

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!


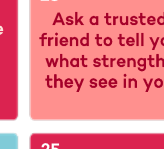
A second idea to try is to make time to unpack your day; Whether it's by singing in the car, going for a walk with a friend, or another activity that brings you peace,

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.

Self-Care September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
 1. Find time for self-care. It's not selfish, it's essential	 2. Notice the things you do well, however small	 3. Let go of self-criticism and speak to yourself kindly	 4. Plan a fun or relaxing activity and make time for it	 5. Forgive yourself when things go wrong. Everyone makes mistakes	 6. Focus on the basics: eat well, exercise and go to bed on time	 7. Give yourself permission to say 'no'	 8. Be willing to share how you feel and ask for help when needed
 12. Get active outside and give your mind and body a natural boost	 13. Be as kind to yourself as you would to a loved one	 14. If you're busy, allow yourself to pause and take a break	 15. Find a caring, calming phrase to use when you feel low	 9. Aim to be good enough, rather than perfect	 10. When you find things hard, remember it's ok not to be ok	 11. Make time to do something you really enjoy	
 19. Notice what you are feeling, without any judgement	 20. Enjoy photos from a time with happy memories	 21. Don't compare how you feel inside to how others appear outside	 22. Take your time. Make space to just breathe and be still	 23. Let go of other people's expectations of you	 24. Accept yourself and remember that you are worthy of love	 18. Ask a trusted friend to tell you what strengths they see in you	
 26. Find a new way to use one of your strengths or talents	 27. Free up time by cancelling any unnecessary plans	 28. Choose to see your mistakes as steps to help you learn	 29. Write down three things you appreciate about yourself	 30. Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS **Happier · Kinder · Together**