



*Windham Public Schools*



# Wellness Wednesdays



Wednesday, November 18, 2020

Miguel Pabón

Tanya Fleeting

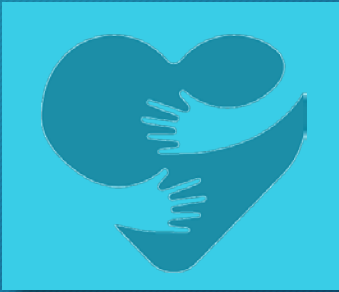
Tara Cramer

# Windham Public Schools: Wellness Zone





# In Today's Session...



- Participants will:
  - Learn about the purpose of Wellness Wednesdays
  - Have an opportunity to engage in interactive self-care activities
  - Learn how to share ideas for a bank of resources



# Welcome to “Wellness Wednesdays”

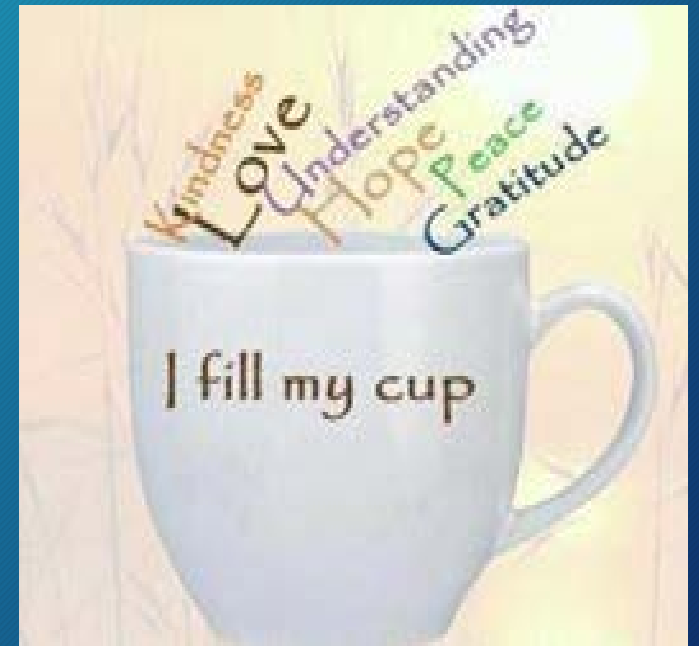


The purpose of Wellness Wednesdays is to create a space for staff to engage in self-care activities and learn skills and habits that can promote physical, mental, and emotional well-being.

It's understandable if you are feeling overwhelmed and need a reminder that practicing self-care is essential to your well-being, especially during times of uncertainty and transition.

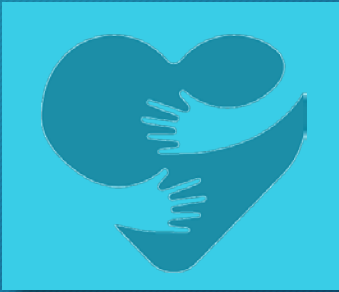
You can't pour from an empty cup!

“Wellness Wednesdays” will assist you in filling your cup.





# Before we begin....



Before we begin, I'm going to ask everybody to take a moment to work on being completely present both body and mind.

- Be aware of your posture. Are your shoulders tensed or jaws clenched?
- Be aware of your thoughts. Are you already thinking of what still needs to be done today? What's for dinner? Try to center your thoughts and be present.
- Eliminate as many outside distractions as possible, such as cell phones and emails.
- Now I invite everyone to participate in the following breathing exercise.

# Breathing Exercise

[https://www.youtube.com/watch?v=WBFGFEcmV\\_Q](https://www.youtube.com/watch?v=WBFGFEcmV_Q)



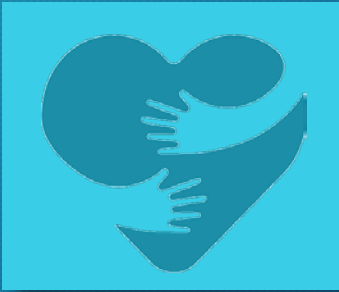
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# Emotions Matter: The RULER Approach



Acknowledging and accepting all your emotions takes effort. Only when you recognize your feelings can you decide whether to change or influence them. This is an important first step on the journey to self-care.

