

TAKE 3

With another challenging school year drawing to an end, it is easy to start daydreaming about summer activities and adventures. For many, it takes a week or two of downtime to disconnect from work, and to reclaim a bit more balance – mentally and physically – from the demands of your leadership roles. Tidy up work responsibilities efficiently and effectively, then set your intention towards meeting your wellness and relational needs.

by
Jack MacNeill

MEd (Coun.Psych.), RCC, CVRP, RRP
President, humanworks

Wrap

Close Off the School Year

A critical step in wrapping up the school year is developing a school closure check list. Develop this list, and check in with your colleagues to ensure you are not missing anything. Write out the list and place it where it is easy to review daily through the last few weeks of the year. Prioritize your wrap-up duties and delegate where you can. Prepare a 2023-2024 start-up list of items to reference when you return to your building in August. This helps you to mentally put aside work, and to remember important details of the current year that may guide you to an easier and more robust start to the next school year.

Reserve

Be

Your busy professional lives require many of you to be at the beck and call of many, many others. Your currency is often measured by your capacity to 'do' – and, to 'do' a lot at any given time. I've found over the years the best remedy to overcome my 'doing self' is to immediately take time away from 'doing' once I'm cut loose from the school year. Historically, that has meant either a silent retreat, a two to three day trip into the wilderness, or a quiet couples retreat with my partner. I must say, I try to build a silent component in to the first days of my summer plans, as a means to just be! It's amazing how super charged and clear we can become when we give the gift of ourselves without distractions or interference.

Revitalize

Prioritize You!

Once you have recalibrated yourself to 'life after the school year', set your intention to propel your recovery from the rigors of the school year and shift into 'me' time. 'Me' time for many includes time in nature, socializing and spending time with friends and loved ones, travel, and focused time on wellbeing and emotional health. It is critical to reclaim the importance and prioritization of *you!* This is the time to be self-focused and clear on your boundaries around the commitments you make, and how they fit into your revitalization plan. We can be self-caring without being *selfish*. Make yourself a priority this summer.