



The Struggle is Real

A Virtual Care Package for Our Teachers



In Case You Missed It..

The Minnesota Association of Independent Schools offered our teachers a chance to refuel and refresh during a webinar called “**The Struggle is Real**” featuring Candyce Penteado, President of The People Side.

If you missed the session, click “**LISTEN NOW**” and **use this Virtual Care Package** as our gift and guide to you. We hope it helps you navigate through these uncertain times.

We see you. We feel you. We know you.
WE ARE YOU.

[LISTEN NOW](#)

TEACHERS, THIS ONE IS FOR YOU

Let's start from a place of **TRUTH**. No one ever imagined they would be teaching like this. No one was prepared to manage all that life has thrown at us in these recent months. Distance Learning is nothing like the job we originally signed up for...the job of **TEACHER**.

WE SEE YOU. WE FEEL YOU. WE KNOW YOU. WE ARE YOU.

We, the MAIS Teacher Services Committee in partnership with The People Side, would like to offer you a chance to **REFUEL**, **REFRESH**, and **REINVIGORATE** as we continue this journey together into the unknown of distance learning.

JOIN US: THURSDAY, MAY 14 | 4:30-5:30 PM

**FOR AN ONLINE SESSION THAT WILL LEAVE YOU FEELING
READY TO TAKE ON WHATEVER COMES YOUR WAY NEXT**

(CHECK YOUR INBOX FOR MORE INFO NEXT WEEK)

Presented by:



**The
People
Side**

&







Minnesota Association
of Independent Schools

Candyce Penteado, The People Side

Color Zones

During this challenging time, it is important to monitor your emotional wellbeing.

Which Zone Are You In Today?

-  I Feel Well – happy, positive
-  I Feel Uneasy – stress, anxiety
-  I Feel Sad – low energy, gloomy
-  I Feel Upset – angry, afraid

If not **GREEN**, ask yourself what you need to do to move yourself into that zone.

How Are You Doing, Really?

Do a personal check-in to see how you are feeling right now

How you feel impacts how you behave, and how much energy you have on any given day.

No matter how you are feeling, you are not alone. This is hard.

