

A Journey to Healing



Reflect



Imagine



Disrupt



Create



Connect



Act

You do not need to solve your entire life in a day...All you need to do today is take one step in the right direction, and then tomorrow another. Your life is not transformed in one sweeping motion, it is changed bit by bit, ordinary moment by ordinary moment, when you decide to stop waiting for perfection, and start doing what you can right here and right now to move yourself forward.

- Brianna Wiest





Reflect

Where did you feel most aligned with your integrity and purpose in this past year?

At what points were you out of alignment?

What would you like to shift or change?

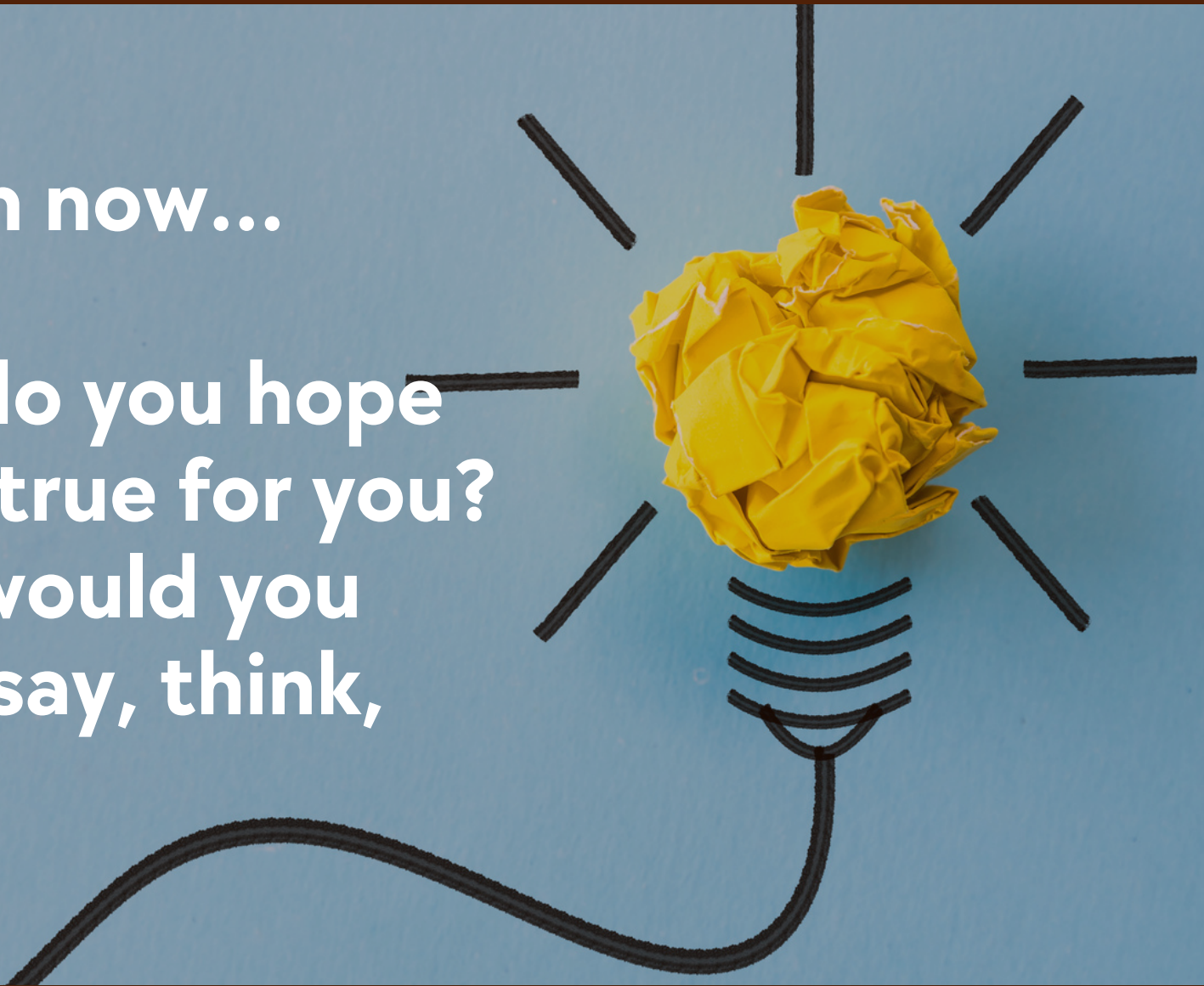




Imagine

A year from now...

