



Taking Care of Your Own Mental Wellness



Welcome!

Madeline Scott



Presenter

Cara Davies



Chat Moderator

Agenda

- 1) What is **mental health**?
- 2) Why is taking care of your mental wellness so **important**?
- 3) What **strategies** are available to me?



What is Mental Health?



Mental Health

Is	Is Not
- Something everyone has	- Something negative
- A general state of well-being	- The same as mental illness
- On a continuum	- The same for everyone
- Ebbs and flows	- Static or fixed
- Important to make time for in an ongoing manner	- Something to think about only during challenging times
- Tied to physical health	- All in your head

Mental Health

Characteristics of positive mental health:



Enhanced self esteem



Reduced aggression



Social connection



Improved sleep

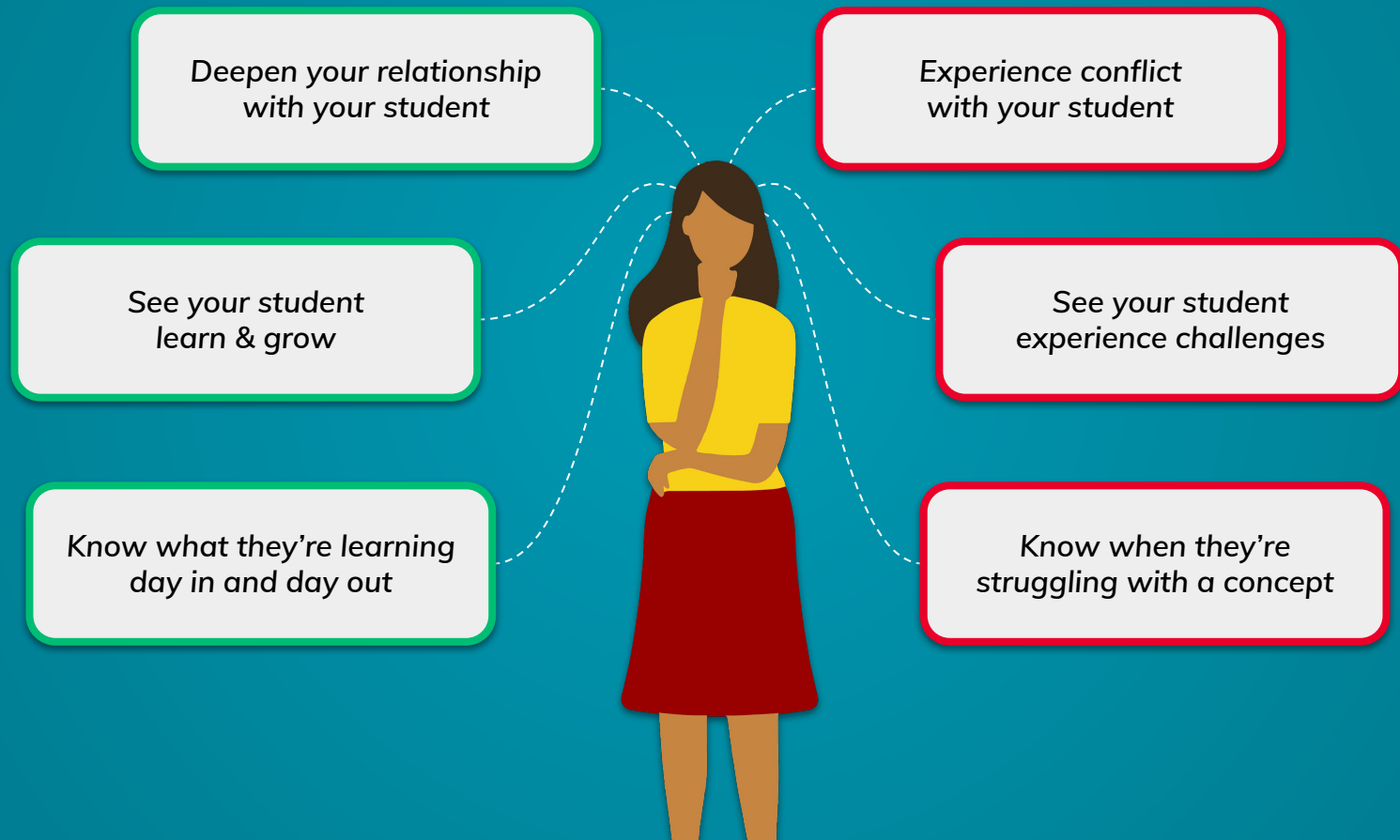


Increased empathy



Improved physical health

Your role as a Learning Coach





Eight Dimensions of Wellness



8 Dimensions of Wellness



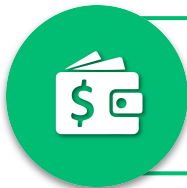
EMOTIONAL

Coping effectively with life and creating satisfying relationships



OCCUPATIONAL

Finding personal satisfaction and enrichment in one's work



FINANCIAL

Feeling satisfied with current and future financial situations



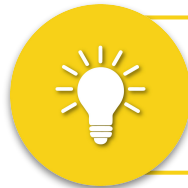
PHYSICAL

Acknowledging the importance of physical activity, nutrition, and sleep



SOCIAL

Developing a sense of connection, belonging, and support with others



INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills



SPIRITUAL

Discovering a sense of purpose and meaning in life



ENVIRONMENTAL

Maintaining good health by occupying pleasant, stimulating environments that support well-being.



**What Resources
Are Available to Me?**



8 Dimensions of Wellness



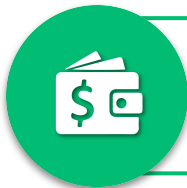
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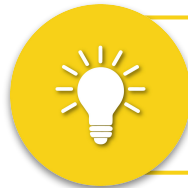
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4-7-8 Breath

1. Exhale completely through your mouth, making a **whoosh sound**.
2. Close your mouth and inhale quietly through your nose to a mental **count of 4**.
3. Hold your breath for a **count of 7**.
4. Exhale completely through your mouth, making a whoosh sound to a **count of 8**.
5. This is one breath. Now inhale again and **repeat the cycle three more times** for a total of four breaths.



Set Mini Goals

1. Describe the goal
“I want to save \$50 in the next month.”
2. Assign a timeline
“I will have \$25 saved by January 15th.”