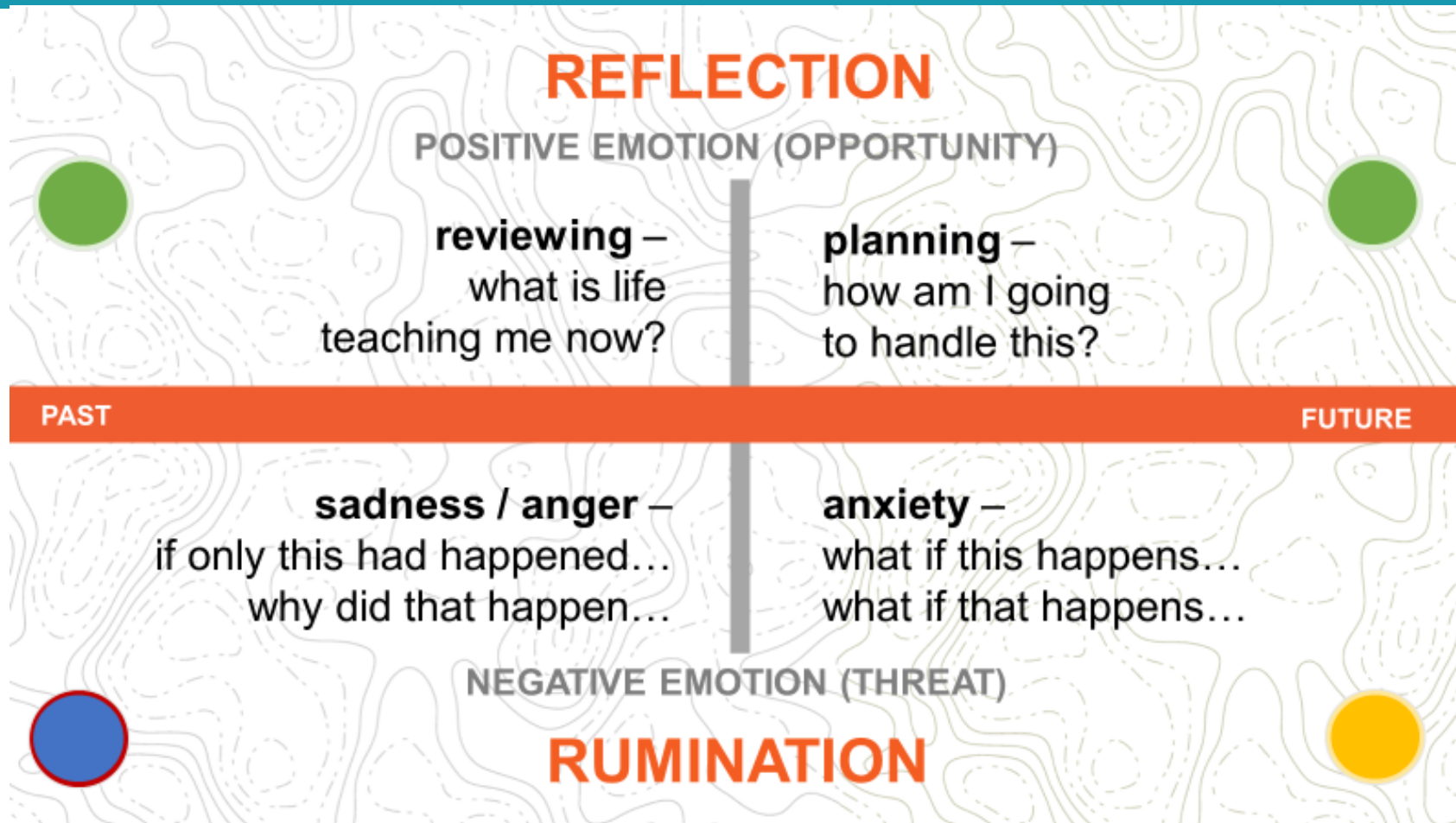


Rumination

When you are thinking over and over about events in the past or future and attaching negative emotion to them

Rumination

When you find yourself in a state of rumination, ask yourself if you are focused in the past, future or present. Also notice if you are assigning positive or negative emotion to the situation. The most resilient people stay grounded in the present, and above the line emotionally. They are in a state of **reflection**, not **rumination**.



To maintain a positive outlook during challenging times, try to focus on what you are learning, or what you are going to do. Getting stuck in a state of negativity and worry drains your energy.

The Three P's

Coined by psychologist Martin Seligman, the 3 P's describe the ways we attach meaning to our negative or stressful experiences. These “3 P's” tell a story about our circumstances that, when we choose to believe the story, only exacerbates stress and limits resilience.

Personalization is thinking that the problem is about you, instead of considering things outside of yourself that have caused it. Realizing outside factors can cause a bad situation allows us to be more resilient. *Sounds like, “There must be something wrong with me” or “I can’t believe this is happening to me”*

Permanence is thinking a bad situation will last forever. Those who think setbacks are temporary have improved their ability to accept and adapt for the future. *Sounds like, “I will never get through this”*

Pervasiveness is thinking a bad situation applies across all areas of your life, instead of only happening in one area. People who think bad situations are pervasive feel that all areas of their life are impacted. This can make it hard to carry on. *Sounds like, “This messes up everything.”*

Do you see this situation as...

Personal

Permanent

or Pervasive?

If so, it may make you less resilient.

Best Practices for Working at Home

- ✓ Implement a New “Workday Kickoff” Ritual
- ✓ Prioritize Your Day / Notice Your Energy
- ✓ Create Agreements with “Officemates”
- ✓ Minimize Distractions (noise, clutter, pings)
- ✓ Timeblock & Take Breaks
- ✓ Beware of “Easy Button” Tasks
- ✓ Implement a Workday Shutdown Ritual



Define Your School Day

“What does my ideal day look like now?”

Plan your day, and then work your plan. This takes discipline!

