

- I am currently focused on... follow up with me in...
- I'm not interested.
- Thank you. I unfortunately cannot commit at this time. I appreciate your consideration.
- My nervous system is at capacity right now. I can't take that on right now.
- "Boundaries are the distance at which I can love you and me simultaneously"
- Thank you for thinking of me, but I am unable to at this time.

How do you support teachers in your district/campus?

- Being a good listener and understanding!
- Small treats left in boxes.
- Starting regular summer PD that is trauma-informed, and wellness education.
- Last year, I sent out daily affirmations to the staff, and it worked really well. I'm looking for new strategies for this year.
- Partnering with HR on intentional educator wellness initiatives.
- Our district offers 5 free sessions with an LPC through our insurance
- PD- Trauma Informed Care.
- We are building a sense of collaboration, shared ideas, and experiences. We have luncheons, faculty celebrations, PLC meetings, and positive notes.
- Being present with staff when they are talking or sharing concerns.
- Awesome Car washer comes to wash teacher's cars on site.
- Working with campus leaders to help them understand wellness practices...for some of them this doesn't come naturally.
- Find out their love languages.
- Luckily, I have a wonderful principal who fully supports the well-being of our staff. We have monthly Wellness Wednesdays, on which staff get to wear leisure wear. We also have a massage therapist come to our campus.
- Creating a Zen Den on each campus - working toward this
- Let staff know all of the resources before they are needed. Send notes of encouragement.
- We started Wellness Wednesdays, but we only join for a walk or activity four times a year. We also offer PD and have a one-pager that goes out once a week for SEL and support to staff.
- We will be offering Educator Wellness here in Region 8 this year. As a school counselor, my team made sure all staff were aware of resources available to them through the district.
- We regularly have treats and food for teachers, we give the "gift of time" often and cover teachers, we have a massage chair for teachers in a room, positive praise, listening ears.
- We start every meeting with good things.
- encouraging sticky notes for teachers.