3. Outline the steps that you will take to meet the mini goal
“My family and I will only eat at home for the next 30 days.”
4. Reflect on the progress
“Which steps seemed to help me the most?”
“Which proved to be the most challenging?”

Resource:

[Set Mini Goals
Worksheet/Checklist](#)

Set Mini Goals	
<small>Setting goals and recognizing when a student has put in effort toward that goal are important parts of building and maintaining momentum with a learner.</small>	
My goal is...	
The target date to reach my goal is...	
How will I know if I reached my goal?	
This goal is important to me because...	People who can support me to reach my goal are...
My strengths that can help me reach this goal are...	My next steps are...
How do you want to be recognized for the effort that you put toward your goal?	How do you want to be celebrated when you reach your goal?
Set Mini Goals	
1. Describe the goal a. "I want to earn a passing grade on my next social studies quiz."	
2. Assign a timeline a. "I will take my next social studies quiz on <u>Monday</u> next."	
3. Outline the steps that you will take to meet the mini goal a. "I will do each of the below and take notes."	
4. Reflect on the progress a. "Which steps seemed to help you the most?"	

SOCIAL Wellness



*Developing a sense of connection,
belonging, and support with others*

Virtual	In-Person
<ul style="list-style-type: none">• Phone call with a friend	<ul style="list-style-type: none">• Coffee with a friend
<ul style="list-style-type: none">• Virtual movie night	<ul style="list-style-type: none">• Class at the library
<ul style="list-style-type: none">• Online book club	<ul style="list-style-type: none">• Volunteer in your community



Gratitude Journal

Take a few minutes every evening to **write down a few good things** about your day. The entries don't have to be major events—they *might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.*





Thinking about your role as a Learning Coach...

1. Take time to transition in and out of the Learning Coach role
2. Identify points during the day when you can be alone and/or do something that you enjoy
3. Find opportunities to connect with other adults
4. Build a “Closing Routine” for yourself
 - Schedule a consistent end time for schooling
 - Move to a new space
 - Do something for yourself

PHYSICAL Wellness



Acknowledging the importance of physical activity, nutrition, and sleep

Sample Schedule • Grades K-5 •

A student might use this schedule Monday through Friday.