In order to manage one's emotions to successfully negotiate life experiences, whether at school, work or home, the RULER Approach promotes:

- Recognizing
- Understanding
- Labeling
- Expressing
- Regulating





# Destination: Self-Care!



Once you're able to recognize your emotions you can begin to learn a variety of healthy strategies to support your social emotional and self-care needs. You will notice the difference in the way you handle stress and your body manages stress which overall affects your mind, body, and spirit.

Let's get started on our  
Wellness Wednesday journey!



# How Do I Practice Self Care?



## Tanya Fleeting:



- Time with my sons
- Nurturing Plants
- Reading
- Interior Design
- Walking
- Collecting Dolls



# How Do I Practice Self Care?



## Tara Cramer:



- Exercising/Walking/Kickboxing/Lifting
- Swimming
- Traveling/Beach
- Watching my daughter play Soccer
- Organizing
- Massage/Cranial Sacral Therapy

# How Do I Practice Self Care?



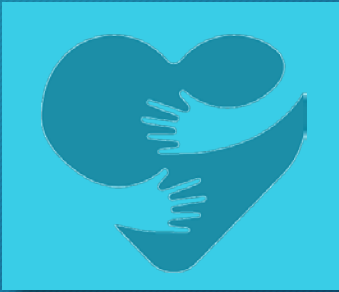
## Miguel Pabon:



- Hiking
- Running
- Walking my dog
- Mindfulness/Breathing Exercises
- Comedy Shows/Movies
- Music
- Calming sounds, like ocean waves



# Self-Care Focus: Gratitude



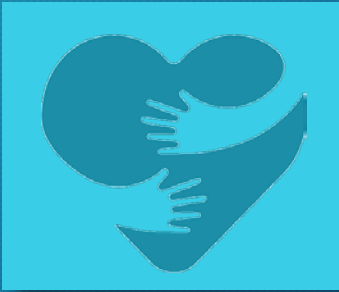
Today we will be sharing some Self-Care activities with a focus on **GRATITUDE**.

Think of one thing about yourself that you are grateful for!

What is the first internal quality that comes to mind?

If you're comfortable, please share in the chat.

# Gratitude:



November is the month of sharing what you are grateful for; what better time than now to thank the ones **who** have helped you, cared for you, and not let you down.

You might be grateful for **what** you have, your health, your job, your school,

Where you have traveled to, your place of comfort,

You can share what you are grateful for by writing in a :

- Gratitude Journal

- By starting a Gratitude Jar

- By thanking someone in person

- Writing a thank you email/letter



# Gratitude Jar



Use this jar to collect reminders of the blessings - both big and small - that you are thankful for.

# Interactive Gratitude Activity

## *Thanksgiving Gratitude Activity*



**Someone you are grateful for.**



**Something you are grateful for.**



**Somewhere you are grateful for.**



**A food you are grateful for.**



**A book you are grateful for.**



**All of the above!**



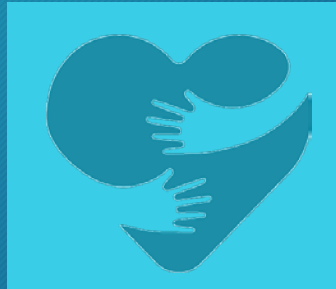
# #30 DAY CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 a friend	2 a mentor	3 a parent	4 someone wise	5 #throwback thankyou	6 a teacher	7 a classmate
8 someone you miss	9 a sibling	10 a spiritual leader	11 a veteran	12 #throwback thankyou	13 the kindest person you know	14 a nurse
15 someone who gives selflessly	16 someone who doesn't know the impact they've had	17 a belated thank you	18 someone who always has the right thing to say	19 #throwback thankyou	20 a neighbor	21 grandparent
22 a shoulder you've cried on	23 a family member	24 unsung hero	25 someone who always listens	26 someone you wish you could spend Thanksgiving with	27 someone you love to shop with	28 a coworker
29 the best listener you know	30 someone who lifts you up					