Invest Your Attention Wisely



What are the most important things to invest my attention in tomorrow? (“My Big Three”)



How much attention will each thing require?
(time blocking, noting personal energy levels)



What won't I pay attention to tomorrow?
(clear no's, reduce distractions)

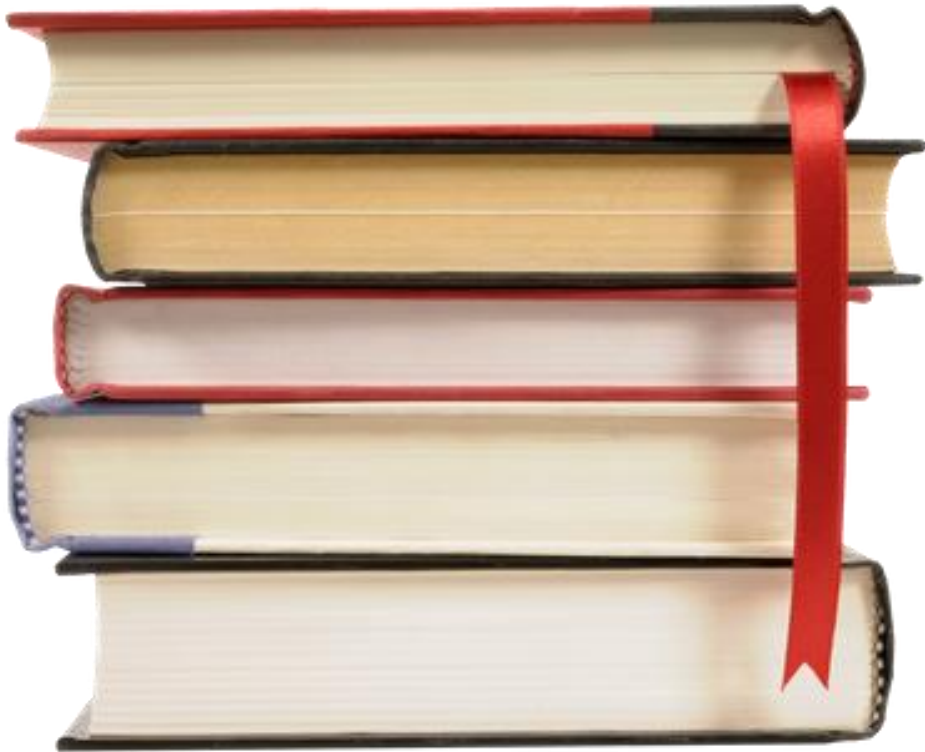


How will I feel if I successfully focus on and complete these things tomorrow?



Define Your School Day

“What does my ideal day look like
TOMORROW?”



SUMMER READING LIST— *Recommended Books About Feeling & Dealing with Stress*

Recharge your battery with these inspiring, and helpful, books

- ***The Upside of Stress*** by Dr. Kelly McGonigal
- ***Learned Optimism*** by Dr. Martin Seligman
- ***Your Brain at Work*** by Dr. David Rock
- ***Rising Strong*** by Dr. Brene Brown
- ***The Power of Habit*** by Charles Duhigg
- ***Atomic Habits*** by James Clear
- ***Essentialism*** by Greg McKeown
- ***Deep Work*** by Cal Newport
- ***Option B*** by Sheryl Sandberg
- ***When Things Fall Apart*** by Pema Chodron
- ***Self-Compassion*** by Kristin Neff

SUMMER READING LIST–

Recommended Articles for These Uncertain Times



We surfed the internet to find some great articles for you!

- Parenting Right Now is Really Hard [READ THIS](#)
- Why Video Chats are Wearing Us Out [READ THIS](#)
- What a Therapist Wants You to During COVID-19 [READ THIS](#)
- How to Manage Gracefully in the New Normal [READ THIS](#)
- Reflective Practice in Uncertain Times [READ THIS](#)
- You're Not Lazy – Self-Isolation is Utterly Exhausting [READ THIS](#)
- If There Was Ever a Time to Activate Your Vagal Nerve, It Is Now [READ THIS](#)
- Social Distancing Comes With Psychological Fallout [READ THIS](#)

This is a challenging time for everyone in your family. Create some healthy habits and let your family care on you too.

HOW FAMILIES CAN KEEP ESSENTIAL MENTAL HEALTH HABITS GOING DURING SELF ISOLATION



01

Regularly check in with each other. How are you feeling today? Is there anything I can do to help you?



