

Put On Your Own Oxygen Mask First

(And Breathe a
Little Bit...)

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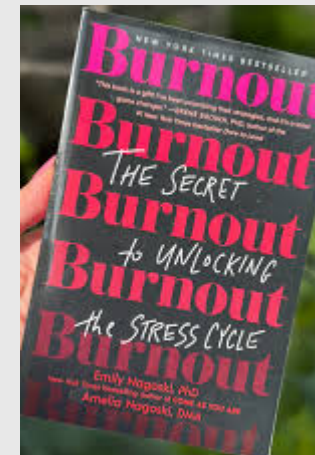


The Beginning: My Approach to Wellbeing Through the Years

- P.E.R.M.A. V (Positive Psychology)
 - Good Things/Gratitude
 - Mindfulness
 - Connection (Johann Hari)
 - Relationships (communication, love languages...)
 - Kindness (Theory of the Bucket, R.A.K....)

PANDEMIC

- Stress & Burn-out (Emily & Amelia Nagoski)
 - Completing the stress cycle



A close-up, low-angle shot of a woman lying down, her head resting on a pillow. She is wearing a grey long-sleeved shirt. Her right hand is pressed against her forehead, and her eyes are closed, conveying a sense of deep fatigue or despair. The lighting is soft and natural, highlighting the texture of her hair and the fabric of her shirt.

And then I Burned Out...

- Exhaustion
- Apathy
- Futility



As I Recovered...

- Self care is not selfish
- Find things I enjoy doing
- Waiting for things to change can't be my whole plan
- I won't do it perfectly all the time
- Sometimes I need some help



Lesson #1: Red Wine and Hawkins Cheesies Can Be Comforting

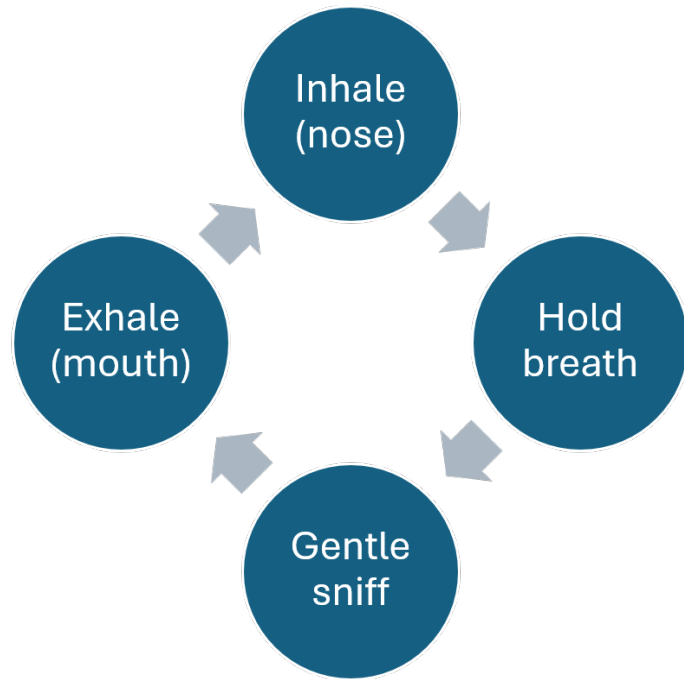
But They're Not Really "Self-Care"



~~5 Simple Rules~~

5 Things I Enjoy
Doing That Help
Me Feel Healthy
and Well

Slowing Down: *Breathe Deeply**





Soaking Up the Good Stuff: *Connect with Nature/Awe*

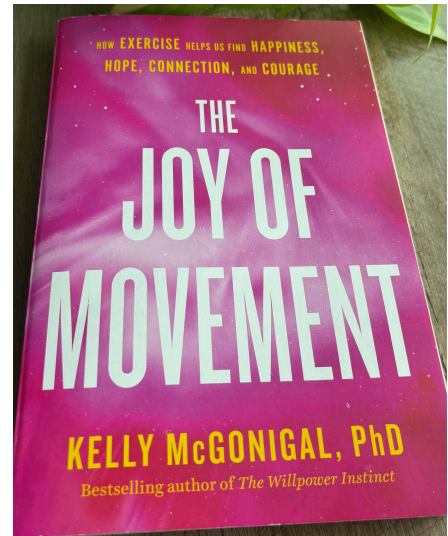
- Get outside – touch the dirt
- Try to approach the environment with “fresh eyes”
- Engage all of your senses – take mental pictures



Movement:

Preferably to Music

- Movement is medicine
- Music is magical
- Moving through emotions*
- Dancing it out is a REAL THING



Connection:

*The Family We Choose**

- Texting/chats/phone calls
- Going for walks
- Rituals for getting together
- Concerts



Getting Unstuck:

Kindness (helping others & self compassion)*



self-compassion.org



Kristin Neff

Self Compassion is a Practice

1. Mindfulness

- Stop – take a breath – notice

“this feels really heavy in my chest”

2. Common humanity

- Everybody hurts, makes mistakes, is imperfect...

