

Practicing Making Time for Wellness

by Amanda O'Regan-Marchand, Executive Staff Officer,
Professional Learning

As you start this new school year, your team at the NSTU wanted to share a few ideas with you to help start this year practicing making time for your wellness—after all, practice makes possible.

The first resource we would like to share is this calendar used with permission from www.actionforhappiness.org. These are available in several different languages and have a different theme each month. Whether you use them as a personal wellness reminder, in your learning/helping spaces with your students and/or with your colleagues as part of a wellness challenge, these calendars can be a great way to incorporate a wellness priority into your day!

A second idea to try is to make time to unpack your day; Whether it's by singing in the car, going for a walk with a friend, or another activity that brings you peace,

try to make time to unpack but also give that a time limit. This idea comes from an amazing colleague I met recently. Whatever the activity, divide your time in half—the first half of your time is for unpacking, whatever that may look or sound like. The second half of your activity should focus on the positive part(s) of your day. Remember—what we notice is what we get!

Finally, what would happen if you visualized your to-do list by focusing on three things at a time? Whether you divide it by the time of day (morning/afternoon), the class or the activity, try to only take on three tasks at a time. That way, your lists may not seem so daunting.

Take care of yourselves and one another,
Your Professional Learning team.

