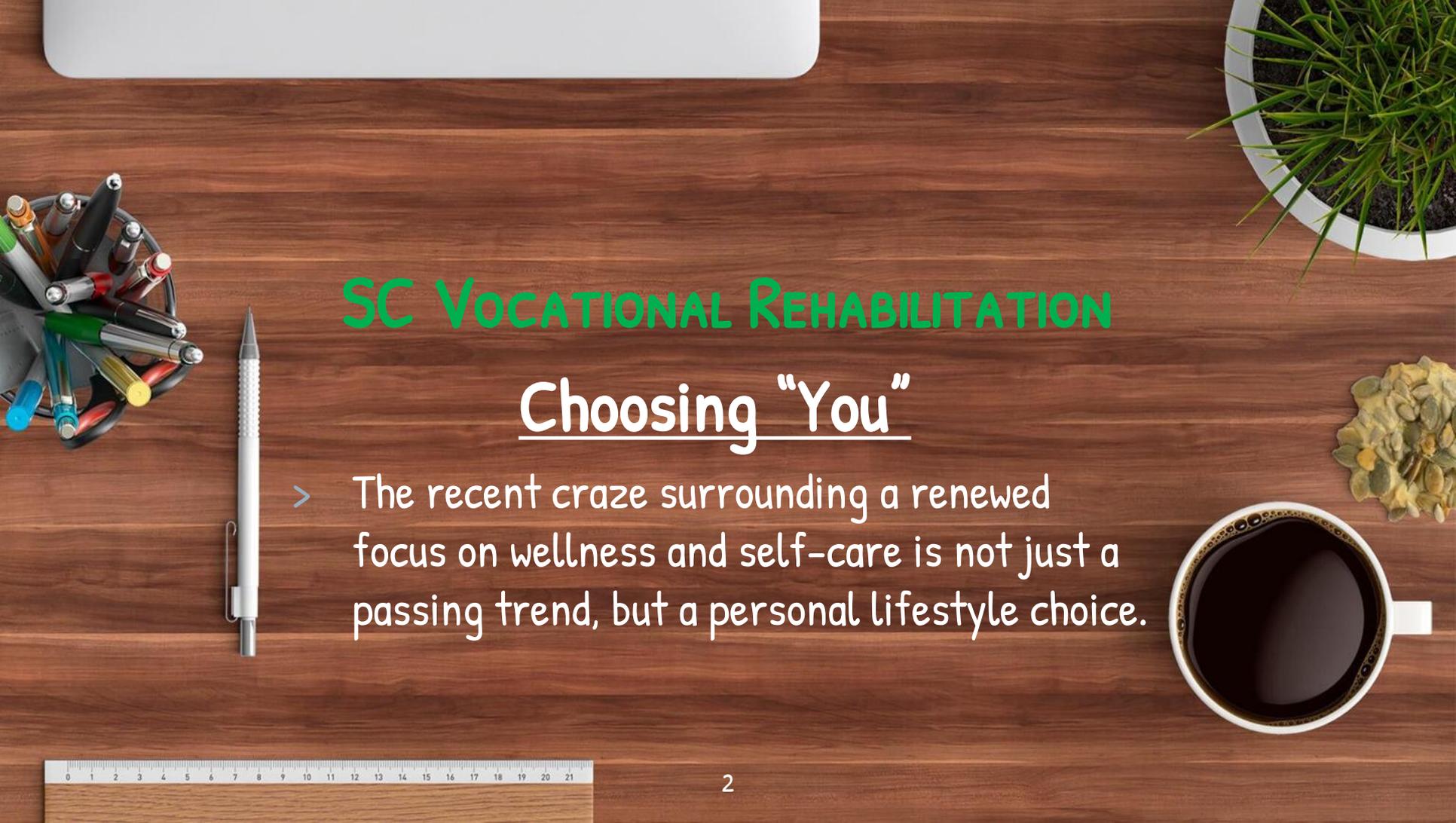




**Wellness:  
New Goals - New Year 2022**

FUELING YOUR MIND AND BODY  
TO ACHIEVE SUCCESS



# SC VOCATIONAL REHABILITATION

## Choosing "You"

- > The recent craze surrounding a renewed focus on wellness and self-care is not just a passing trend, but a personal lifestyle choice.

