

# Wellness

## 3.30.22

Created by Herrera

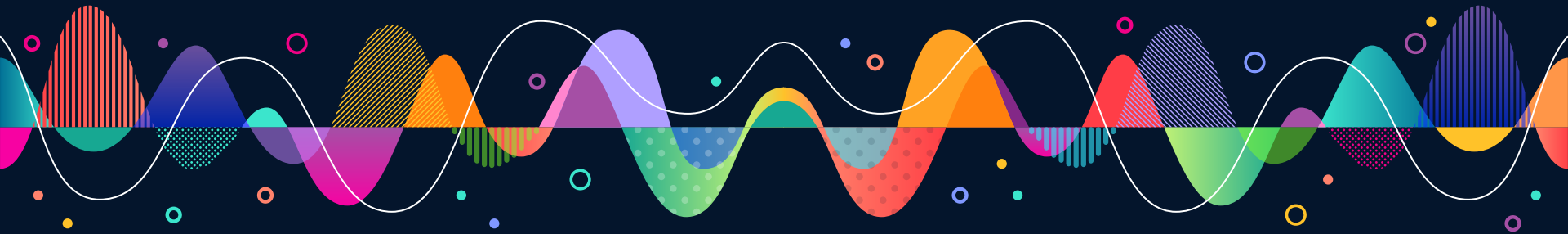
Delivered by: Hauck, Kelley, Nguyen, Spencer



# Team Building

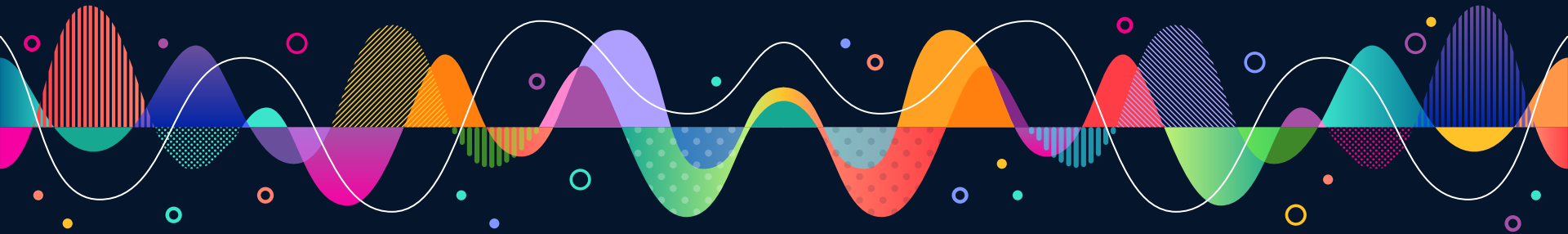


# Handshakes & Would You Rather?

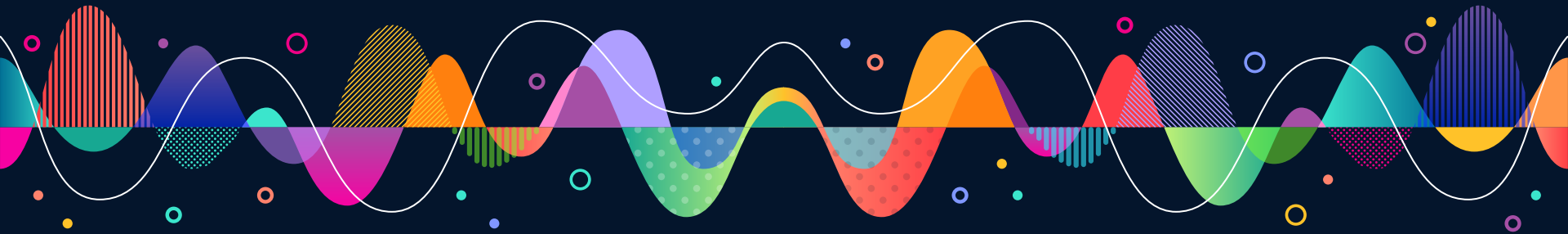


Goal: Designate different handshake partners and discuss “Would you Rather” prompts.

Directions: When a specific handshake is shared, find a partner to be that specific handshake partner and discuss the given prompt. Each handshake you need to be with a new partner. You cannot pick your regular teammates to be a partner. If you need to make a group of 3 you can.



