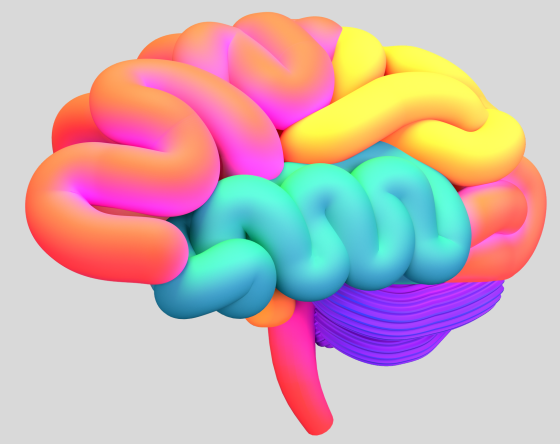


# mindUP For Schools



BRITISH  
COLUMBIA

Ministry of  
Education

In partnership with the Ministry of Education, MindUP has developed 2 courses to support adult well-being.



## MindUP for Adults: Self-Care and Well-being

Take the course now at: [bcadults.mindup.org](https://bcadults.mindup.org)

This short course was developed with a focus on all adults (parents, administrators, educators, community members) to help you develop knowledge and skills to support your personal well-being. You will be introduced to the research and science around stress management and well-being and provided with simple strategies to help you manage stress and support your mental well-being across many areas of your life—work, home, and beyond.



## MindUP For Educators: The Science and Practice of Self-care and Mindful Teaching

Take the course now at: [bceducators.mindup.org](https://bceducators.mindup.org)

This course designed for adults working in education will introduce you to the research and science around well-being and mindful teaching through the lens of MindUP's four pillars - neuroscience, mindful awareness, social and emotional learning, and positive psychology. This course will offer you opportunities to learn, reflect and develop strategies to help you manage stress and support your mental well-being.

### Already a MindUP School or Educator?

You will find these courses in your course dashboard

<https://member.mindup.org/courses-overview/>

For more information on our new MindUP Interactive Online Platform where you can find these courses and many more

visit

[MINDUP.ORG](https://MINDUP.ORG)