- **What do you hope will be true for you?**
- **What would you like to say, think, feel?**





Disrupt

**What patterns, habits, or beliefs
would you like to disrupt so you can
make space for the changes you
imagine?**



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Create

**What small action
will you take to
enact your vision?**

**What feels doable,
meaningful, aligned
with your purpose
and integrity?**



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Connect

**What support do
you need to enact
your vision?**



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Act

**What will it look and sound
like to take this action?**



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Act

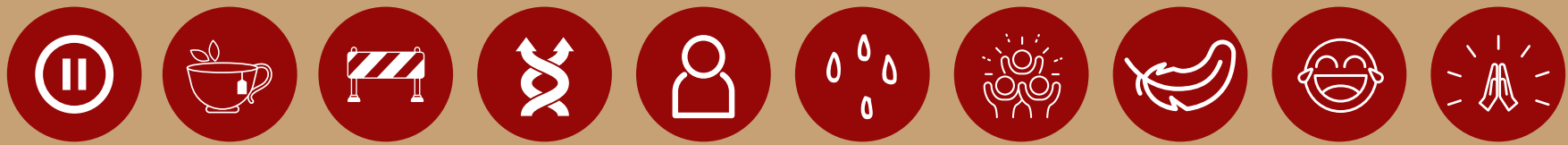
When you're ready...

...take your first action step.



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Create: 10 Practices to recover and heal



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 **Pause and Slow Down**

Stop

Take a breath

Observe your surroundings

Proceed





Prioritize Rest

Reimagine productivity.
It is not exhaustion.
It is not grinding yourself
like a machine.
You are not a machine.

Rest.
The Nap Ministry
@thenapministry





Set Boundaries

“The boundary to what we can accept is the boundary to our freedom.”

~ Tara Brach.

Say no.

Establish un/availability.

Minimize toxicity.

Stick to it.





Create Cognitive Flexibility



How to prevent routines
from becoming ruts:

Brush with your other hand.

Switch chairs at the table.

Turn off autopilot to keep your
brain flexible and sharp.

Jay Shetty





Listen to Your Body



The body scan helps us to shift away from our thoughts to focus on physical sensations. Because the mind can only be aware of one thing at a time, a systematic, head-to-toe focus on the body can provide relief from a barrage of thoughts, slowly stabilizing our minds.

- Greater Good
Science Center





Make it RAIN

Recognize thoughts, feelings, sensations

Allow these experiences without judgment or resistance

Investigate what you need

Nurture yourself with compassion





Center Relationships

In Lak'ech

Luis Valdez

**Tú eres me otro yo
Si te hago daño a ti,
Me hago a daño a mí mismo.
Si te amo y respeto,
Me amo y respeto yo.**

**You are my other me.
If I do harm to you,
I do harm to myself.
If I love and respect you,
I love and respect myself.**





Hold Lightly To Beliefs

"The more you let a single belief define you, the less capable you are of adapting when life challenges you."

- James Clear

Is this belief absolutely true?

What else might be possible?





Laugh and Play

Just as our students need play, we adults do, too. We need play because the world is a heavy and difficult place where injustice rules the roost...we need to counterbalance the hard work of resistance with opportunities to recharge. We need play because it fosters our resilience in times of great stress—and education is a stressful profession. We need play because it's good for our health and well-being, and our students are looking to us as models for how to be in the world.

- The PD Book: 7 Habits that Transform Professional Development





Practice Gratitude

Three

Good

Things

