If Not You, Then Who?

Selfcare for School Employees





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Bonjour!









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







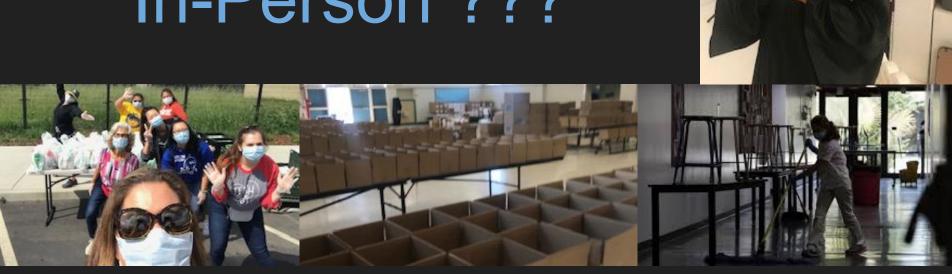
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Its an Ironman!!

March 2020 Back to School 2020 In-Person ???





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

Work Life Balance

Developing Balance

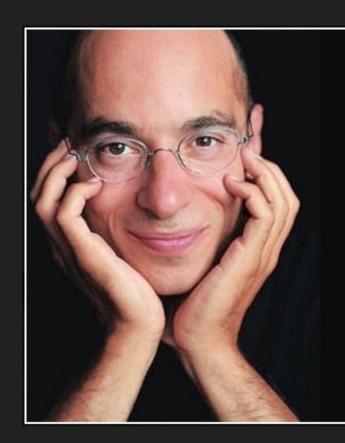


- Identify & honor your values
- Develop a routine
- Drop activities that sap your time
- Make moving your body a priority
- Build down time into your routine
- Who is your Fab-5?
- Make a check-list
- Gratitude
- Focus on what you have control over



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



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