

Making the most of your Holiday break

As we get ready to take a much-deserved pause, your team here at the NSTU would like to share some ideas to make the most of your time during your break.

In this edition's giveaway for *The Well Teacher*, *The 'How' of Self-Care for Teachers: Building your Wellbeing Toolbox*, the teacher author, [Narelle Lemon](#), offers her own experience to help teachers build practical tools, "through reflective prompts, as well as opportunities for extension with tips for leaders, working groups and the education sector more broadly." Supporting wellbeing literacy, Lemon's approach offers support in the following components:

- **Self-compassion:** Being gentle with ourselves and turning the support we so readily give others inwards is crucial, but not easy. As helpers, teachers are so ready to extend a hand outwards and often find themselves coming in last. This resource offers teachers opportunity to explore new possibilities and to engage in reflection about how different strategies are working. Time away from work may allow you to carve out some time to try.
- **Mindful awareness:** Mindfulness is the practice of being in the moment, while developing the ability to suspend judgement, and notice and create distance between the person, the circumstance and the emotion.
- **Habits:** in addition to the ideas above, the last *The Well Teacher* column focused on the process of

developing habits based on James Clear's *Atomic Habits*. Starting small with a few ideas can help us to be successful. Perhaps, you can choose to start one or two small habits just for you during holiday break.

- **Time:** Time is our most precious commodity. It's very easy for time to get away from us. Starting small with one or two ideas/strategies/techniques might help time stay with us longer.
- **Empowerment:** Empowerment can come from different sources and can grow through continued practice and commitment. A feeling of being capable and successful can have such far-reaching, positive impacts on our well-being literacy. Taking new habits and sense of empowerment into the new calendar year, can help to shift our perspective and our ability to meet and overcome challenges. Working from a strengths-based and growth-focused mindset can further support our efforts in making change.

Along with these ideas, Lemon also writes about the concept of giving ourselves permission to work on these strategies and tools. Permission and time go hand in hand in terms of carving opportunity to work towards improving your well-being.

In this season of trying recipes and continuing traditions, why not include your wellness. Choose a starting point and move in small but noticeable steps towards your goals, and add to your toolbox.

