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## Benefits of YOMEI for K-12 Educators

YOMEI is an acronym for Yoga, Mindfulness and Emotional Intelligence which holds a significant relevance for K-12 educators. Yoga and Meditation before a lecture delivery for teachers bring calmness and confidence, which conveys to students [1]. Evidence from the past twenty years concludes that Yoga, along with Mindfulness, improves mental well-being of educators in the elementary education sector [2]. I strongly believe that Yoga, Mindfulness and Emotional Intelligence keeps and strengthens educators' interest in their career field. Mindfulness enables K-12 educators to be compassionate, non-judgmental and resolve challenging emotional issues [1]. These characteristics are important for teachers to model for their students. Mindfulness is also of greater significance for K-12 educators because it produces neurological, physical and behavioral benefits for them [5]. In fact, mindful practices are being implemented in schools nationwide as part of the socio-emotional learning (SEL) curriculum.

Another study further explains that Emotionally Intelligent teachers respond well to challenging situations in the classrooms such as bullying and intellectual disputes [3]. Emotional Intelligence also improves teachers' performance which causes job satisfaction. It must be noted that Yoga and Meditation causes Mindfulness and strengthens Emotional Intelligence which are the primary components of a healthy classroom environment and personal and professional relationships [3]. Thus, YOMEI facilitates a better physical, emotional and mental health for teachers to establish a healthy school environment. Emotional Intelligence has a significant positive impact on instructional performance of educators due to which a greater attention needs

to be directed towards the integration of YOMEI in educational institutions [3]. It is further stated that the emotional health of teachers in elementary education has a positive effect on the academic and social performance of students [3].

Emotional Intelligence (EI) training programs are believed to have a positive effect on the strengthening of Emotional Intelligence among educators [4]. It can be potentially develop and strength at any age through training programs [4]. This substantiates the fact that training in Emotional Intelligence is the key to better functioning of educational institutions. The profession of teaching has both social and emotional dimensions to it which are improved and strengthened through YOMEI to ensure better organizational performance and institutional development [4].

I strongly believe that YOMEI can potentially enrich the learning culture through enhancing class environment by controlling emotional reactivity and improving self-awareness. Mindful schools should be established through Mindful training programs in order to enhance concentration, self-reflection and empathy among educators [5].

## References

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