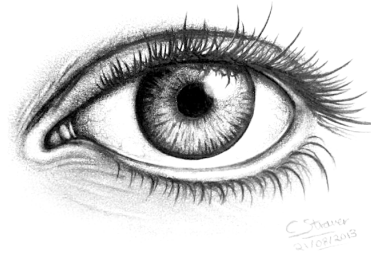


Self-Care + Personal Resilience

Send September Worries on Vacation!



Reflection Question:

How do I care for myself, or what brings me a sense of well-being and, how do I sustain that sense of well-being?



Start with a Reflection:

What helps me relax and/or re-charge?

(List as many things as you can and which ones are most restorative or energizing)

What's been easy?

Notice which side is easier to list - and dig deep to go below the normal noise.

What's been hard?

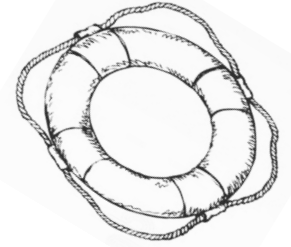


Self-Care + Personal Resilience



What do I really need?

What **MUST** be in place for me to feel safe, well-equipped to navigate this new reality?



Future Reality Check:

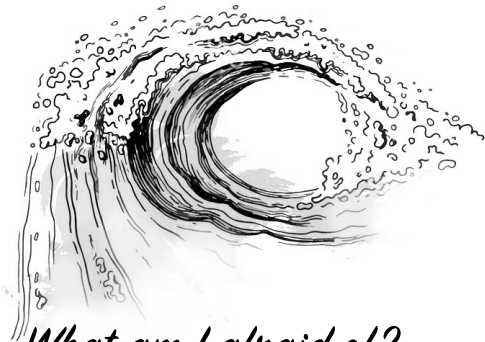
What do I want things to look like in September?

How could this new reality create positive changes in my teaching experience - in my child's experience, or in my experience as an administrator?

How do I be resilient when I don't get what I need?

How do I become an athlete of this new lifestyle filled with uncertainty and interruption?

How can I surrender to the moment and still keep MY POWER?



What am I afraid of?

When I think about the rest of the summer and on to September, what keeps me up at night?

What do I rebel against or fight with in my mind?

What steals my energy/joy/inspiration?

My Future Check-in Date:

www.stinabrown.com and mistypaterson.com

