

We are now well into the flow of the school year, and most of us have overcome the initial challenges of the annual start-up. This is a great time to reassess what you are doing to maintain your wellness, and what you might want to tweak on the fly. Here are three ideas that could help you better succeed with this process as we work towards the holiday break.

Review

What is Working?

For many of us, we go into the school year with a plan to help us maintain some semblance of balance and well-being while managing the rigors of our dynamic work lives. There is a reason many of you are successful at maintaining your work and overcoming workload stress and dynamics. You are a strong group of resilient leaders that are 'battle-tested'. Given this reality, our individual approaches to being well are embedded with some successful strategies. Take stock of what is working for you, and continue to replicate those good behaviours. They are obviously serving you well.

by

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Revise

What Sticks Out?

Through reviewing what is working well, we often discover what might be lacking or missing in how we approach our wellness. It is important when we do take stock that we don't overcompensate for what we feel might be shortcomings, as this can create excessive stress along with unrealistic goals and expectations. Unless you are facing a more serious health crisis, micro-adjustments are likely to be both more lasting and more effective in addressing any wellness concerns that you feel are lacking. Be pragmatic, and set a maximum of one or two new micro goals you can easily replicate, and can deliver consistently.

Renew

Wellness as a Core Professional Intention

This concept is no longer an oxymoron in public education. Professional educators can make their health and wellness a priority, and still be seen and experienced as effective leaders, committed educational stewards, and good employees. The wind is changing with varying degrees of strength throughout the province as professional wellness becomes better understood and valued. Making your wellness a clear daily intention and practice not only serves you well, but it serves the system well. The concept of 'working well' or 'retiring well' is the new trend. And, it's predicated on the commitment of each one of us to make it a priority. This year, let's continue our positive forward momentum towards this concept becoming a natural part of a public school educator's professional identity.

You are the future.

We are the system.

