
Teacher Pages



Reflections

If you gave yourself a grade for nurturing others, what would it be? If you gave yourself a grade for nurturing yourself what would it be?

Do you feel guilty when you “waste” time?

How do you feel if you forget your watch, or worse yet your planner?

Do you feel appreciated for what you do?

Can you name three things you’ve done for yourself in the past few days?

Can you list ten things you’re really good at?



Taking Care Of Yourself



As teachers, we spend a lot of time caring for others. We tune in to the ups and downs of the children in our care, listen with our minds and hearts to the problems of families, and cultivate relationships with fellow colleagues. When we get home, there’s more to do for family and friends. Being a teacher is a big responsibility, but in order to be all that we want to be for others, we must learn to take care of ourselves first. It’s not a selfish thing to do—it’s a healthy thing to do. On certain days, a complete lifestyle make-over may seem in order. On better days, we may realize we just need to think differently or tweak some areas that need refining.

Put Yourself on the List

Days are often started with a huge to-do list. It’s discouraging that some of the things on the list are left over from the day before or most likely even the day before that. Experts agree that learning to prioritize is very important. Get in the habit of doing the most important things first. If you’re dreading a chore, don’t put it off. Try committing ten or fifteen minutes to the dirty work. These short spurts of energy make starting easier, and you may accomplish far more than you expect. Most important, though: Make room for yourself on the list. Penciling in doesn’t count! We often don’t allow time for a walk, meditation, reading, or spending time with friends. We think we’ll find the time, but there’s really no such thing as finding time. Fortunately managing time *is* possible.

I must govern the clock, not be governed by it.

Golda Meir

Practice Affirmations and Positive Self-Talk

An affirmation is a positive declaration or assertion. Giving ourselves affirmations every day is a great way to gain confidence and build momentum. Give yourself five affirmations every day such as:

- I’m a fair and thoughtful person.
- When times are tough, I hang in there.
- I can always see the silver lining.
- People enjoy my sense of humor.
- I’m a loyal friend.

Self-talk is very powerful because our brain tends to believe what we repeat to ourselves. Eavesdropping on our self-talk helps us determine if what we are saying is negative or positive, helpful or damaging.