02

Focus on staying connected to friends and family through using a range of applications



03

Schedule time into your week where you can all do something together that provides you with a sense of achievement



04

Encourage and support each other to stay active. Walk around the garden or get active indoors with some group activities



05

Schedule in routine and necessary things that you would like to achieve from your week. This helps reduce disruption and increase control



06

Give each other time and space. Respect each other's down time



07

With your family identify things that provide each of you a sense of pleasure and schedule into your week



08

Set some guidelines that you can all work towards (E.g we will make sure to sit down and eat dinner with each other every night)



@BELIEVEPHQ



09

Identify some self care activities you can do together (family meditation) and individually to provide a sense of relaxation



Check out the new podcast
by Dr. Brene Brown called
“Unlocking Us”

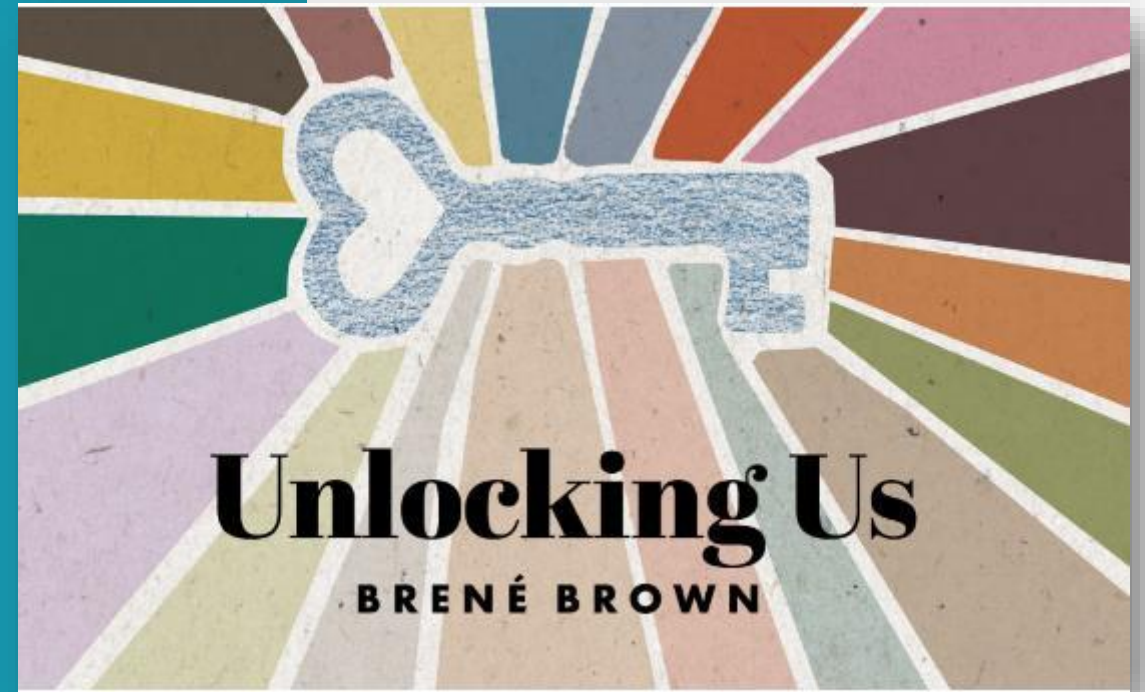
<https://brenebrown.com/unlockingus/>

Relevant Episodes:

March 31st

April 3

April 21



TED Talks:

- [The Science of Self-Compassion](#) - Kristin Neff
- [How to Make Stress Your Friend](#) - Kelly McGonigal
- [Seize Back Your Life and Be Fully Engaged](#) - Andrew Deuschner
- [3 Ways to Measure Your Adaptability](#) - Natalie Fratto

Meditation Apps:

- Calm
- Insight Timer
- Headspace

Other Resources

- The Energy Project website: www.theenergyproject.com
- [Learned Optimism Test](#)

Bonus - Worth a Good Laugh!
[Debbie Downer - Disney World](#)

other
resources

reflection exercises

PHYSICAL



Moving and renewing the body

- **Moving - Exercise / Play Sports**
- **Eating More Nutritious Foods**
- **Getting More Rest and Deeper Sleep**
- **Practicing Pampering**

MENTAL



Increasing the ability to feel focused

- **Prioritizing and Organizing**
- **Reducing Distractions**
- **Limiting Screen Time**
- **Practicing Personal Presence & Focus**

EMOTIONAL



Optimizing feelings of love & happiness

- **Practicing Gratitude**
- **Laughing More**
- **Playing More**
- **Investing in My Relationships**

