

What is CARE?



Cultivating Awareness and Resilience in Education (CARE for Teachers) is a mindfulness-based professional development program designed to reduce stress, promote social and emotional competence, and improve classroom environments. Learn more at care4teachers.com.

The Study

A study was conducted in NYC elementary schools to determine CARE's impact on teachers' well-being and classroom quality.

The CARE Model

The CARE program model includes four full-day sessions, a one-day booster and coaching by phone between sessions.



Emotional Knowledge
& Understanding



Mindful Awareness
Practices

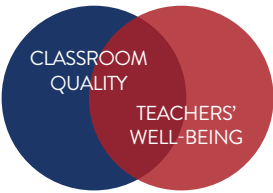


Compassion Practices

Study Results

The CARE NYC Study is the first to demonstrate that improving teachers' well-being also improves the classroom environment.*

* The efficacy of CARE was assessed using a cluster randomized trial design involving 36 urban elementary schools and 224 teachers.



TEACHERS SELF-REPORTED OUTCOMES

Reduction in
Time Urgency

Improvement in
Emotional
Regulation

Reduction in
Psychological Distress

Increase in
Mindfulness

Improvement in
Physical Health

POSITIVE IMPACT ON EMOTIONAL SUPPORT

More Emotionally
Positive Classrooms

Teachers More
Sensitive to Student
Needs



CLASSROOM ORGANIZATION

More Productive
Use of Time for
Learning



Supporting Teachers' Well-Being

CARE is an effective professional development program for both reducing stress and promoting mindfulness and resilience. CARE is also effective for increasing teachers' emotional supportiveness, which is critical for student learning.

These findings demonstrate that learning environments can be improved by supporting teachers' well-being and social and emotional competence.



Universities Participating in NYC CARE Study

