

MINDFULNESS • THE LOVE YOUR LIFE ISSUE

mindful

Self-Compassion

SHIFT YOUR HABITS • CALM YOUR ANXIOUS MIND • CONNECT WITH NATURE
WHY BEING KIND TO YOURSELF IS THE MOST POWERFUL THING YOU CAN DO



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In Our Nature

The natural world has much to teach us, writes **Kelly Barron**, about our own flexibility, creativity, and resilience.

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Plant the Seeds for a Calmer Mind

Dr. Judson Brewer explores the new science of breaking our anxiety habit.

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"Healing is about empowerment, and everything we need is within us."

TOVI SCRUGGS-HUSSEIN

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Author, Educator, Leadership Coach



HEAL Yourself FIRST

In her 17 years as a high school principal, and a teacher before that, Tovi Scruggs-Hussein witnessed passionate teachers doing their best while being overworked and undersupported. And she noticed that while the teachers struggled, the students were underserved as a result—especially students of color.

"I deeply believe that working with children and education is sacred. We're literally growing the future of humanity," she says. She sees pain and oppression continuously occurring in the education system as teachers try to connect across differences of race and trauma, without knowing how to do so, and without having done the work to heal themselves first.

So, she says, to create a better system for the kids, she now teaches teachers. She founded a consulting company called Tici'ess which provides information and training for educators so they can reach their full professional potential, therefore helping kids reach their full academic

potential. She also provides programming for leaders in other fields, as well as for people interested in learning about trauma and understanding race and racism. Her consulting is based in emotional intelligence and leadership training, neuroscience, and mindfulness.

Scruggs-Hussein has practiced mindfulness and meditation for over 25 years. She lost her mother to AIDS when she was in grade nine and says she turned to overachievement to temper her loneliness. After finishing two degrees in three years at UC Berkeley, she recognized that she had not made peace with her mother's death. In her attempts to reconcile her grief, she connected with a group of African healing women who instructed her to simply sit and breathe.

"They really felt that I was my own healer and that healing is about empowerment and everything we need is within us, and so that's literally how I approach all of my work," she says. – AWC