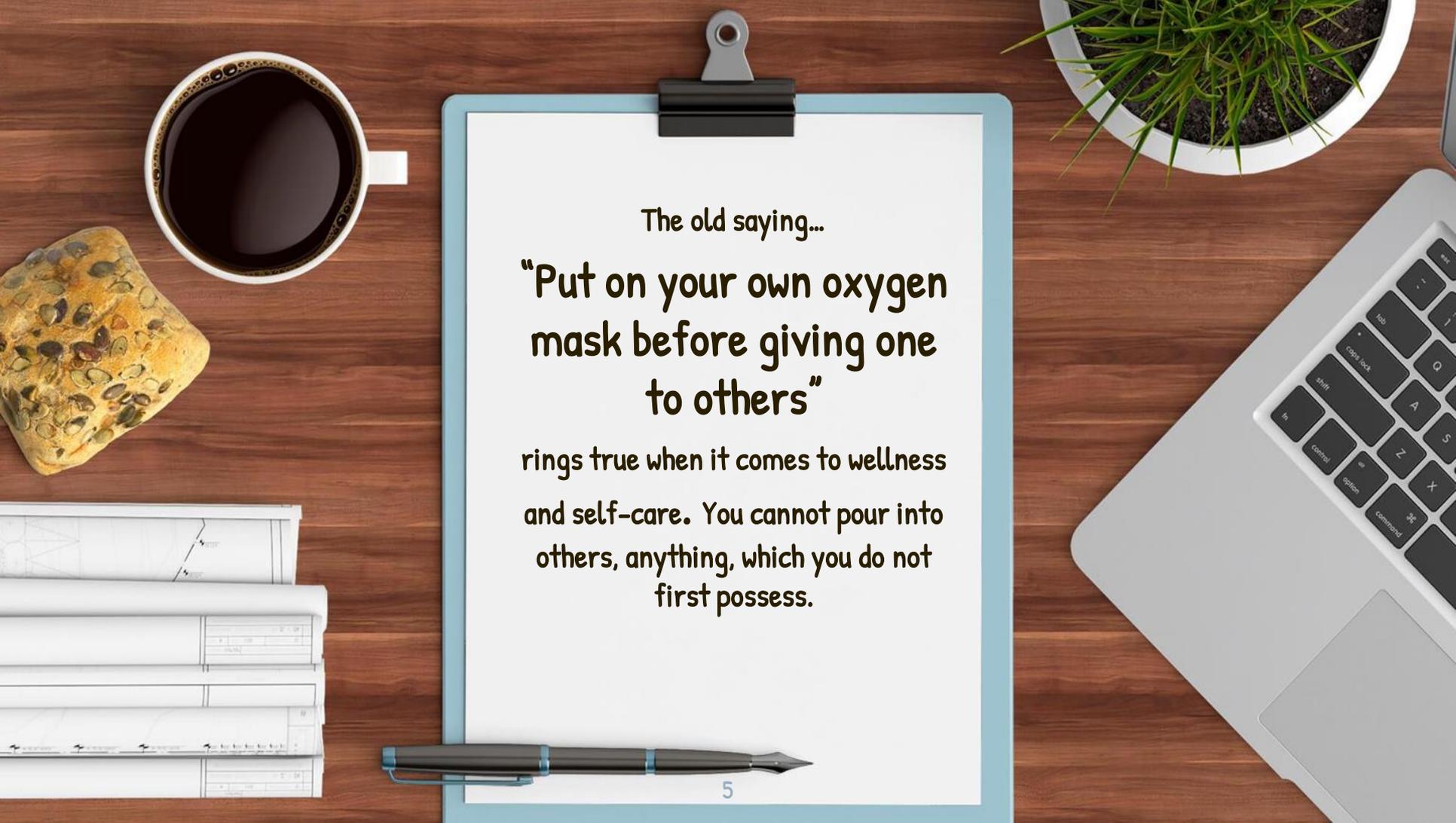
## CHOOSING "YOU"