# High Five Partner



# Would you rather...

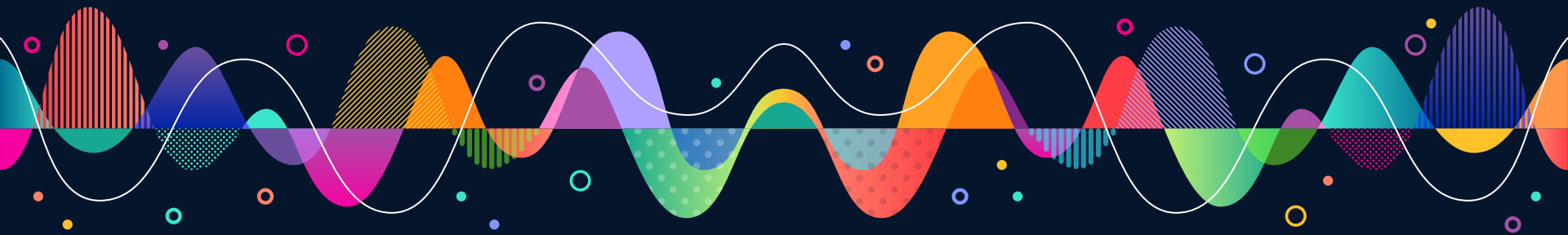
have a **PARENT** or  
a **POLITICIAN**

live in your shoes for the day?



0:45

# Fist Pump Partner



# Would you rather...

teach a class that's

**TOO LOUD** or a class that's

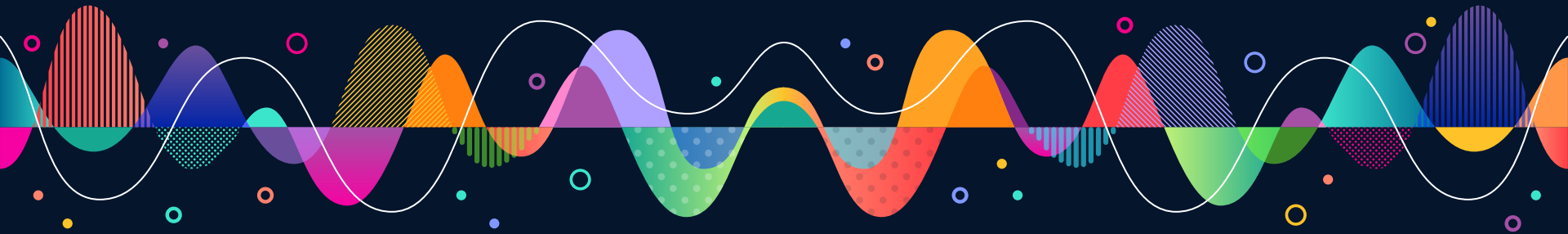
**SILENT** all the time?



0:45



# Elbow Partner

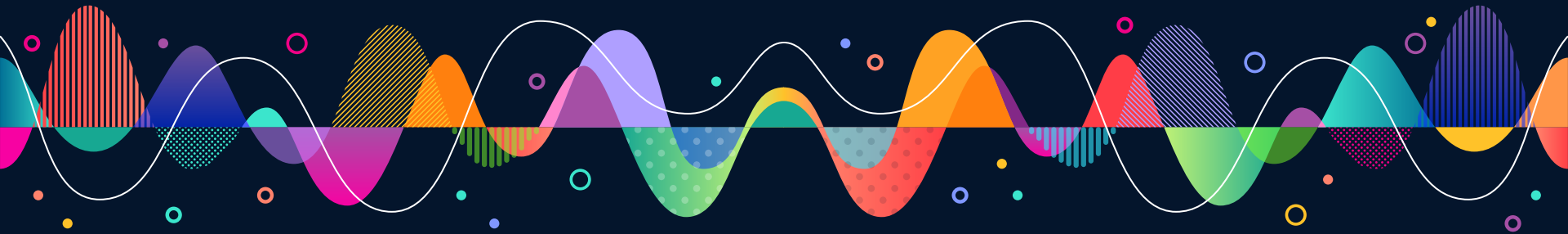


Would you rather...  
control the **WEATHER** or  
communicate with  
**ANIMALS?**



0:45

# Toe Tap Partner



# Would you rather...

**ALWAYS** be wearing shoes,  
or **NEVER** have shoes on?



0:45

# Disco Pose Partner



Not a would you  
rather but...

Which Specials class would  
you teach and why?

