and actually that doesn't matter the rate either., you can, you can either play in the sound bite if they're a teen, they can take that sound bite or, you know, but just having that.

Mindful moment before they get into bed, I think would really help as well.

Rachel: Absolutely. Yeah, absolutely. And, and even once they're in bed, you know, focusing on their toes and their ankles and their calves, and just having just a moment to be really present with themselves, getting out of their head and into their body, just to allow for those thoughts, just to kind of just take a moment, you know, we're not getting rid of them though.

They're probably going to come back at some stage, but just for now, we're We're just going to allow things to be a bit, a bit more still, a bit calmer. And we can do

that by, you know, tensing our body and releasing it to sort of release some of the tension that we've got held in our muscles and our jaw and our shoulders.

Or like you say, just taking a moment with the breath. That's my go to. The breath is an absolute, you know, like I said, with a toddler, it's a lifesaver just to be able to connect with my breath. It just feels like such a gift. And the fact that we have it always. Can be really helpful.

Ashley: Absolutely. Oh, Rachel.

So tell us before we go, tell us where can we find you?

Rachel: So you can find me, I'm on Facebook Rachel McKenna mindfulness and on Instagram as well. Actually, they're, they're the places that I tend to hang out the most. Rachel McKenna mindfulness on Instagram and Facebook.

Ashley: Brielle. So if you want to find out more, if you want to bring Rachel in your school, if you're a teacher that's on the edge of burnout or not, but you can see your colleagues might be get in touch.

She's also got a website as well. Which is, is it Rachel McKenna dot.

Rachel: It is, yeah, Rachel-mckenna.co.uk.

Ashley: So she's got a website so you can, get in contact there, check her out on Facebook or Insta. But even as well, just if you are a parent or if your child is really struggling, you know, with, with just kind of.

Keeping calm and, and being able to just connect then please reach out to Rachel. Obviously, you can hear how lovely she is. I know how lovely she is. So reach out to Rachel. If you're struggling to find her, we will put all of her links under the show notes. So you can go, please go and follow her on Insta and Facebook as well.

And let's really , support this community of like-minded people who, who want to do the best for you as, as parents and educators and also for our kids. So, thank you, Rachel, for joining us. I really, really appreciate it. I kind of want to I kind of want to just keep on talking and talking all day.

But yeah, let's, let's close it there. Please go and follow Rachel on Instagram, Facebook. The deal with me. You can message me, you can DM me if you've got any questions and that doesn't matter if it's for me or for Rachel, she'll happily answer them, I'm sure. Anything you want covered on the podcast but just for today.

Lots of love from our families to yours and take care. Bye for now.

Thank you for joining us today at the resilient kid podcast. Please check us out on any of your streaming platforms, Facebook, Instagram, and you can also professionally connect with me over on LinkedIn. Don't forget to join our Facebook group. It's a community of likeminded parents and educators that are there to support one another.

Lots of love from my family to yours.