New York State nystea Theatre Education Association

Perform. Transform.

Hello Spring! It has been a very long and difficult Winter. Winter winds have blown for months isolating people in warm houses. This has been hardest season for me personally but Spring is here and so is renewal. Renewal where flowers sprout up to let us know that life is full of beauty. Flowers are special. We give and receive flowers after a performance for a job well done, for loving moments, to let people know we are thinking about them, and to simply make our home welcoming. Flowers truly are beautiful.

Focus on that beauty as we race to the finish line.

May can be exhausting as we present our Spring Plays and perform our final concerts for this year. We are consumed with the details of these events accompanied with the demands of closing a school year. We have honors convocations and awards. We have final exams and year's end grading. We have planning for the next year so we can start on the right foot. Not to mention that we have our own personal things.... the grass is growing now and just as "April Showers Bring May Flowers" you have gardening and home things to concentrate on. Yes, May can be overwhelming.

So take a moment to appreciate the beauty. Actively engage with your senses and cultivate a midset of gratitude. Look for beauty in the ordinary, like a sunrise or a beautiful smile. Practice mindfulness by noticing the world around you and savoring experiences. Immerse yourself in things that inspire you and allow yourself to feel the emotion of elevation. Here are some ways to appreciate beauty.

1. Engage you senses - Listen to sounds, smell flowers and food, taste flavors, feel warmth.
2. Cultivate Gratitude - Notice the little things, share compliments, reflect on the positive.
3. Practice Mindfulness - Pause and observe, savor experiences by being present, shift your focus.
4. Immerse yourself in environments that inspire - Nature, Places of Art, Concerts, NYSTEA!
5. Develop a positive mindset - challenge negative thoughts, Focus on the positive, practice on self-compassion.

Wishing you a Magnificent May with sunshine and flowers.

-Dear