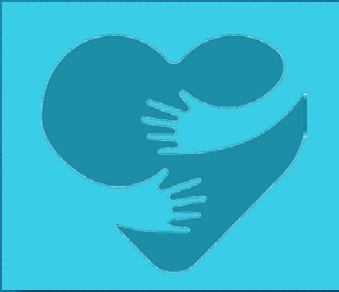
ThankList  
TM AMERICAN GREETINGS

#ThankList

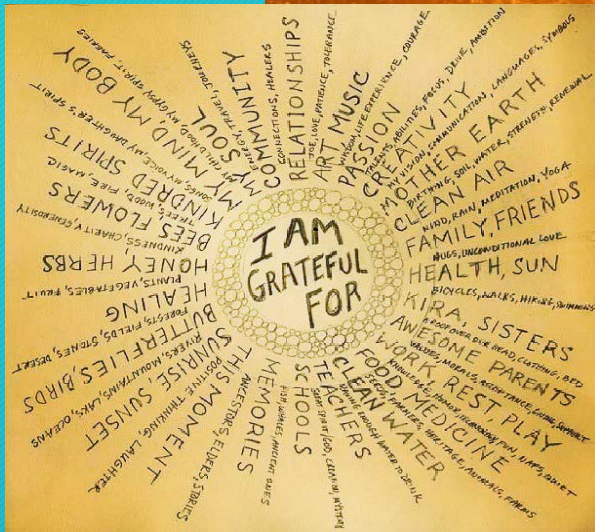


# 30 DAYS OF *gratitude*

- ☐ a person I'm glad to have in my life.
- ☐ something I find comfort in
- ☐ my favorite part of the morning
- ☐ my favorite memory
- ☐ an accomplishment I'm proud of
- ☐ a hidden blessing in a difficult situation
- ☐ an opportunity I'm grateful for
- ☐ my favorite song (& why)
- ☐ a life lesson I have learned
- ☐ the biggest gift in my life right now
- ☐ a future event I'm excited about
- ☐ some positive news I've gotten recently
- ☐ my favorite area in my home
- ☐ a memory that makes me smile
- ☐ something beautiful I saw today
- ☐ my favorite part of the evening
- ☐ my guilty pleasure
- ☐ one good thing that happened today
- ☐ how I show gratitude for my friends
- ☐ something I love about a family member
- ☐ something positive about my body
- ☐ a challenge I'm grateful for
- ☐ a compliment that made me feel good
- ☐ the best gift I've ever received
- ☐ the item I treasure most
- ☐ the people who mean the most to me
- ☐ my favorite part about nature
- ☐ something that made me laugh today
- ☐ a book that I loved reading
- ☐ a freedom I am grateful for





[illegible]



# Sharing is Caring!



- Please use this email: [wellnesswednesdays@windham.k12.ct.us](mailto:wellnesswednesdays@windham.k12.ct.us)
  - To share your ideas for future topics.
  - Volunteer to present a self-care activity.
  - Provide Feedback.
  - Share pictures of what you do to practice self-care.
  - Items from the content collected will be reviewed and selected to develop a bank of resources that will be posted on our website.





## Final Thought:



We are in the midst of a global pandemic that presents a threat to our physical and emotional well-being. So the need to pay careful attention to our body, mind, and soul is more important than ever.

Self-Care is not selfish!

It's self preservation!

Self care is **not**  
self  
**indulgence.**

Self care is self  
respect.

- gateway -  
women.com

Thank you!

