

Wellness & Self-Care Workshops

MakWorth Therapeutics

Mindfulness:

- Focusing on being mindful and present with everything you do.
- Mindfulness is the psychological process of *purposely* bringing one's attention to experiences occurring in the *present* moment *without judgment*, which one can develop through the practice of meditation and through other training.
- Practice on focusing on one thing at a time, without worrying about everyday stress (i.e. when eating, focus on the food itself - the taste, how it makes you feel, the gratitude - don't think about the stress of daily activities.
- Learn to act mindfully without having to think about it.

Self-Care at Home:

- Make sleep a part of your self-care routine.
- Exercise daily as part of your self-care routine. (walking, meditation)
- Say no to others, and say yes to your self-care. (Learning to say no is really hard; many of us feel obligated to say 'yes' when someone asks for our time or energy. However, if you're already stressed or overworked, saying 'yes' to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more empowered, and you'll have more time for your self-care.)
- Take a self-care trips.
- Take a self-care break by getting outside. (Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you do some physical activity, like hiking or walking, while you are outside.)
- Take care of yourself by getting organized.
- Read a book on self-care for self-care.
- Schedule your self-care time, and guard that time with everything you have.

Self-Care in the Workplace:

- Because teaching can be socially overwhelming, make sure to plan at least 10 or 20 minutes a day where you can take a break and decompress by yourself.
- Without a sense of compassion for yourself, you can't practice positive self-care. If you struggle with low confidence levels, find ways to work on and improve your self-image.
- Bring a self-care "emergency pack" to school with things you enjoy so you can de-stress during your break if needed. (i.e. coloring, a good book, or something that calms and relaxes you)
- Learning to recognize and process your emotions can lead to healthy self-care habits. Keep a journal and write in it to work through difficult teaching days when you feel overwhelmed.
- Social support is an important factor in self-care, so find a way to connect with loved ones at least once a day. This could be having dinner with your family, calling a friend, or relaxing with your significant other.

- For Teachers to teach Students about Self-Care at School:
 - Personal reflection activities can help teach students how to process their emotions. Try journaling or having group discussions about how your students are feeling about a certain topic and what that means to them.
 - One of the most important elements of self-care is social-emotional health. For this reason, doing get-to-know-you activities as a class can help students bond with their classmates and feel less alone.
 - School can sometimes be overwhelming for students, too. Plan quiet time for reading or doing homework into your class schedule so students have time to decompress
 - Try doing a read-aloud with books that teach students important social-emotional skills. The Sneetches by Dr. Seuss, The Dot by Peter H. Reynolds, and We're All Wonders by R. J. Palacio are all books that teach social skills.
 - Mindfulness is another way to help students take care of themselves when they're stressed. Try doing breathing activities or mindfulness meditation as a class, especially if your students seem overwhelmed.

Managing Workplace Stress:

- Track your stressors. Keep a journal for a week or two to identify which situations create the most stress and how you respond to them
- Develop healthy responses
- Establish boundaries
- Take time to recharge
- Learn how to relax
- Talk to your supervisor
- Get some support