

Self Care and Mental Health



TIP OF THE WEEK

When you notice yourself falling into the trap of negativity or wallowing in what should have been, take a few minutes to breathe and let it go. Put on your positivity pants and embrace what is. You will save so much physical and mental energy if you stop fighting against it and step into the new normal. Is it hard? Yes. Is it fair? No. But it is what it is, and you are growing into a stronger, more creative, and more flexible version of yourself.

SELF CARE
is a
PRIORITY

Personal Self-Care

It's about maintaining healthy, supportive relationships and ensuring you're setting goals for yourself. Make taking care of yourself a priority!



OPPORTUNITIES VS. OBSTACLES

Teaching and working in a school looks so different this year. So much of our world is out of our control. It can be so easy to get trapped in the darkness of our circumstances. To give in to frustration and fight against change. It was never meant to be this way. We didn't ask for this. It's normal to grieve what we've lost. To fight against change and to long for our old normal. But what if I told you that this season would be so much more pleasant if we embraced it. What would happen if we stopped looking at these mountains before us as obstacles and embraced them as opportunities? Let's begin to embrace this year as an opportunity for growth. We are resilient, our students are resilient, and we are in this together.

SELF-ASSESS

- Have you found yourself stuck in the frustration of this year?
- Do you feel like you've lost your optimism?
- What is one positive thing you have learned this week?
- How can you help encourage others when they are struggling to see the positive?