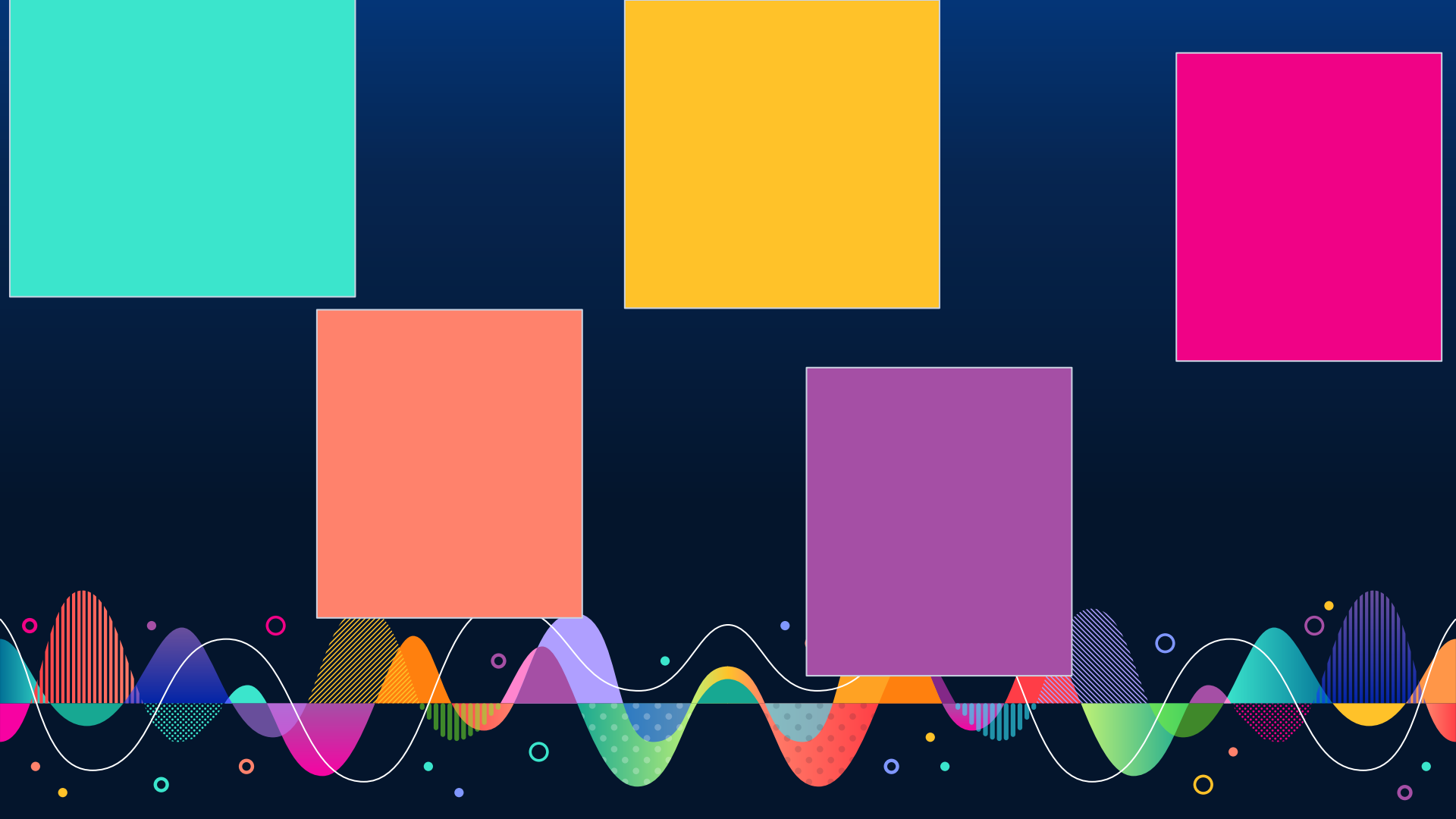


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# Speed Round

Directions: The different handshakes will be shown on the screen and you have 10 seconds to get with that partner. If you make it in time, you both get a point. If you do not, zero points.







# Working NORMs

Trust

Respect

Integrity

Collaboration

Dedication

**Rid yourself of distractions**



# Agenda



- Team Builder - Specials (15)
- Open & Affirmations & Teacher of the Year - Armstrong (15)
- Wellness - Hauck, Nguyen, Spencer, Kelley, Herrera (60)
- 2nd Grade & 4th grade (15)



# Open and Affirmations

- Campus Info
    - TOY
    - OLE
    - K-4 Playground
    - Phones
    - AASA
- Assessments



# Wellness



# Learning Goals

**Content Goal:** Teachers will develop the value of self-compassion and Self-care and wellness to know the importance of taking care of oneself to take care of others.

## **Success Criteria:**

- I will be able to communicate the why self care is important.
- I will identify and commit to one or more self care activities to build myself up.
- I will advocate for myself to meet my needs.