“of course I’m frustrated – anyone would be”

3. Offer yourself some kindness

- Words and/or gesture of comfort

“I’m doing the best I can with what I have today”

Some Other Stuff Matters Too...

- Sleep
- Hydration
- Nutrition
- Paying attention to unique health needs



Find Your Own Direction

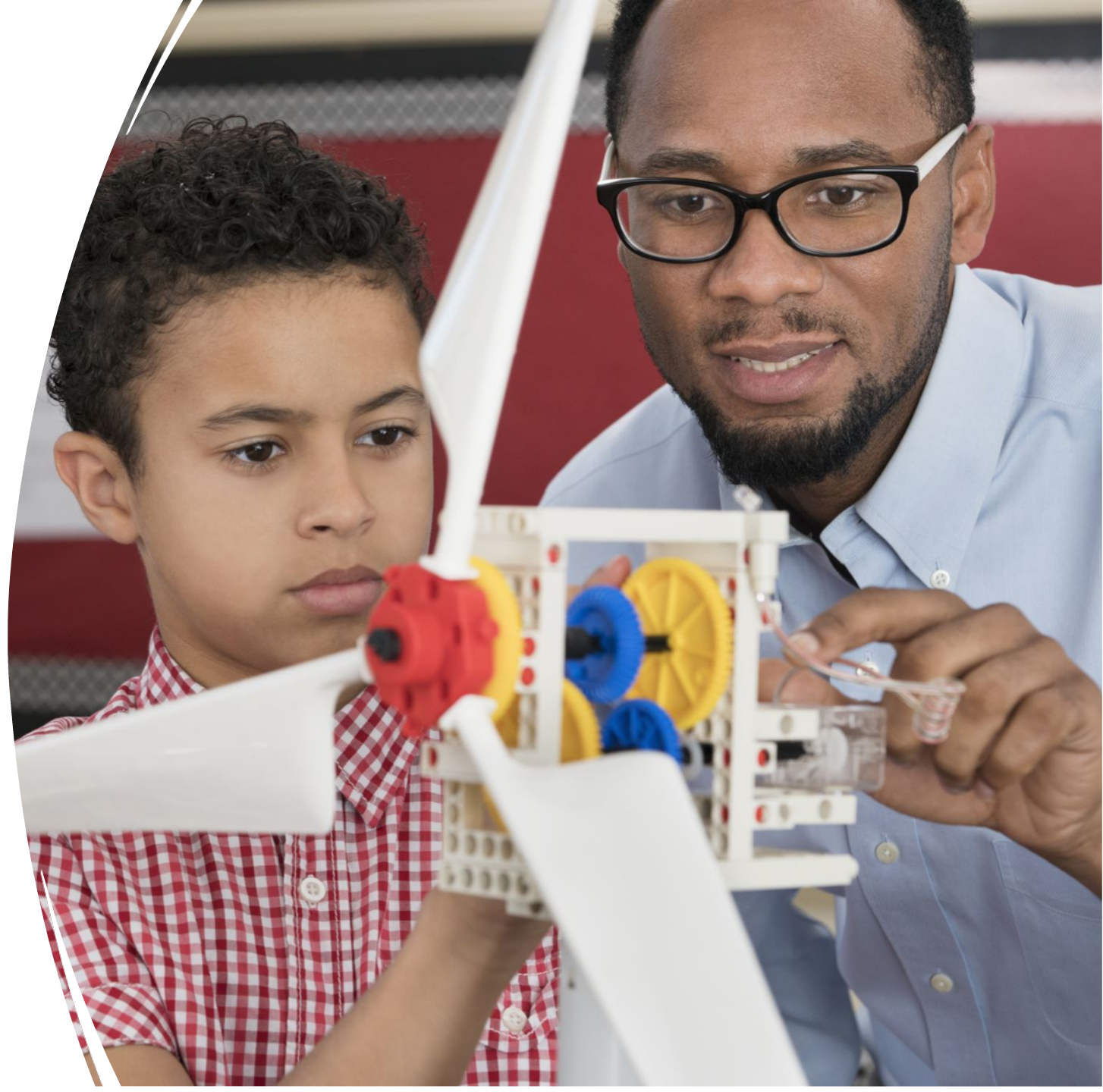
- choose *one* thing you like to do and set out to create a habit of doing it
- find a *partner* who might be willing to start a habit with you
- don't be hard on yourself if you "forget" or "trickle off" – just *start again* or start with *something else*
- find ways to incorporate these habits into your *daily routine at school* – these are **good for our kiddos too!**



My Hope for All of Us...

*Not simply avoid burnout
and “survive”*

- Feel good – enjoy life
- Keep our empathy and compassion
- Maintain our passion for our work
- Show up for the people/things we care about and those we wish to serve*





***Take good care
of yourselves.***

***Thank you for
everything you
do to make a
better world.***

Books

