

Well-being this Week

FOR EDUCATORS • BY EDUCATORS

Summer Well-being Challenge: Choose Your Own Adventure

by Lisa Sanetti, PhD

In *Well-being this Week* so far, there have been a range of activities for you to complete to move toward improved well-being. Some may have been following along and completing the activities, others not so much.

You are where you are.

This summer I urge you to "choose your own adventure" based on where you are with your well-being work.

Did you complete activities in the prior issues of *Well-being this Week*?

Not yet. or Not all.

Go to page 2.

It just so happens there are 10 activities and about 10 weeks in the summer break. Use the list and QR codes and work your way through these activities!

I don't know

Go to page 2.

The issues with QR codes and brief descriptors are provided so you can see what you did and what you missed.

Yes!

Go to page 3.

There are resources for identifying goals and a well-being bingo if you need ideas of new practices to try!



When you've completed those activities, come back to this page and follow the directions for "Yes!"













Wait, why should I work on my well-being in the summer when my stress is already lower?!



I recommend you work on well-being in the summer when stressors are lower because you have more bandwidth to

- pay attention to your thinking and behavior patterns
- adopt new patterns of thinking and ways of behaving in a lower-stakes cycle of work and play
- build new habits and routines

10 Weeks of Well-Being

Well-being this Week Issue	QR Code for Issue	Activity	Date completed
1		Assess your stress level	
2		Reflect on how stress affects you	
3		Identify your stressors	
4		Identify stressor-related thinking patterns	
5		Reflect on how stress makes you feel	
6		Identify and reflect on your values	
7		Reflect on your time management	
8		Reflect on your communication effectiveness	
9		From stressful thinking to helpful thinking	
10		Reflect on your TLCs: Therapeutic Lifestyle Choices	



**When you have completed above activities ,
return to page 1 and answer the question again.**

Goal Setting: Small changes. Exponential impacts

You're an educator. You know all about writing SMART goals.
But it's summer, so here's a refresher:

Specific - What do you want to accomplish & the benefits of doing so?

Measurable - How will you know if you are making progress?

Achievable - What steps do you need to achieve to meet this goal?

Relevant - Why is this goal worthwhile? Do you have what you need?

Time-bound - When do you want to achieve this goal by?

SMART goals are great...but the reality is, **CHANGE IS HARD**. Consider identifying one larger SMART goal and then working on just one small change at a time to get you to that goal.

My Overall Well-Being Goal:

Date:

Small change for the week:

Well-being "Bingo"

Choose an activity below and work to implement for a day, week, or longer. Write in your own ideas in empty boxes !

Really think about your values...how do you want to be in the world?	Write a letter of gratitude to someone and send it.	Get some exercise...that you enjoy!	Work to spend a whole day engage in values-aligned activities.	Take a difficult situation you have & practice accepting yourself.
Try to new type of exerice.	Spend time on a meaningful hobby.	Reflect on the day- were tasks values-aligned, important, urgent?	When a negative thought comes to mind, name it and let it go.	Negative thought loop in your head? Sing it to a silly tune .
Engage in a calming bedtime routine	For 5 min think of nothing. Note the types of thoughts that arise.	FREE	Take 3 slow breaths. Inhale for 3, hold for 3, exhale for 3, hold for 3. Repeat.	When tempted to criticize yourself, think- would I say that to my bestie?
Pick a small action that takes you closer to your goal. Go do it!	Spend quality time with a friend, family member, or colleague.	Say aloud: "I can't raise my hands" as you do so. Your mind isn't in control.	Eat fruits/ vegetables and healthy protein at every meal	Set a sleep schedule for the week, with a target bedtime.
Reflect on your year - what do you want keep, change, omit? Why? How?	Set an alarm to prompt you to go to bed so you get 7-9 hrs of sleep!	When you eat, pretend each bite is the only one. Savor each bite!	Take 3 slow breaths. Inhale for 3, hold for 3, exhale for 3, hold for 3. Repeat.	Reflect on the year - what boundaries do you want to put in place ? How?