- As an educator, did you know you can be involved in up to 1,000 interpersonal contacts a day? The quality of these interactions can either diminish or enhance your well-being.
- If you feel like you have carried the weight of the world at the end of each day, you honestly have.
  - **Students demand your attention**
  - **Parents demand your time**
  - **The school system demands your preparation**

## DECISION-MAKING

Teaching is an emotional vocation where you get mentally tired from all the decisions you have to make each day, which might include:

- Repeating the same conversations with students each day
- Juggling curriculums to meet outcomes
- Managing individual students and their diverse personalities
- Communicating with parents about their child's needs
- Going from meeting to meeting to document decisions made

A top-down view of a wooden desk. In the top left is a white cup of black coffee. To its right is a round white planter with green grass. In the bottom right is a silver laptop. In the bottom left is a stack of white papers. In the center is a light blue clipboard with a black clip at the top and a black pen at the bottom. The text is centered on the white paper of the clipboard.

The old saying...

**“Put on your own oxygen  
mask before giving one  
to others”**

rings true when it comes to wellness  
and self-care. You cannot pour into  
others, anything, which you do not  
first possess.

# HOW TO DEVELOP STRATEGIES TO SUPPORT YOUR WELL-BEING

## **1. Focus on Cognitive Well-being:**

Cognitive well-being refers to your mindset and ability to cope with the cognitive demands you face.

## **2. Focus on Emotional Well-being:**

Emotional well-being refers to our ability to identify, manage and use our emotions in responsible and respectful ways.

## **3. Focus on Social Well-being:**

Social well-being refers to positive interactions with other people. "Other people matter."

