JOY STARVED?
SELF CARE IS (NOT) ALL ABOUT YOU

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I’m not an expert...

I’m just on a journey and would like to share that with you.
Self Care
Brain Dump
First Responders

Caring / Empathy

Compassion
Satisfaction

Secondary or Vicarious Trauma

Compassion Fatigue

Burnout

Silencing Response

PREVENTION=SELF CARE

Physical
Psychological
Emotional
Professional
Personal
Cognitive
Social
Financial
Spiritual
SELF-CARE TECHNIQUES AND STRATEGIES

Pair-Share
So you're telling me that pinning exercise routines is not enough? I actually have to do them?
What can I give you in 1:15 that you can't get from a book?
GROUP JUGGLING

Assigned Initiators

Juggled 1 ball as a group

Juggled 2 balls as a group

Learned 1 scarf toss

Juggled 1 scarf individually and 2 balls as a group

Learned 2 scarf juggling (toss toss catch catch)

Juggled 2 scarves individually and 2 balls as a group

Learned 3 scarf juggling

OLYMPICS: 3 scarves individually and multiple balls as a group
You're going to juggle eggs?

It's a metaphor for life, Hobbes.

Each egg represents one of life's concerns and the goal is to give each the appropriate amount of individual attention while simultaneously watching and guiding all the others.

Life is about balance and staying quick and alert as everything threatens to spin out of control!

And sometimes we make a big mess of things. But the important thing is persistence.
Life Lesson: Put on your own oxygen mask before assisting others.

I only need to take care of myself in an emergency!

I can keep going until a crisis happens...

THEN I’ll put on my oxygen mask as my plane crashes and burns!

Seriously, you can't help anyone if you're dead.
HOW FULL IS YOUR PITCHER?
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Plans for “A Month of Sundays”

- **D**—takes ½ day or longer
- **H**—takes 30 minutes to ½ day
- **M**—takes 5-30 minutes
- **S**—takes 2-5 minutes
ONE THING:
DON’T CHANGE ANYTHING FOR ONE WEEK,
BUT DO NOTICE,
AND NOTE…
ONE THING: SCHEDULE MINI-JOYS INTO YOUR DAY. PREPARE FOR THEM AS RIGOROUSLY AS YOU PREPARE FOR YOUR WORK.
ONE THING:

DON’T CONTAMINATE

JOY!
ONE THING: EXECUTIVE NEGLECT
ONE THING: BUILD A COMMUNITY OF WILLING SUPPORTERS
ONE THING: GIVE YOURSELF PERMISSION FOR INFINITE RESTARTS
Remember: everyone in the classroom has a story that leads to misbehavior or defiance. 9 times out of 10, the story behind the misbehavior won’t make you angry. It will break your heart.

— Annette Breaux

TheCornerstoneForTeachers.com
PHEW! I COULD USE A JOY BREAK...

HOW ABOUT A STANDING OVATION?