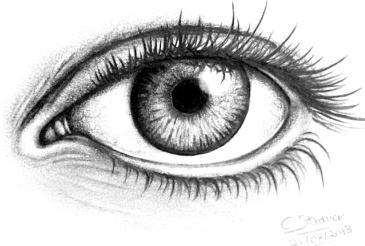


# Self-Care + Personal Resilience

*Send September Worries on Vacation!*



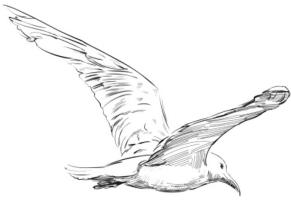
*Start with a Reflection:*

**What helps me relax and/or re-charge?**

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

*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?



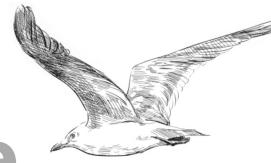
*What's been easy?*

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

*What's been hard?*

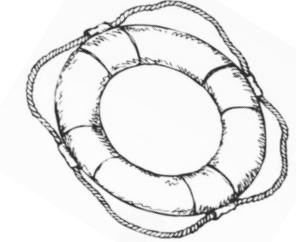


# Self-Care + Personal Resilience



## *What do I really need?*

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

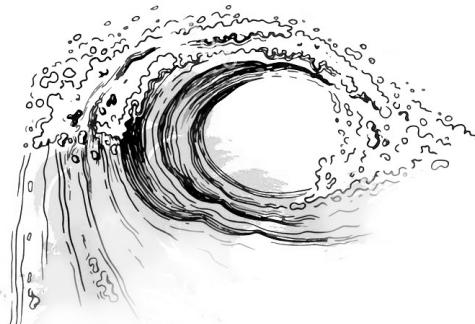


## *Future Reality Check:*

### **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?

## *What am I afraid of?*

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

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

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](http://www.stinabrown.com) and [mystypaterson.com](http://mystypaterson.com)