

DURING HOLIDAY BREAK

for school staff

Taking time away from the classroom provides an opportunity for self-care. Here's an adapted Holiday Self-Care Plan, based on seven areas of wellness, that school staff can consider modifying to incorporate into their break time:

1

Physical –

Educators can focus on the way they treat their bodies. Winter break provides an opportunity to move the body physically, get some extra sleep, and prepare healthy meals.

2

Emotional –

The emotions of the school year have likely influenced educators greatly. By journaling or connecting with friends, family, or even mental health professionals, emotions can be explored and unpacked as needed.

3

Intellectual –

Taking time to read something interesting or learn a new skill, and sharing it with others, is a great strategy to engage intellect.

4

Social –

Connecting with friends and family, whether in person or virtually, is a helpful self-care strategy.

5

Spiritual –

Reconnect with activities that create a sense of belonging, purpose, and fulfillment. These activities ground minds and can create a sense of calm.

6

Occupational –

Consider catching up on professional learning requirements, if needed, or reflecting upon the things that have gone well so far this school year.

7

Practical –

Break is an opportunity to catch up on activities that may have fallen to the wayside during the school year so far, like day-to-day tidying tasks, errands, or cleaning out a closet.