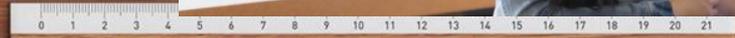
## **4. Focus on Physical Well-being:**

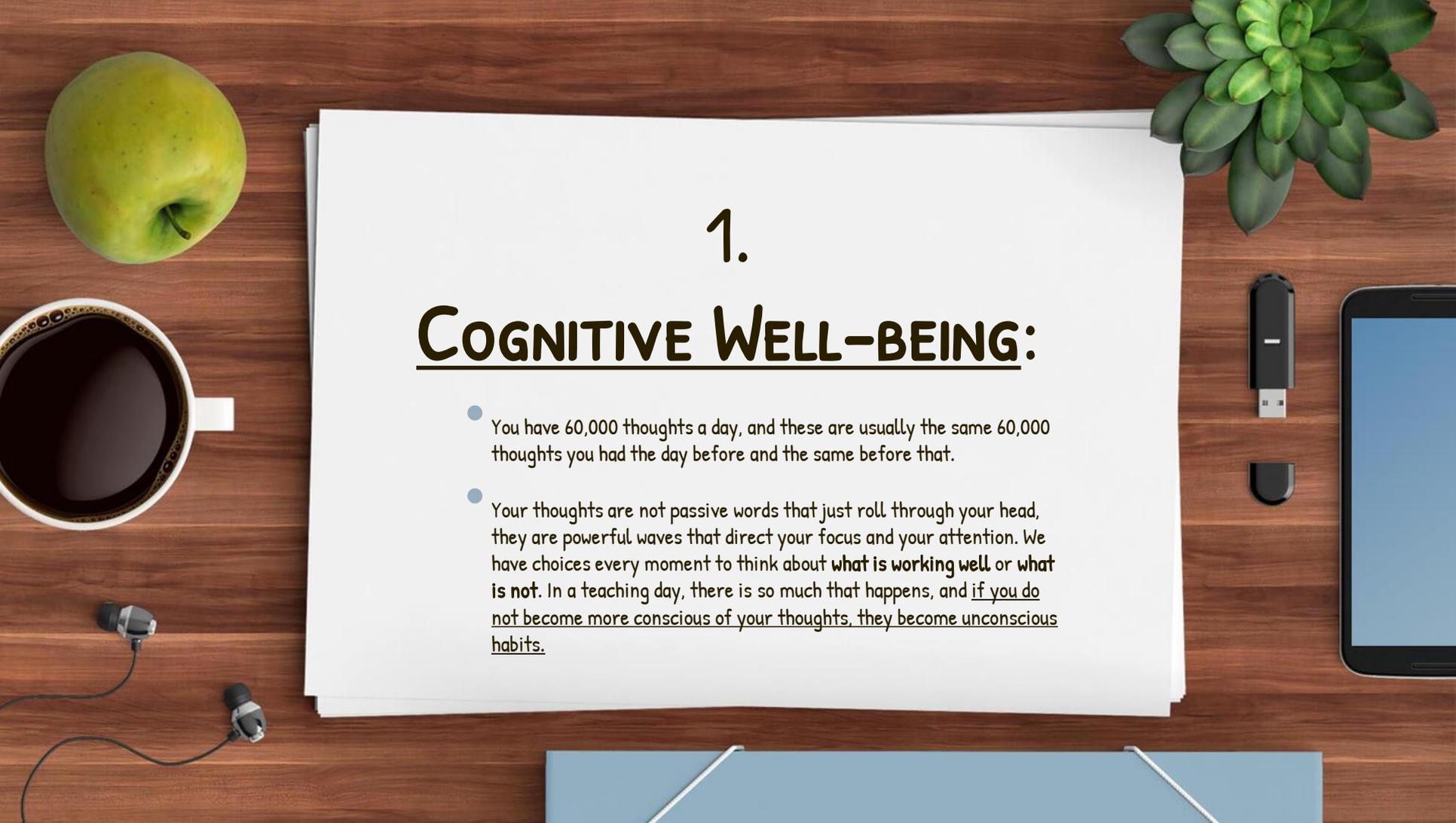
Physical well-being refers to our decisions and actions when it comes to exercise, eating and sleeping.



#1

# COGNITIVE WELL-BEING





1.

## COGNITIVE WELL-BEING:

- You have 60,000 thoughts a day, and these are usually the same 60,000 thoughts you had the day before and the same before that.
- Your thoughts are not passive words that just roll through your head, they are powerful waves that direct your focus and your attention. We have choices every moment to think about **what is working well** or **what is not**. In a teaching day, there is so much that happens, and if you do not become more conscious of your thoughts, they become unconscious habits.