Time	Activity
8:30 am	Wake up!
8:30 – 9:00	Breakfast & get ready for the day
9:00 – 9:15	Morning Meeting
9:15 – 10:15	Math
10:15 – 10:30	Break Time (<i>Watch a YouTube video!</i>)
10:30 – 11:30	Language Arts
11:30 – 12:15 pm	Lunch & Break Time (<i>Ride a bike!</i>)

Resource:

[Sample Schedule](#)

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10:30 – 11:30	Language Arts
11:30 – 12:15 pm	Lunch & Break Time (<i>Ride a bike!</i>)
12:15 – 1:15	Elective #1 and #2
1:15 – 2:15	Elective #3 and #4
2:15 – 3:15	Break (<i>Have a snack!</i>)
3:15 – 4:15	Elective #5 and/or Independent Reading
4:15 – 4:30	Social Studies
4:30 – 4:45	Afternoon Meeting
4:45 – 5:00	Family Time

* Elementary students are asked to spend about 1 hour each day, or about 30 hours a week, engaging in active schooling.

* Learning coaches who support their children as a Learning Coach can expect to spend:

- 1 hour each day for kindergarten and first grade children
- 1-2 hours each day for second and third grade children
- 2-3 hours each day for fourth and fifth grade children

* Elementary students typically need more support at the beginning of the year and tend to show more independence as the school year progresses.

Page 1 of 2



Ask yourself, “What am I curious about?”

1. Take an online class
2. Read a book
3. Listen to a podcast
4. Share what you're learning!

ENVIRONMENTAL Wellness



Maintaining good health by occupying pleasant, stimulating environments that support well-being.

In Your Home

- Create a designated learning space for you and your student
- Consider adding green plants to your learning space
- Consider decluttering one area of your learning space at a time

Outside of Your Home

- Take a daily walk
 - Listening Walk
 - Aroma Walk
 - Texture Walk
- Pick up litter
- Start a small garden

Putting it Together

Create a plan

Thinking about the 8 Dimensions of Mental Wellness...

- 1) Which of them are important for you to prioritize **every day**?
- 2) Which of them are important for you to prioritize **every week**?
- 3) Which of them are important for you to prioritize **every month**?
- 4) Which of them are important for you to prioritize **every 6 months**?



Going Forward





We're here for you!

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help@myschool.org

Call:

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602-641- 8220	720-713 -1916

mySchool.org/SmartStart

The screenshot shows a web browser window with the URL `myschool.org/smartstart`. The page features three distinct sections for a webinar series, each with a video player and a 'Learn More' button. The first section is titled 'WEBINAR SERIES 01' and the video is 'Building and Maintaining Positive Momentum with Your Learner'. The second section is titled 'LEARNING COACH WEBINAR SERIES: 02' and the video is 'My student is struggling. What can I do?'. The third section is titled 'LEARNING COACH WEBINAR SERIES: 03' and the video is 'How to Effectively Support Multiple Learners'. All videos are hosted by Kimberly Grunder. The page has a dark grey background with yellow polka dots on the right side.

SmartStart x +

myschool.org/smartstart

WEBINAR SERIES 01

Building and Maintaining Positive Momentum with Your Learner

hosted by Kimberly Grunder

click play

28:23

Join us as we explore strategies and techniques for building and maintaining positive momentum with your student!

[Learn More](#)

LEARNING COACH WEBINAR SERIES: 02

LEARNING COACH WEBINAR SERIES 02

My student is struggling. What can I do?

hosted by Kimberly Grunder

click play

46:34

My Learner is Struggling. What Can I Do?

We understand that having a learner who is struggling can feel overwhelming. This webinar will give you strategies and techniques on how to support your learner through academic challenges.

[Learn More](#)

LEARNING COACH WEBINAR SERIES: 03

LEARNING COACH WEBINAR SERIES 03

How to Effectively Support Multiple Learners.

hosted by Kimberly Grunder

click play

How to Effectively Support Multiple Learners

Supporting multiple learners has its advantages, and it can also be challenging to meet each student's needs – especially when it seems like multiple learners want your attention at the same time!

[Learn More](#)



Thank You!

