

Becoming a resilient educator

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As you get ready to turn the page on another chapter of your teaching time, amidst all of the end-of-the-year tasks and the anticipation of summer and time away from your workspace, I wanted to share some resources from the [Resilient Educator](#) and how important summer is for teacher wellness. The headings below are taken from the website's piece on teacher wellness during the summer but I'm incorporating my own ideas I hope you will find helpful.

Before you go: Even though your end of the year checklist is considerable, you may be packing to stay or packing to move to a new workspace. While ensuring your records and student information is updated, there are also the emotional pieces that are easy to push aside—the goodbyes to students and their families, the see you later/goodbyes to members of your work team. Try to make time for the positive highlights of the school year. This could be an activity that students really enjoyed, the a-ha moments for students who overcame challenges to show what they know, or those days where you wondered if you had enough energy to really show up in your learning space. Try to take time to sit with how those memories make you feel. It is easy to get bogged down in the busy stuff. Share a favourite memory with a colleague and allow yourself to re-experience the joy.

Take care of you: In those first days after grading day, when our minds are suggesting that we have, “all sorts of time,” we know that when the end of August rolls around, it's going to seem like a blur. When you're attending to tasks that normally had to wait during the school year, try to make a conscious effort to actively turn your attention away from the fact that school supplies for September are already filling the shelves so you can focus on where you are in the moment. Try to take summer in in small pieces of time and savour the moments. Making those intentional decisions to choose you is so important—sometimes it feels like we are forcing ourselves to choose us. However, like any healthy habit, practice makes possible.

Fill the well: When we make the time to take care

of ourselves, our needs and doing what fills us up, it is energizing. Teachers' time can look different during the summer months. Even if you are spending part of your time taking courses towards a degree or pursuing other

Professional Learning opportunities, these activities can also *fill your well* in helping you to feel successful. The *Resilient Educator* calls this “getting ahead.” What activities do you want to do this summer that you can't always make time and space for during the school year? What is one thing you will do to *fill your well* this July and August?

Finally, the *Resilient Educator* talks about, “shutting down, recharging and rebooting.” Our lives are surrounded so much by technology that sometimes we can take the opportunity to embrace the lingo and make meaning for ourselves.

What does shutting down look like for you? Does it mean a rest, a nap in a hammock? Or does it mean tenting/camping and enjoying a rest in nature.

Recharging: There may be some overlap here with the concept of *filling your well*. It's about getting out in nature, however that looks for you. Overall, this is about making the time for yourself to connect with the activities and the people that fill your well.

Rebooting: Rebooting can be read in different ways, like any of the concepts in this article, and there is an inherent connection to why teachers are rebooting. Rebooting can mean getting ready for September. But, what if you looked at rebooting in a different way? What if rebooting was actually when you closed the door

to your workspace, walked out the doors of your building into the air and rebooted for your time away? Rebooting could also mean that you make an intention to reboot your routine to see more self-care during your work time. Whatever rebooting means for you, I invite you to present to the process so that you feel better in every way that matters.

Your Professional Learning and MAP team would like to express our most sincere wishes for a restful, relaxing and rejuvenating summer.