## ACTION STEPS

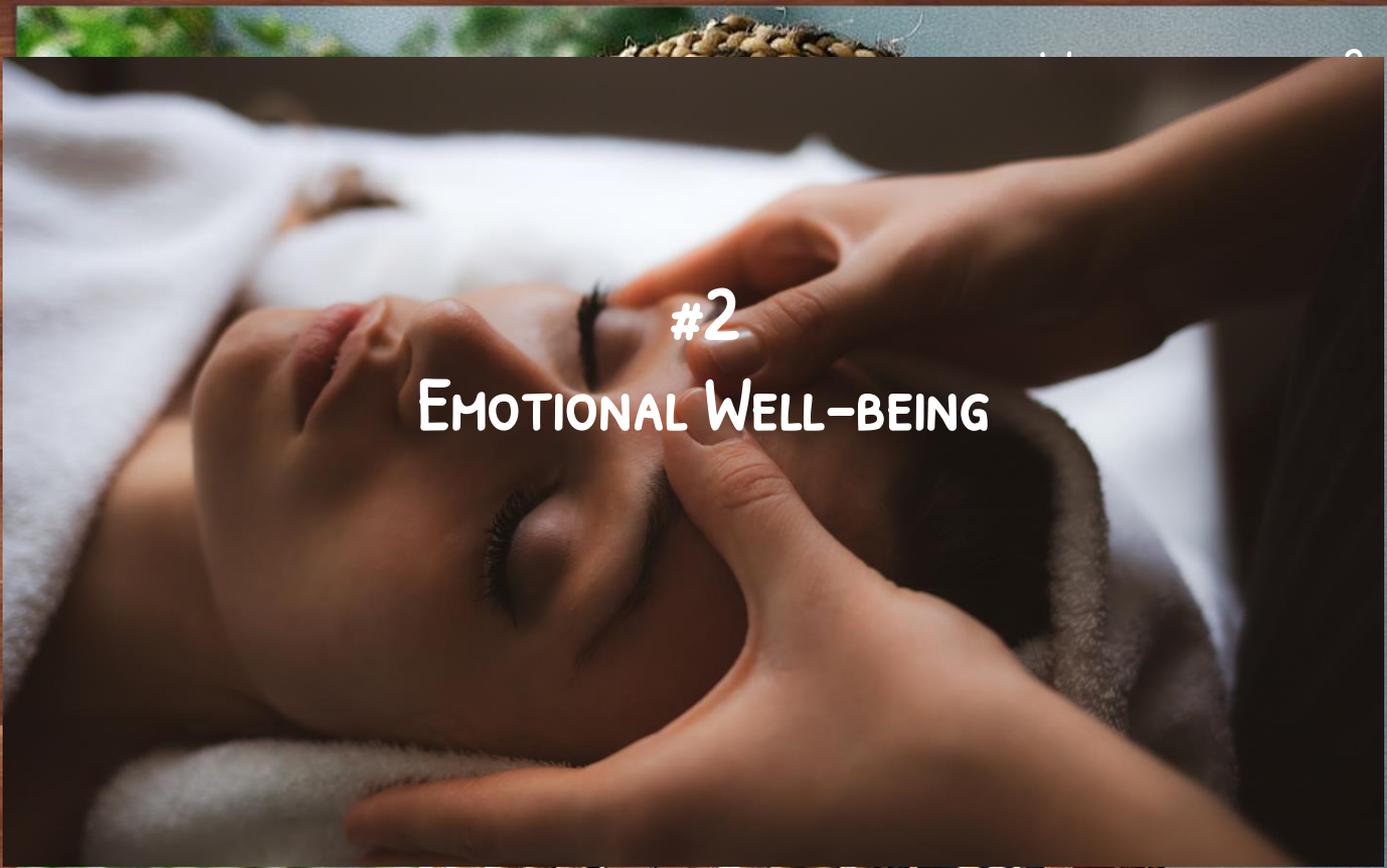
- Set yourself a timer and spend 2 minutes making a list of all the challenges you face at work. Use the full amount of time, even if you just sit and think.
- Repeat the same exercise... but this time write down all the things that work well at your school. Again, use the full 2 minutes.
  - Which list was longer? Which list was easier to write? What does this tell you about where your focus is?  
The point of this is to find ways to better track the good things. \*
- Use a Gratitude Journal or Gratitude Journal App. to keep track of the good things  
A gratitude journal has been shown to have amazing benefits.
- Make a conscious effort to focus less on what is going wrong in a school day (students misbehaving or parent demands) and build on what is going right.

>

- > *“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”*

~ WINSTON CHURCHILL





#2

## EMOTIONAL WELL-BEING

## 2.

# EMOTIONAL WELL-BEING

- It is a self-care best practice to always acknowledge your feelings, not hide them, and be able to own your feelings, without blaming others for your circumstances.
- You might have days where you feel like an emotional pressure cooker, trying to remain professional, in control, and respectful, but what you really want to do is scream at the top of your voice to get relief from the day's pressure. Caring is an emotion and teaching is an emotional vocation. It can be draining if you do not have strategies to switch off and restore.