**Language Goal:** Teachers will **engage in conversation around wellness and bringing it back to their own practices.**

**Social Goal:** Teachers will **assume positive intent, constructively and actively participate in collaborative discussions** with peers.

# The Razor-Thin Line Between Busy and Hurried

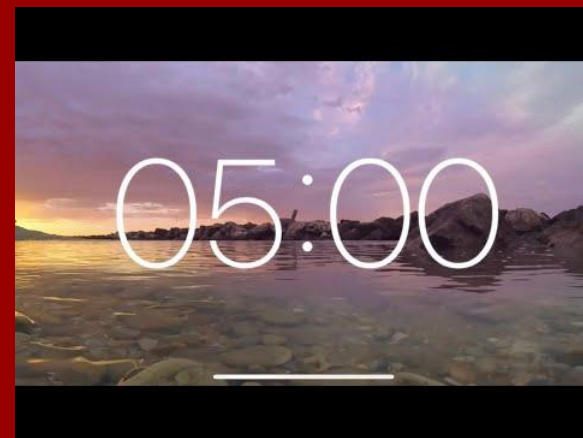


*Stress is good,  
prolonged stress not so much.*



# Activity: Hurried vs Busy Life

- Sort the pieces into two columns
  - Hurried
  - Busy
- Talk about what do you think the differences are



# Hurried vs Busy Life Activity

Full Schedule

Stress is good

Balancing many plates

A lot of activities

Dedicated team time

Physically and emotionally drained everyday

Dedicated family time

Unexpected things create not knowing what to do spiral

Quite reflective time daily

Feeling I don't have time to fully notice others

Job physically and emotionally demanding

Feeling too many demands on your time

I cannot do the job without the help of others

Not being present at all times due to work demand

Preoccupied



# My **Hurried** Work Life!

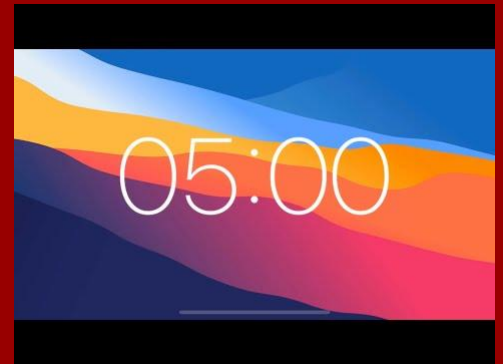
“ I am preoccupied quite often. I am unable to be fully present due to the demands of my job. I feel physically and emotionally drained every day. If something unexpected happens in the next two weeks, I do not know what to do. There are just so many demands of my time right now. **I just don't have time to fully notice others.**”

# My **Busy** Work Life!

“ I have a full schedule. A lot of activities. I am balancing my plates, including my team time, my family time and **some quiet reflective time daily**. My job is physically and emotionally demanding. I cannot do the job without the help of others.”

# Reflection:

What do you think the difference between the hurried life and the busy life is? Do you feel like you have a hurried or busy life? Why?



# Why do we need to live a Busy Work and Personal Life?

We live in an era that is bound by:

- Fast-paced life which is bound by the following things:
  - Schedules
  - Text messages
  - Calendars
  - Computers
  - Smart phones
  - APPS

What do we seek?

- A balanced life: time for:
  - Work
  - Play
  - Family, Friends
  - Travel
  - Academic study
  - Faith
  - Hobbies
  - Reflection time
  - Sleep

# Empathy Hurts and Compassion Heals

## Empathy:

- Awareness of suffering
- Being emotionally involved in the suffering
  - When you experience empathy, the pain center in your brain lights up.

## Compassion:

- A wish to see relief for the suffering
- To act or to help relieve the suffering
  - The action of compassion lights up a reward pathway in the brain which triggers a positive emotion.

Compassion is more than kindness or being polite, you are relieving another's pain and suffering.

## Nonverbal compassion:

- Direct eye contact
- Less personal distance
- Smile

# An Antidote to **Burnout** Is **Self-Compassion**



(Trzeciak & Mazzarell, *Compassionomics*, 2019, p. 304)



# Think About....



A current story of suffering by a colleague in your professional life or a family member or friend in your personal life.

- How did you respond to the crisis?
- Were you aware of the suffering?
- Did you get emotionally involved?
- Did you wish you could do something about it or that they did not have to go through it or that it was you instead of them?
- How did you react to help them with their suffering?

