

TAKE 3

by
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Practice Pacing

Think Like a Turtle

The start of the school year is often approached with a 'sprint' pace, but it doesn't take long to realize that pace is not sustainable. Think about your pace for the year, and what is going to be sustainable for the full year. Think like a turtle, and keep your pace appropriately slow and steady. This helps us respond instead of reacting to things that pop up through the days and weeks. Pacing ourselves for the race we're in can promote a stabilizing effect for those around us, as well as for our own wellness goals.

Each Day is New

Be a Goldfish

Any *Ted Lasso* fans in the house? (If you aren't yet, I strongly encourage incorporation of this show on Apple TV into this year's wellness plan). As Ted's saying goes, "You know what the happiest animal in the world is? It's a goldfish. It's got a 10-second memory. Be a goldfish." There is a lot of opportunity to ruminate and carry cognitive and emotional weight from the work you do in educational leadership. Take the opportunity to be a goldfish when you can. Let go, and approach each day anew. A quick morning check-in can help:

- 1) How can I take care of my wellness today?
- 2) How can I connect with others today?
- 3) Where can I find meaning in my work today?

Root Yourself

Be the Tree (Not the Leaf)

The winds of the school year start to blow early, and can unexpectedly knock us off our path. We know that gusts will come. When this happens, consider whether you are responding like the leaf (getting blown in the wind) or the tree (swaying and bending to avoid breaking, but rooted deeply where you're planted.)

The gift of channeling the tree is that we can practice acceptance and grow where we are planted. Accepting what is happening around us, and finding the path to growth, renewal, and rootedness, can create a sense of stability and calm on blustery days.

Wishing you a super start to the year!

With great admiration and respect,

Darby