## ACTION STEPS

- Carve out time for self-care. Set aside 5 minutes each day to prioritize yourself as the main character in your life
- Practice Mindfulness. Instead of reaching for negative coping strategies such as food, alcohol, caffeine or emotional withdrawal as a means for managing emotions, taking a few moments to go inwards, can be extremely beneficial. Mindfulness is not just meditation, it also means stopping, being present, and regaining focus.
- Set yourself a time to become more mindful each day. This may involve doing a walking or breathing meditation, or a focused attention exercise while driving home in your car.

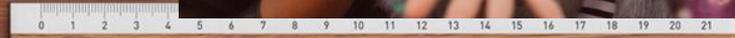
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> “Nobody can stop the waves, but they can learn to surf.”

~ JON KABAT-ZINN





# 3.

## SOCIAL WELL-BEING

- Social well-being is not something that is isolated to our own inner experience but comes from the types of connections we have with others as well.
- Start to notice the types of connections you are having with colleagues, are these based on positive interactions or negative interactions?
- Teachers are trained to give feedback on how to improve, which usually involves noticing weakness and areas of development. This means, without realizing it, you might more easily look for what is wrong than what is right.

## ACTION STEPS

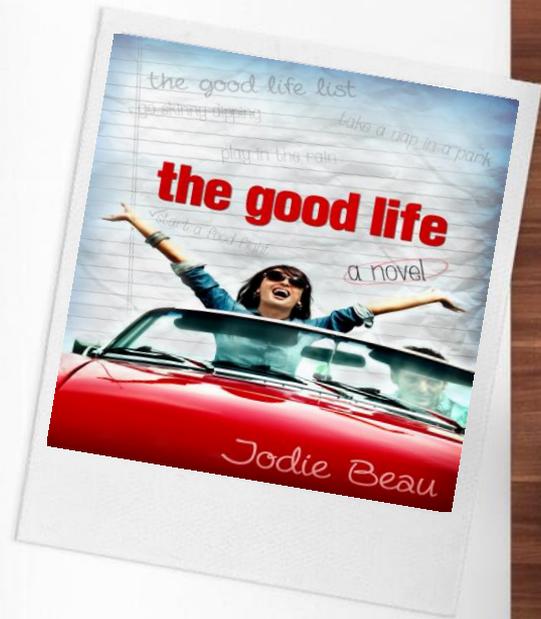
- Spend the next few weeks giving genuine praise and appreciation to a colleague once a day with positive feedback.
- Notice people's responses. Are there any changes?
- Approach others with kindness
- Be approachable
- Look for the joy in every interaction or situation

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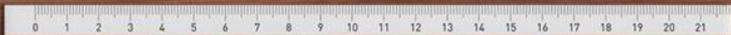
> *“Be Kind;  
Everyone You  
Meet is Fighting  
their own Hard  
Battle”*

