

If Not You, Then Who?

Selfcare for School Employees



Isabelle Wettergren, MA, NBC-HWC, CWP Founder  
Teachers Wellness Coaching & Consulting  
[Isabellewellness@gmail.com](mailto:Isabellewellness@gmail.com)  
(510) 205-8790

# Bonjour!



National  
Wellness  
Institute

# Objectives

1. Participants will redefine the meaning of self-care
2. Participants will identify strategies to help develop balance
3. Participants will learn strategies to help set boundaries without compromising relationships



# This is NOT a marathon



2.4 mile swim



112 mile cycling



26.22 mile run

# It's an Ironman!!!



# This is NOT a marathon



2.4 mile swim



112 mile cycling



26.22 mile run

# It's an Ironman!!!



# March 2020

## Back to School 2020

### In-Person ???





**SELF  
CARE  
ISN'T  
SELFISH**



# Self-Care Defined....by YOU!!!

- Preparing a healthy meal
- Taking a nap
- Moving your body
- Turning off your electronics
- Turning off notifications
- Asking for help
- Moisturizing
- \*Delegating\*



# INTENTION



# Developing Balance



- Identify & honor your values
- Develop a routine
- Drop activities that sap your time
- Make moving your body a priority
- Build down time into your routine
- Who is your Fab-5?
- Make a check-list
- Gratitude
- Focus on what you have control over





# Setting Healthy Boundaries

- Identify & honor your values
- Make self-care a priority
- Practice self-awareness
- Practice saying “No”
- Identify and remove negativity
- Beware of co-dependency traps
- Give yourself permission
- Communicate effectively



Between what I think, what I want to say,  
what I believe I say, what I say, what you  
want to hear, what you believe to hear, what  
you hear, what you want to understand,  
what you think you understand, what you  
understand...They are ten possibilities that  
we might have some problem  
communicating. But let's try anyway...

— *Bernard Werber* —

**AZ QUOTES**



# Reflections for You

1. What stands in your way of having the life you want?
2. What have you done to try and solve the problem?
3. What might happen if you don't make a change?
4. What advice would your older wiser self offer you?





# Signs of Psychological Distress

- Insomnia / trouble sleeping
- Undesired weight gain / weight loss
- Excessive use of alcohol (+8 / week women - +15 / week men)
- Loss of pleasure
- Excessive tired
- Excessive conflicts with others
- Excessive anger.....

Coming Soon

Sustainability for  
School Employee Wellness



# Connect



Isabelle Wettergren

Join FaceBook Group Teachers' Wellness

[isabellewellness@gmail.com](mailto:isabellewellness@gmail.com)

(510) 205-8790