



Wellness From Home while we **Work From Home**

The 4 M's -

Movement and Health

Many of us are not used to sitting at desks and in front of computer screens during the day. We are used to the natural movement of education – this means we have to be intentional and schedule in movement while we are more stationary. 30 minutes a day is the recommended amount but we know that some of our bodies need more!

Mindfulness

Our brains are in “survival” mode right now due to the fact that we have NEVER experienced a pandemic or stay-home order situation like the one we are experiencing right now. Even if you are at “full capacity”, you are probably feeling higher levels of anxiety, distractedness, and irritability than you were before. This is a normal response to the situation and practicing daily mindfulness is one of the best tools to calm both your brain and your body during this time.

Mindfulness also includes setting appropriate boundaries so your brain can adjust appropriately. Leaving your “work brain” (or email notifications) open at all times is not healthy and can lead to burn-out.

Mastery

Striving towards a goal or new learning is an important piece of growth mindset and living in the present during a stressful time. Do you have an idea that you never “had the time” to pursue or research? Is there a piece of technology or educational concept you’d like to learn more about? Now is the time! Professional development options from our district are coming soon but we encourage you to find a personal development goal while you are at home as well.

Meaningful Connections

Part of our fulfilling role as educators (apart from connections with children and families) are the bonds and connections we have with our colleagues. Right now, our hallway conversations, lunchtime laughter, and impromptu check-ins are non-existent, thus we must MAKE them happen! Outside of school talk, make sure you are scheduling connections with both your family outside your home and your colleagues. It is important we schedule time to just “be” (as it looks now) with each other during this difficult time.

Topic	Movement and Health	Mindfulness	Mastery	Meaningful Connections
Ideas	Set a timer every 50 minutes of work time and move, walk, etc. Daily walk Schedule exercise each day Stay hydrated 8 hours of sleep each night	Mindful coloring breaks Silent walks in nature <u><i>WFH boundary setting:</i></u> Keep work space & materials separate from home space Turn off notifications during nighttime hours Keep office hours for students/parents to contact you (STICK TO IT)	Online course for new skill New hobby: art, exercise, musical instrument, read, gardening, etc.	Weekly video chat with friends/family Participate in a book study and discuss Send letters or artwork through the mail Play online card games with friends
Resources (click for link)	Free workout apps (Peloton , DownDog , Planet Fitness, etc.) Workout livestreams (Locker Room , Flex Movement Lab , etc.)	Apps (Headspace , Calm , Downdog , etc.) Today article on WFH boundaries	Online courses – NY Post article Free language learning websites	Zoom Facetime Houseparty 9 ways to stay connected article