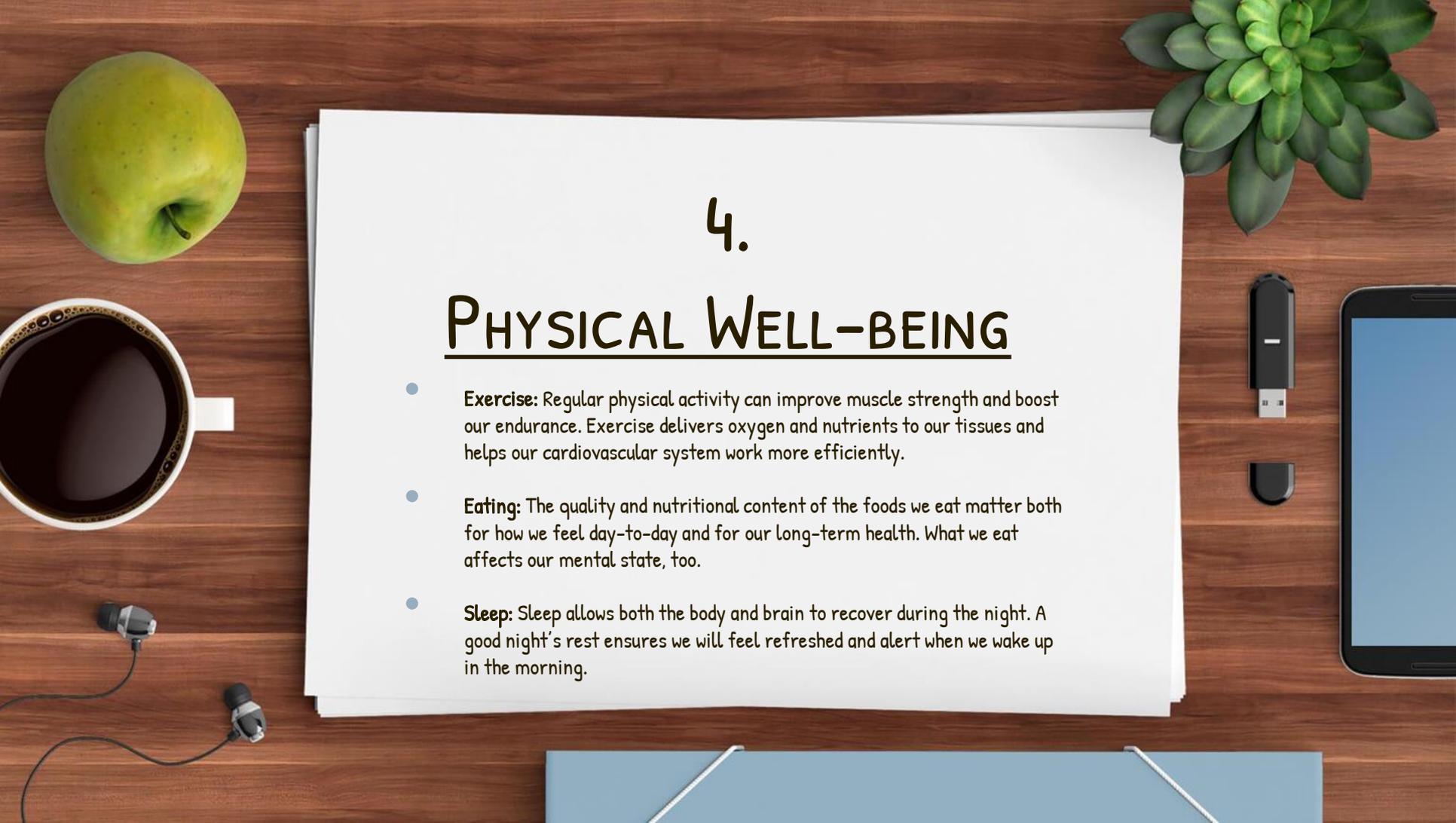
~ PLATO T





#4  
PHYSICAL WELL-BEING





4.

## PHYSICAL WELL-BEING

- **Exercise:** Regular physical activity can improve muscle strength and boost our endurance. Exercise delivers oxygen and nutrients to our tissues and helps our cardiovascular system work more efficiently.
- **Eating:** The quality and nutritional content of the foods we eat matter both for how we feel day-to-day and for our long-term health. What we eat affects our mental state, too.
- **Sleep:** Sleep allows both the body and brain to recover during the night. A good night's rest ensures we will feel refreshed and alert when we wake up in the morning.

## ACTION STEPS

- Add simple exercises into your daily routine (20-30 minutes of stretching, walking, or jogging). When your heart and lung health improve, you have more energy to tackle daily chores
- Try to include greater fruit and vegetable intake in your diet to enhance creativity and feelings of well-being. People who eat healthy are 34% less likely to suffer from depression
- Make sleep a priority. Aim to set self-care goals that will help you achieve 6 to 9 hours of sleep per night

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- > *“Remember to support your own wellbeing too. You may just be the best vision of wellbeing students have.”*

*~ DANIELA FALECKI*





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