# Self-Compassion

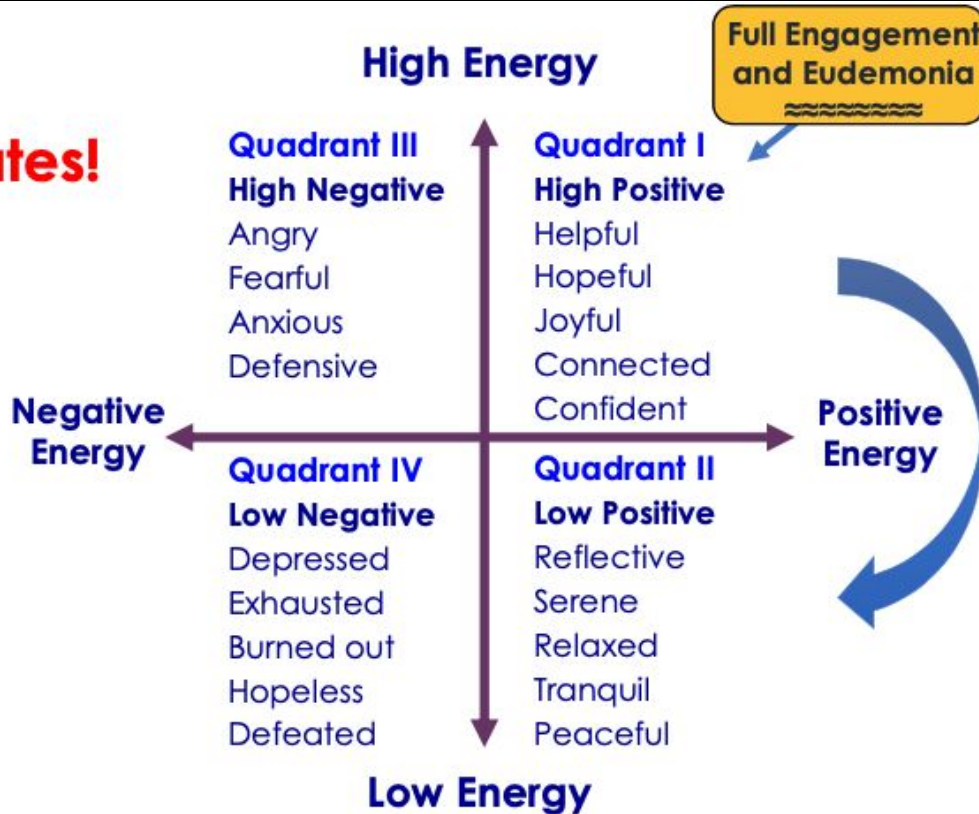
- Schedule Self-Care
- Making Healthy Decisions to Cope with Adversity
- Open to One's Own Suffering
- Not Avoiding or disconnecting the suffering
- Building your Own Desire to Alleviate your Own suffering
- Heal Oneself with Kindness
- Demonstrate Less Extreme Reactions
- Less Negative Emotions
- Accept Thoughts
- Taking on their Own Responsibility





# What are the secrets to staying **fully engaged** in your professional and personal life?

## Our four energy states!



# Live Your Best Life (LYBL)

Create a life you don't  
need to escape from



In order to accomplish anything we need to take care of ourselves!

So we can build a community of compassionate staff, students and families who can achieve anything we put our minds to!



# What change or commitment are you going to make EACH day?

## Self-Care for Educators



Treat yourself  
when you need it



Remember to  
start fresh every  
day



Connect with  
uplifting colleagues



Do physical  
activities you enjoy



Take a break when  
you need one



Use positive self-  
talk



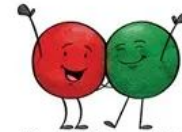
Go for a walk or  
spend time outside



Read a good book  
(just for you)



Plan an activity  
to look forward  
to



Spend time with  
friends and family



Leave work at  
school for the night  
or weekend



Spend less time  
on social media



Bring healthy  
snacks and meals



Be comfortable  
saying "no" to  
more obligations



# Our next steps on this journey to self-care and self-compassion

## Interactive Bulletin Board in the Hallway in the Office

- Write down something specific based on your commitment
  - Song you listen to to pump you up
  - A book you read
  - Physical and Non-Physical Activity you did
  - Etc.
- Sign your name to it
  - Allow others to connect to you or get ideas from you
- Add to it more than once
- Stop by and just read through it

# Closure

## Reflection Questions in IGP:

How are you committing to our wellness challenge of self-care and self-compassion? How are you going to hold yourself accountable for doing it?

How can we hold each other accountable?

Thinking Routine: **Think Pair Share**

MLP



# 2nd Grade & 4th Grade Share Success

