

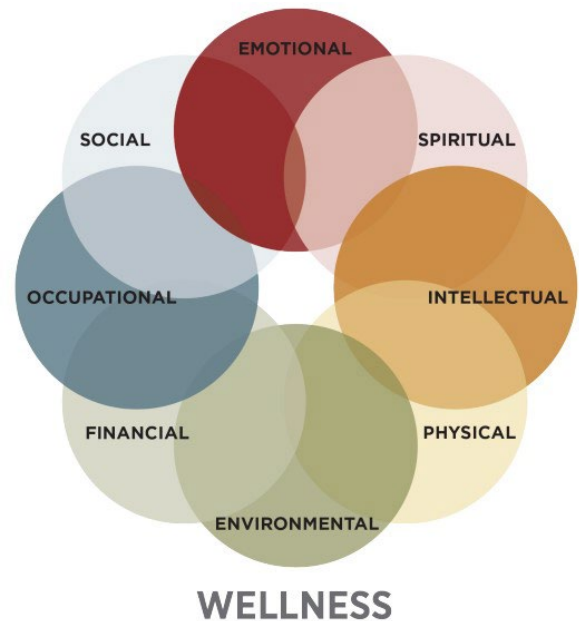
# Educator Wellness Journal Prompts

**Keeping a journal** is a great way for educators to reflect on their wellness and make progress in meeting their personal goals.

This document offers nearly a year's worth of ideas on what to write about using the [eight dimensions of wellness](#) as inspiration.

## Journaling about the eight dimensions as a whole

1. How can you use multidimensional wellness as a foundation for balance in meeting your needs and goals?
2. How would you rank the various dimensions according to your current level of fulfillment? List each dimension by rank and explain your reasons why.
3. It is often said students need to “Maslow before they can Bloom,” which means that prior to meaningful engagement academically, a student’s basic needs must be addressed. As an education professional, how does a multidimensional approach to wellness support your ability to educate the whole child?
4. A major contributor to educator burnout has been the COVID-19 pandemic. Spend a few minutes comparing the state of your various wellness dimensions pre-COVID and currently.
5. Given that wellness is a lifelong pursuit of rediscovering what works and what doesn’t work for your given situation in life, how can you remain self-compassionate throughout your wellness journey?



Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

## Journaling about emotional wellness

1. Set a timer for three minutes and jot down as many self-affirmations as you can think of.
2. Continue to nurture your emotional wellness by identifying one boundary you need to set or reinforce. One way to spark curiosity around healthy boundaries is to explore your relationship with various persons, places, objects, services, or activities.
3. Google the term “growth mindset” then make a list of activities and strategies for increasing your ability to engage with, and model, a growth mindset when life is tough.
4. Mantras are compact statements that can help to quickly shift our perspective during difficult situations. Create a list of mantras that appeal to you and journal about why.

# Educator Wellness Journal Prompts

(You might want to write your mantras on sticky notes and post them around your home and workspaces as helpful reminders.)

5. Spend time remembering the many ways you are incredible just for who you are. Write about how much you deserve the grace and patience you show others. Include characteristics that make you great at what you do, and ways you've persevered and overcome challenges to get to where you are today.

## Journaling about intellectual wellness

1. Have you gotten lost in a good story lately? Google some charts and make a list of your next few reads, audiobooks, or podcasts.
2. Create a bucket list of interesting skills, hobbies, and activities to try. Hyperlink each item to a website, video tutorial, or other means of following up to continue engaging your brain in new and different ways.
3. Consider adding a "brain break" to your daily workflow. In your journal, list ideas for a daily break to spark curiosity or solve a mini-challenge. Some ideas include a few minutes on a game app, tackling a few crossword clues, or contributing to a community jigsaw puzzle or LEGO build set up in a breakroom.
4. Creativity is an essential component of life, yet often not prioritized in our busy schedules. Brainstorm and write down ways you can incorporate creativity into already existing routines. Some ideas include a paint by number project, mandala colorings, landscaping, and putting up seasonal decorations in your home and workspace.
5. How often do you challenge your values? An important aspect of balance includes the ability to keep an open mind and to critically explore foundational truths in your life. Journal about ways to engage with different cultures, worldviews, and belief systems. Some ideas for this might include pursuing news from different outlets, exploring new podcasts, joining a book club, or even attending other-faith gatherings.

## Journaling about physical wellness

1. Are you staying hydrated throughout busy workdays? Jot down some strategies to ensure that you are drinking *before* you are thirsty in order to remain focused and energized.
2. What does your breathing look like throughout the day? For many, breathing is overly-automated, meaning we take it for granted and don't use it to our advantage enough. Journal some ways that you can practice mindful breathing strategies during the day, especially when feeling overwhelmed or stressed out.
3. Journal an ideal weekday routine to improve the quality and quantity of your sleep. Include screen curfews, food and drink cut-offs, and specific ways to promote calm and sleepiness. Then in the coming weeks, work at becoming more intentional at night time.
4. Getting outside each day is one simple way to support our overall health, from bolstering

# Educator Wellness Journal Prompts

immune function to revitalizing our senses. During stressful times, a few minutes a day outside can be a welcome reprieve from the stresses of home and work. Journal ways that you can incorporate 15 minutes of outdoor time into every day.

