

With the school year well underway, this is as good a time as ever to review, re-assess, adjust, and re-establish your wellness plan. Here are three ideas that might help you better succeed with this process as we work towards the holiday break.

Assess

What is working?

This seems obvious, but in the midst of a busy fall, many don't take the time to assess their work wellness needs or acknowledge which wellness strategies are working – or not working. Commit to reviewing your wellness strategies and identifying what habits are working for you. For many educators, this is the time of year their wellness begins to suffer. You can break it down into three columns: physical, emotional/mental, and professional health wellness. Write down what is working for you, and identify any gaps in the three columns that emerge as you review your plan.

Adjust

Make adjustments on the fly

After you have identified what is working well, and where you might have wellness needs that are lacking, adjust! Remember, establishing smaller, achievable goals (micro-goals) that you can reliably sustain is most important. We are striving for consistency here. Seek support from others – whether they are professional peers or friends – if you are stuck on how to implement a strategy, or to identify the means to address a missing piece in your wellness needs. Many professionals find wellness apps helpful in keeping track of their wellness accomplishments, or guiding them through wellness activities such as mindfulness, yoga, and meditation. If you are comfortable doing so, buddy up where you can when embarking on new wellness initiatives.

Attend

Focus on what you can control

At this time of year, it's easy to begin to feel worn down, overwhelmed, and to have a hard time keeping up with the demands. For some, it gets hard to remain focused on what we have control of, and what we don't. Spending energy on issues or dynamics where we have little or no control can draw on energy reserves when we have little to spare. Focus on what you can control, and how you choose to engage in relationships. It starts with you leading by example, and the contributions you make to create a more positive outcome.

We can't control outcomes, but we can control our input, so be mindful of what you can contribute to situations. Focus on the problem, not the person, and maintain constructive relationships in the process. It's easy to over-respond when we are worn down or overwhelmed: allow yourself some time, if possible, to engage objectively and with your emotional temperature in check. The holiday break is right around the corner.



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