



## Sustainable Self Care for the *Zen-ish*

Leah Grant School Counselor  
Pulaski High School

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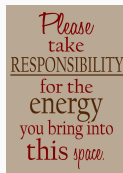
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### My "Why"

I talk to staff that is overwhelmed, and running on autopilot.  
We can change our environment by modeling for each other.  
The world is changing, we can't cope with life in old ways.



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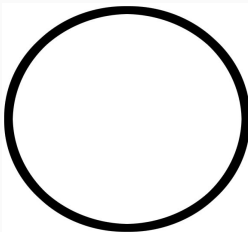
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How I spend my time in a week



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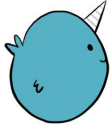
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## Definition of Self Care



YOU DESERVE TO  
BE AS NICE TO  
YOURSELF AS YOU  
ARE TO OTHER  
PEOPLE.

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*"The daily process of being aware of and attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment."*  
(Cook-Cottone, 2015)

How did I get here? What is in my control. I refuse to do nothing.

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YOUR WORTH  
IS NOT MEASURED  
BY HOW BUSY  
YOU ARE.  
READ THAT  
AGAIN.

SP Redbubble Store

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## Time

### Identity-How much we get done

- Defining success by what we check off
- Busyness = we feel worthwhile

168:62

"Venting"

To Do Lists: "What" not "How Much"

COMPLETED A TASK THAT  
IS NOT ON MY TO-DO LIST



ADD IT TO THE LIST AND  
IMMEDIATELY CROSS IT OFF

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## Multitasking



Let's talk about lunch, meetings and multi-tasking...

Simon Sinek [Addiction to Technology](#)

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## Connection/5 People Rule

- Love to complain (**are optimistic**)
- Speak poorly of other staff members (**reach out to others**)
- Have a problem with every solution (**have supportive suggestions**)
- Feel entitled (**are humble**)
- Blame "them" for everything (**know they are in control of their reactions**)
- Resist change (**lean into change**)
- Correct people for pleasure (**are good/empathetic listeners**)

-Angela Watson *The Cornerstone For Teachers*

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## Connection

### Connection Strategies

- Make time for friends and family (that you like 😊)
- When you are with them, be only with them
- Colleague relationships are important (lunch, check in's etc.)
- Belonging: "...their thinking becomes more inclusive, flexible and integrative" (Southwick & Charney, 2012)
- Fitting in vs. belonging



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# Professional Learning Networks

## Connect with people that Inspire (PLN)

Podcasts

- Truth For Teachers
- TED Radio Hour
- Oprah Super Soul Sundays
- Armchair Expert
- Ellen on the Go
- School of Greatness
- The Moth
- Counselor Toolbox











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## Balance

Wants to heal itself

Cleanse and nourish your  
**Body**

Get quiet when conflict comes

Quiet and focus your  
**Mind**

Renew and awaken your  
**Spirit**

Wants connection

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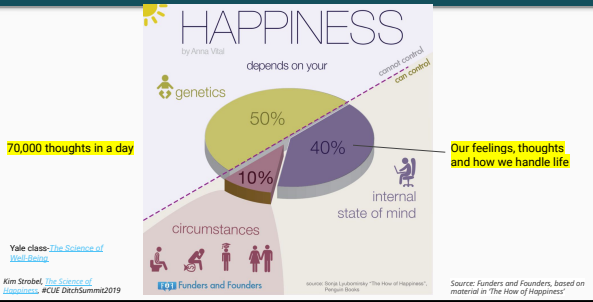
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## Happiness



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## Mornings

1. Wake up 15 min earlier
2. Set intentions for the day
3. Journal
4. [Breathe](#) (4:4:8 or [simple breathing](#))
5. Move/Stretch

Stay off your phone until this is done.



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## Daytime Habits

1. Find/hold open space every day
2. Live in the present not the past
3. Connection-accountability & support
4. Move/Stretch
5. Get outside!
6. Mindful Eating



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## Evenings

1. Turn off electronics by \_\_\_\_?
2. Read
3. Reconnect with yourself-journal
4. Focus on gratitude (3)
5. Meditation Apps



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## Simple Shifts-"Zen-ish"

1. Chaos to quiet
2. SAY NO! or "I'm sorry but I can't say yes to that right now."
3. Quick responses: **Other people's problems are not your problems.**
4. Batching tasks-answer emails all at once
5. No email after 4pm. (?)
6. Get out of your office.
7. Connect with the right people daily.
8. Don't eat while you work.
9. Digital detox-unfollow/turn off notifications etc.
10. Model a new way of being in the school for others.
11. Is it time to shift into a new position in your career?
12. Wellness committee? New Ideas? Be the change.

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## New Ideas

- Wellness Scorecard-include physical and mental health points
- Organize a walk/run group for an early summer race
- Lunch walking groups
- Redecorate teacher breakroom-refurnish, post ground rules
- Faculty Pep Club-Coffee and Muffins, "Soup off", Tailgates, Baby pics, etc.
- Mental Health/Wellness Lunch & Learns
- Wellness advocates at each school



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## Guided Meditation



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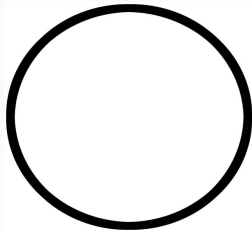
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Do something different.

How I **will** spend my time in a week...



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## Resources

### Mentors:

Angela Watson-[The Cornerstone For Teachers](#) (Good-bye, "Teacher Tired": 5 Days To Doing Fewer Things Better)

Dan Tricario-[The Zen Teacher](#)-HS English Teacher and Podcaster

Elena Aguilar-[Bright Morning](#)-Former HS teacher/administrator (*The Art of Coaching: Onward*)

Brene Brown-[Vulnerability/Empathy](#) researcher and rockstar/ [Empathy video](#)

### #DitchSummit2019 hosted by Matt Miller:

Matt Miller-Host of Summit, Author of [Ditch that Textbook](#)

Brad Montague-Filling the World with Wonder-[Website](#)

Roni Habib-Wellness for Leaders...and Everyone is a Leader-[Founder of EQ schools](#)

Amber Harper-Go From Burned Out Teacher to Burned in Teacher-[Website](#) and [Podcast](#); take [Quiz](#)

Crystal Chavez-Simple Steps For Well Self-[Blog](#)

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Resources

#DitchSummit2019 hosted by Matt Miller continued:

Kim Storbel-The Science of Happiness-Website

Sheldon Eakins-Teaching Through a Culturally Diverse Lens-Website

Merve Lapus-Healthy Balance in a Digital World-Blog

Adam Welcome-Teacher Life Balance-Blog

Tanya Avrith-Find Yourself to Find Your Wellbeing-Blog

Miscellaneous goodness:

Shine-Shine Text

Amazing website, daily doses of goodness: mindbodygreen.com

Mindfulness-Insight Timer, Guided Imagery

Movement-Yoga with Adriene Aaptiv-Personal movement coach on your device

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STAY IN TOUCH!

The Space Between For Educators



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