SPIRITUAL



Exploring deeper beliefs & purpose

- **Spiritual Practices (prayer, meditation)**
- **Journaling / Self-Reflection**
- **Participating in a Spiritual Community**
- **Exploring, Reading, Learning**

**What type of energy are
you most longing for now?**

- ✓ Physical
- ✓ Mental
- ✓ Emotional
- ✓ Spiritual

**Which practices are most
compelling to you?**

ENERGY AUDIT

A REFLECTION EXERCISE

REFLECTION EXERCISE: *STAY ABOVE THE LINE*

“Dear Struggle...”

Spend 10 minutes writing a Thank You card to a challenging person or situation you are facing right now. Write your note through the lens of gratitude. Express appreciation for the ways this situation or person is teaching you something that will make you better.

- Read your Thank You card out loud to someone familiar with your situation or this person.
- Spend the remaining time on these Reflection questions:
 - What was it like for you to complete this activity?
 - What was most helpful about this activity? What was most challenging?
 - What, if anything, surprised you during this activity?

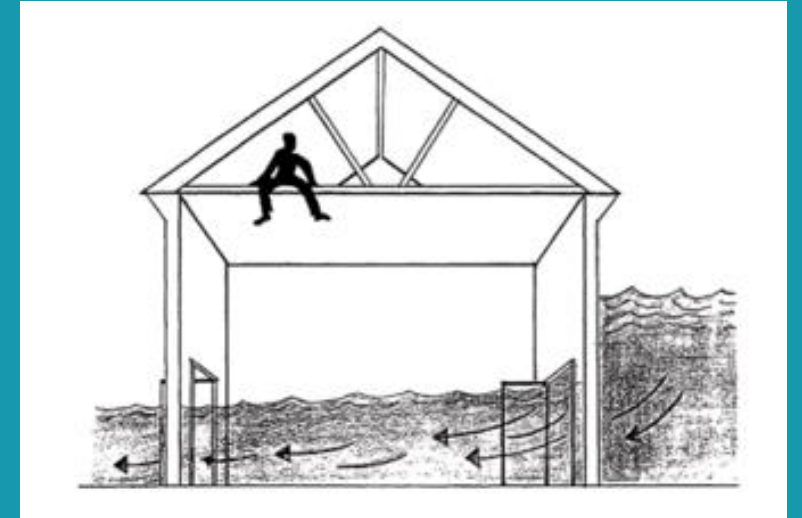


“DEAR STRUGGLE...”

A REFLECTION EXERCISE

REFLECTION EXERCISE: *VIEW FROM THE LOFT*

1. **Find** someone to have a conversation with.
2. **Decide** who will be the Student and who will be the Guide.
3. **Look** at the image of the loft together.
4. **Ask** the Student to close their eyes. The Guide will **read** the script (on the following page) while the Student practices the visualization exercise.
5. **Switch** roles and do the activity again.
6. **Go Further.** Spend the remaining time on the Reflection Questions together.



A VIEW FROM THE LOFT

A REFLECTION EXERCISE

REFLECTION EXERCISE: VIEW FROM THE LOFT

GUIDE'S SCRIPT

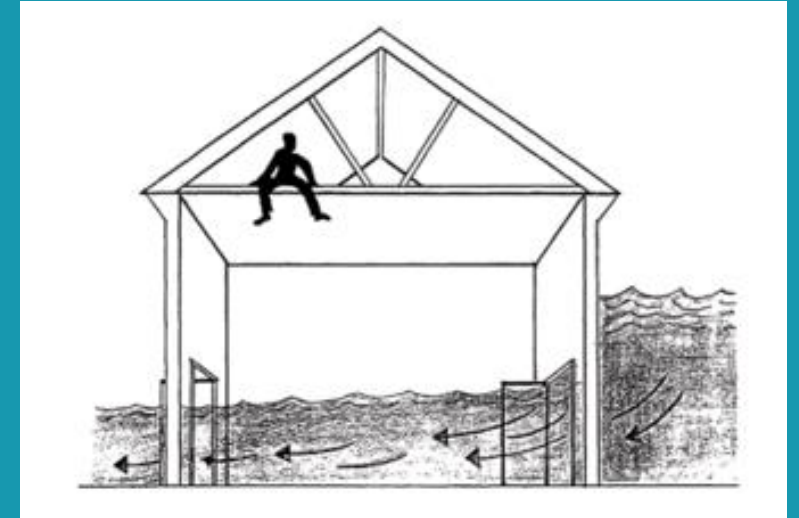
Look at the image of the house below. Imagine that the house is your mind and the flood water outside contains all of the pressures, thoughts, and emotions you face each day. Spend a few moments bringing to mind all of the things that the flood water represents for you in your life and work. *(15-30 seconds of silence)*

