

LOOKING BACK, LOOKING FORWARD

All stakeholders create a culture of learning so that students come first.

Wow! It's hard to believe it's June already and the end of the school year is fast approaching! The summer holidays are almost here! Although you may feel a revised sense of self with the warmer weather, many of you may feel like the holidays can't come soon enough! The optimism and enthusiasm that was there at the beginning of the school year may have faded away and you might be day dreaming of sipping soda by the lake.

It has been an extremely busy year and there have been a number of changes across the system! As exciting as change can be it can also create anxiety and stress. It's important to take time to focus on yourself and engage in some self-care and self-reflection. Reflect back on the school year and recognize all the work that has been done. Take some time for a few deep breaths and think to yourself "we did it". Reflecting back is a great self-care exercise to complete individually or as a group with your students or co-workers. Think back to everything that was accomplished throughout the school year, funny memories, significant events, and difficult experiences/events. Reflecting back also allows for opportunity to think about how the school year impacted you and others around you; lessons learned, opportunity for feeling a sense of accomplishment and sense of pride in your students/co-workers. Random acts of kindness is an excellent way to combat burnout and stress. During your reflection, think of students or co-workers that you can reach out to, thank them, compliment them or take a moment to tell them how they impacted you! Find gratitude in everything the school year has brought you, both good and bad!

TED TALKS "HOW TO BE HAPPY EVERYDAY"



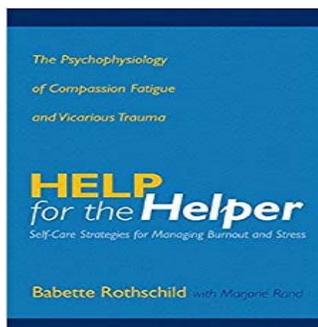
Are there events from the school year or your past that your still hanging onto? It's important to reflect back on things we may be carrying. These events may still be impacting you in your life. They will always be a part of you but it's important to think of how you can move forward. As memories/thoughts arise, be mindful, take note and let the memory/thought pass.

See excerpt below from Helper for the Helper

Excerpt from Help for the Helper

"Toward the end of the Haunted Mansion ride at Disneyland, the black coach I'm riding in turns to face a mirror. I can clearly see the reflections of myself and the friends I'm riding with. There is also the faded reflection of one or more ghosts who appear to be riding along with us in our laps. They are smiling and carrying suitcases, intent on hitching a ride home with us. Of course, at the end of the ride, they are not really any ghosts hanging on to us nor are they in the car when we get home".

Recommended Resource



Summer Self-Care Tips

- Make a self-care plan
- Self-Reflection
- Take time away from work
- Disconnect
- Continue your DPA!
- Plan a trip
- Spend time with family and friends
- Read a book
- Practice and find some coping strategies that work for you
- Be mindful
- Click on hyperlink for an article on [Ten Ways to Wind Down from the School Year and Stay Productive](#)
- To reduce stress for Sept 2017 look forward to take time to plan

TEACHERS IN SEPTEMBER:



TEACHERS IN JUNE:



