

## Summary – Educator Wellness

### Summary

#### **In this video, you explored the critical importance of educator wellness.**

You learned what self-awareness, self-regulation, and resilience contribute to educator wellness; why emotional wellness is so important for educators; and, how you can use self-awareness and self-regulation strategies to support wellness throughout the school day.

#### **What can developing self-awareness, self-regulation, and resilience contribute to educator wellness?**

- Focusing on educator wellness is not a luxury; it's a critical part of making sure staff feel ready to support students.
- The two foundations for educator wellness are self-awareness and self-regulation.
  - Self-awareness helps educators understand their thoughts, feelings, and reactions.
  - Self-regulation is when someone can manage their thoughts, feelings, attention, and bodily sensations in productive ways.
- Together, self-awareness and self-regulation help people build resilience, which leads to educator wellness.
- Research shows that resilient people:
  - Accept that some things are out of their control, that the future is uncertain, and that circumstances can create discomfort.

- Make meaning of their situation so the actions they take feel like they matter.
- Use flexibility and adapt to their circumstances, focusing on what they can do, not what they can't.
- Resiliency skills can be taught and learned, but must be developed through practice.

#### **Why is emotional wellness so important for educators?**

- It's critical for educators to develop their own emotional wellness because they cannot make quality connections with their students if they aren't taking good care of themselves first.
- Educators should consistently demonstrate calm energy and predictable behavior so their students can:
  - Feel comfortable making connections with them;
  - Regulate their own emotional and physical reactions; and,
  - Be ready to learn at school.
- Since emotions are contagious, educators need to provide calm energy so their students can catch their calmness.

## How can you use self-awareness and self-regulation strategies to support wellness throughout the school day?

- The following self-awareness and self-regulation strategies can support wellness.
  - o Positive self-talk
  - o Thinking about the size of a problem in context
  - o Remembering what can and can't be controlled
  - o Taking a short walk
  - o Doing a calming activity
  - o Checking in with the body's physical needs for water, food, rest, or movement
  - o Sensory activities like intentional breathing
  - o Getting away to a quiet place
  - o Seeking out someone trustworthy to hear another perspective

### Mythbuster

**MYTH:** Wellness is all about luxury and the extra things people can do to feel good about themselves and their surroundings.

**TRUTH:** Wellness is not a luxury or a “nice to have.” It’s a critical part of being able to create quality connections with others.

### Go Do It!

Throughout the next week, keep a list of specific activities or strategies you use to promote your own wellness. Consider times during the day when you might intentionally schedule pauses and breaks for yourself to consider your body's physical needs, take a walk, practice deep breathing, or something else that allows you to build resilience. At the end of the week, reflect on the activities or strategies that seemed the most effective for you. What changes do you notice in yourself, your work, and your interactions with others when you intentionally prioritize your own wellness?