You have 3 options for how to respond to the flood waters. The first option is DENIAL. Close your eyes and imagine trying to hold the front door shut. Press firmly on the door with all your strength. If water starts to come in, you need to work harder. You want to avoid letting in those negative thoughts and feelings as long as you can. *(allow 5-10 seconds of silence)*. ASK: *How does your body feel right now? What are you noticing?*

The second option you have is RUMINATION. Close your eyes and imagine yourself opening the door and letting those thoughts and feelings sweep you away. You are completely consumed by the pressure and swirl of the emotions around you. You are moving with the current but feel out of control. *(5-10 seconds of silence)*. ASK: *How does your body feel right now? What are you noticing?*

The third option you have is LETTING GO. Look at the image of the house again. Notice that there is a back door across from the front door, and above it, a loft. Close your eyes again. Imagine you are seated safely and comfortably in the loft. Both doors have opened so all of your thoughts and feelings and stories are now flowing through the house easily. From up here, you can see what is really happening – you feel less affected by the surge of energy in your home. You are simply observing it as the thoughts and feelings pass through your house. Let them come and let them go until the water subsides. *(1 minute of silence)*. ASK: *How does your body feel right now? What are you noticing?*

You can open your eyes now. When you practice this, you may start to notice that you feel more grounded and present. You might still face the same challenges as before, but can you start to look at your reaction in a new way. Furthermore, you may discover that some of what you saw as your biggest problems aren't really problems at all. They are, in the end, just thoughts that you have assigned more negative meaning to.

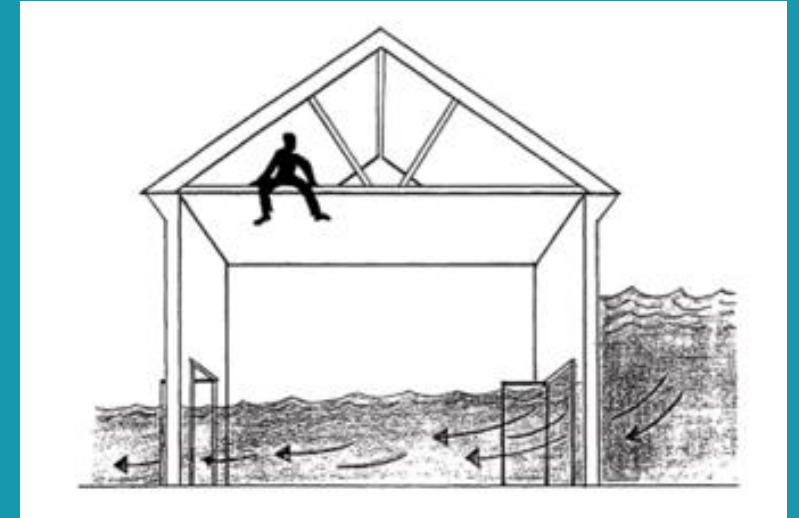


A VIEW FROM THE LOFT

A REFLECTION EXERCISE

REFLECTION QUESTIONS: *VIEW FROM THE LOFT*

1. Have you ever done an activity like this?
2. What was helpful about this activity for you personally? What was most challenging?
3. What do you think of the idea that “your biggest problems are just thoughts you have assigned more negative meaning to.”
4. How might this exercise help you in your daily life?



A VIEW FROM THE LOFT

A REFLECTION EXERCISE

Thank you, for everything

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The People Side

We are a network of professional facilitators and executive coaches who help companies get to the heart of human performance.

*Learn how we are humanizing the workplace **one leader at a time** by visiting our website or following us on social media:
[@leadingthepeopleside](#)*

About Us

A Certified Women Owned Small Business
Minneapolis, Minnesota