5. When we are overwhelmed or over-stressed, our eating habits are one of the first pillars of health to be compromised. Make a list of healthy snacks to purchase and keep handy at work, at home, and in your car.

## Journaling about occupational wellness

1. Write about five ways that you currently find fulfillment in your work.
2. Do a work-life battery check: where are you at in terms of feeling fulfilled versus frustrated? How about energized versus burned out?
3. How does your work align with your values and how do your values influence your work?
4. Who are some of the individuals that have been instrumental to your success so far this year? Write thank-you notes to hand out over the next few weeks.
5. How are you doing with boundaries at work? As you navigate the many demands on your time, what are you doing to remain connected and empathetic to the needs of your students and their families?

## Journaling about social wellness

1. Write about the last time you asked for help. How did it make you feel, before and after asking? While vulnerability can often be scary, it is essential to strong connection with others.
2. How do you want to show up for others in your life? Journal about qualities you admire in the adults in your life and identify ways to develop and emulate these desired qualities as you parent, work, and engage with others across your domains.
3. How are you growing in your own social-emotional learning (SEL)? List the various training, topics, and practices you are cultivating. Browse your list for gaps that need to be addressed and identify ways to incorporate learning around these topics into your personal and professional development channels.
4. Email communication and social media apps often lead to a higher frequency but lower quality of interactions with people in our lives. What are some ways you can be more intentional about how you interact with those you love? Identify some rules or boundaries for social technology that will foster meaningful connection with others.
5. How is your time management? We often fail to recognize how this impacts our relationships as our actions often speak louder than words. Chronic tardiness may indicate that you don't value a person's time. Journal about how your time management may or may not be enhancing relationships across your domains. What, if any, actions can you commit to in order to improve time management with others?

## Journaling about spiritual wellness

## Educator Wellness Journal Prompts

1. Spend a few moments writing out a list of values that are important to you. Write a few sentences about why each value is of particular importance in your life.
2. How can you introduce solitude into your busy days? List places and times you can reserve for a few moments of reflection.
3. Gratitude is a skill that needs constant practice. Try exploring what you're grateful for using your five senses. Take notice of what feelings of gratitude come to you with each sense, and then journal about it.
4. Write down ways to join like-minded individuals who share your values. Faith services, community service projects, and mindfulness retreats are examples of how spirituality can be enhanced through group participation.
5. Journal about a recent interaction that challenged your faith, values, or belief system. How did it make you feel? How did you respond?

### **Journaling about financial wellness**

1. To avoid overspending on restaurant and takeout meals, introduce homemade meal preparation into your busy schedule. Write out a plan for what this will take and how to get started.
2. During financially stressful times, we often over-focus on what's not working and what we don't have. Use this moment to meditate on, and write about, the meaningful things you have in life, as well as the ways in which your basic needs are being met.
3. Make a list of where your money is going on a regular basis, from payments to subscriptions to investments. Do your expenses align with your values? Journal about changes you could make to bring you closer to living your values.
4. Do you own a health savings or flexible spending account? In the last few years, the list of qualified over-the-counter HSA or FSA items has expanded considerably. Jot down a list of regular health-related expenses for yourself or your family that could be purchased using health savings funds.
5. Impulse shopping online is all-too-easy these days. Brainstorm some spending rules for yourself to prevent purchases you can't afford. Some rules might include holding non-essential items in your digital cart for 48 hours before purchasing, or identifying if and how a purchase will meaningfully enhance your life.

### **Journaling about environmental wellness**

1. Consider all of the environments you occupy on a regular basis: home, work, community settings, etc. In what ways are you promoting restoration in these places and spaces?
2. How can you nurture environmental wellness in all of your domains using your five senses? Think about conditions such as lighting, air quality, noise type and volume, body temperature, overall comfort of your clothing and footwear, decor, and time spent indoors versus outdoors. Journal about how any of that can be improved upon.

## Educator Wellness Journal Prompts

3. We share our many spaces and places with a variety of different personalities. Each person in your life is doing the best they can with what they have to get their needs met. With that in mind, jot down some phrases or reminders to help you get through difficult interactions with compassion and grace.
4. Our workspace can often be a major contributor to stress. For example, clutter outside can contribute to clutter inside (our minds and hearts). Organizing and decluttering can be invigorating and help us remain focused while at work. Make a to-do list for clearing out your workspace and schedule time each week to chip away at the list.
5. America is a world leader in producing waste, in large part due to our fast-paced, consumer-driven economy. Journal about how you can be more intentional and mindful about your footprint on our environment. Consider buying habits and shopping tendencies. Additionally, explore the idea of aligning your consumption habits to your values.