



Congratulations! You made it to summer break!

After working hard all school year, it's time for you and your colleagues to relax. It's also a great time to tend to your own mental wellness, which is why the Stay Well program put this packet together.

Scroll down to discover:

- A summer calendar packed with tips and suggestions for taking care of yourself during break and preparing you to go back in the fall with a fresh perspective.
- A ready-made journal with space to write, sketch, brainstorm and unload thoughts and feelings about your work and the impact you have on students and families. We've provided ideas to get you started.

We hope this packet helps you REFLECT, RECHARGE and REFOCUS this summer. Whether you're a teacher, administrator, school nurse, counselor, bus driver or part of the cleaning crew, you play a vital role in the development of Michigan's schoolkids. You deserve this time for creative reflection and self-compassion.





## Wellness Tips for June: **REFLECT**

| SUNDAY | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY |
|--------|--|--|--|--|--|----------|
|        | Practice <a href="#">chair yoga</a> as one tool for stress management this summer. | Have a game night with family and/or friends.      | Enjoy a social media pause today.  | Practice mindful eating when you sit down for lunch today. | Invite a friend for a brisk morning walk.                      |          |
|        | Reflect on one student's success that required lots of patience.                   | Practice <a href="#">Taking A Pause</a> today.     | Compliment more than you complain today.   | Spend five minutes appreciating one of your abilities.     | Stand more than you sit today.                                 |          |
|        | Reflect on the thing you love most about being a teacher.                          | Carve out time today to practice chair yoga poses. | Practice <a href="#">Mindful Eating</a> during one meal or snack today.                  | Add a few "mindfulness minutes" to your schedule today.    | Spend a few minutes savoring the successes of your year.       |          |
|        | Reflect on one classroom challenge you overcame this year.                         | Get inspired by this <a href="#">video</a> .       | Reach out to a colleague and share one way they enhanced your work experience this year. | Replace one chore with a creative activity for today.      | Promise yourself at least one self-care activity this weekend. |          |
|        | Reflect on one way you felt valued this year.                                      | Spend more time outside today.                     | Declutter your workspace (kitchen, office, laundry room, etc.).                          | Start your day with a favorite song.                       | Start a <a href="#">gratitude journal</a> .                    |          |



## Wellness Tips for July: **RECHARGE**

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY |
|--------|---|---|--|---|---|----------|
|        | Recharge this week through creativity.                  | Watch <a href="#">Cultivating Joy: Episode 1</a> .          | Make a playlist of songs to celebrate summer.                            | Binge-watch a new or favorite show today.             | Enjoy a social media pause today.                         |          |
|        | Recharge this week by focusing on gratitude.            | Start a puzzle and try to finish it in one week.            | Watch <a href="#">Cultivating Joy: Episode 2</a> .                       | Write and send at least three letters of gratitude.   | Try a 30-minute <a href="#">Yoga for Beginners</a> class. |          |
|        | Recharge this week by connecting with others in person. | Give a room in your house a <a href="#">free makeover</a> . | Learn how to properly fold a fitted sheet.                               | Watch <a href="#">Cultivating Joy: Episode 3</a> .    | Enjoy a date night with someone special.                  |          |
|        | Recharge this week by connecting with nature.           | Have a game night with family and/or friends.               | Consider a new <a href="#">brain break</a> activity for the coming year. | Get inspired by this <a href="#">video</a> .          | Watch <a href="#">Cultivating Joy: Episode 4</a> .        |          |
|        | This week, refocus your budget and finances.            | Practice <a href="#">Taking A Pause</a> today.              | Write about why you enjoy working in schools.                            | Replace one chore with a creative activity for today. | Research new, healthy recipes and try one.                |          |





# Wellness Tips for August: **REFOCUS**

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY |
|--------|--|---|---|--|---|----------|
|        | Practice <a href="#">Taking A Pause</a> today.                           | Watch <a href="#">Cultivating Joy: Episode 5</a> .                                      | Make a playlist of songs to support your work in the coming year.                         | Practice the <a href="#">five senses exercise</a> as a coping skill for school stress. | Create a list of nutritious meals for school lunches.                       |          |
|        | Refocus your self-care goals for the school year.                        | Learn how to reinforce a <a href="#">growth mindset</a> for yourself and your students. | Watch <a href="#">Cultivating Joy: Episode 6</a> .  | Refresh your SEL awareness with this <a href="#">short video</a> from CASEL.           | Create a vision for morning routines this school year.                      |          |
|        | Refocus on academic goals for your students this year.                   | Practice <a href="#">square breathing</a> for stress management this year.              | How will you be a <a href="#">champion for kids</a> this year?                            | Get back into “thinking mode” with some <a href="#">brain teasers</a> !                | Attempt a “screen-time fast” this weekend. Try for 8 hours or more.         |          |
|        | Refocus on how you will show yourself and others grace this school year. | Watch this video on what a trauma-informed school looks like.                           | Practice <a href="#">chair yoga</a> as one tool for stress management in the coming year. | Sit outside and watch the clouds pass by.  | Print or order <a href="#">square breathing posters</a> for your classroom. |          |
|        | Refocus on your “why” for being a teacher.                               | Create a list of <a href="#">mantras</a> to encourage you this school year.             | Treat yourself and a coworker to lunch today.   | Order free <a href="#">Create Your Calm</a> materials for your school.                 | Replace one chore with a creative activity for today.                       |          |

# Journal for Summer Wellness

The days between one school year and the next are often full of activity, and for many of us the summer goes by too fast.

This journal was created to help you spend a few moments each week reflecting on the events of the completed school year and refocusing for the coming school year. Journaling can help us find perspective, and in the process, new energy.

Use the pages that follow to record your thoughts, make lists, plan your time, doodle, write poetry—whatever feels right. We've included questions and suggestions here and there to spark thoughts, memories and ideas.

NOTE: The journal is designed so you can type in the blank areas of each page. If you prefer to write by hand, simply print the pages.

# Summer Wellness Journal: REFLECT

Think of three individuals who helped you to be successful in the previous school year. How did they provide feedback and support? How can you do the same for others next school year?

Reflect on your biggest challenge at work this year. What worked and what didn't work in your attempts to improve the situation? What did you learn from it?

# Summer Wellness Journal: REFLECT

Think about all the good you brought to your school or district in the last year, despite the continuous challenges you may have faced. Write about how you were compassionate, hard-working, patient and persistent. Give yourself the praise you deserve!

Make a list of people, situations and other things from the past school year for which you are grateful. Then reflect on how those people or things shaped your year for the better.

Journal about all of the non-school-related things you plan to do this summer.

Make a list of all the reasons why you love working with children (or adolescents, teens, etc.). Then pick a few and write about how these reasons propel and sustain you in your work.



# Summer Wellness Journal: RECHARGE

Spend time remembering the many ways you are incredible. List what makes you great at what you do. Describe how you have persevered to get where you are today.

Consider the [Eight Dimensions of Wellness](#) and ways you can use multidimensional wellness as a foundation for balance in the coming year.

# Summer Wellness Journal: REFOCUS

What are you doing to prepare for the coming school year? Write about how you are building habits and routines now that can keep you energized in the year ahead.

What do you appreciate about your work team at school? What would you improve? Journal some ideas for sustaining the good and for improving the not-so-good.

Create a bucket list for school-year wellness. Ideally, this list is composed of strategies for keeping you balanced, resilient and connected to your work.

Consider the phrase “I can’t control the waves, but I can learn to surf.” What does it mean for you as someone working in schools? How can it support your work in spaces and places that are subject to disruption and unpredictability?