

## Here are 10 suggestions to help you *slow down, quiet the noise, and reconnect with your authentic self.*

### **1. Shift into low gear.**

Just like a marathon runner takes a cool down lap, slow your pace and allow your system to wind down. Halfway through the school year, students are tired and maybe feeling overworked, overstimulated, and just plain exhausted. Allow yourself to recalibrate and relax during this mid-winter break.

### **2. Celebrate your success.**

Reflect on all the positive things that have happened this school year; the new things you discovered, and connections you made. ***Focus on your strengths and be proud of the work you've done.*** Write down your successes and look at them often.

### **3. Let go of the rest.**

If you find yourself disappointed by mistakes you've made or areas where you've fallen short, acknowledge them briefly and ***let them go.*** You're human and you're doing the best you can, so ***forgive yourself*** and move on. Use what you've learned to [set an intention](#) to do an even better moving forward.

### **4. Be still.**

Dedicate a few minutes each day to doing absolutely nothing. It's amazing how calming it is to just close your eyes and breathe. ***Try to focus only on the present moment and allow your thoughts to float in and out without getting attached to them.*** Consider adding a meditation practice to your life. A great introductory one to try is Take Ten by [Headspace](#).

### **5. Listen.**

Sometimes we feel we need to talk when really, we need to listen. Being quiet gives us the opportunity to hear life going on around us. Listen closely to the sound of the things around you. Tune into a [cool nature soundtrack](#) and zero in on the individual sounds.

### **6. Move your body.**

Try as we might, it's really hard to keep a regular fitness routine going during this remote school year. Get back in the routine of getting daily exercise and reconnect with your body. Enjoy the physical sensations of building up your strength and endurance. It is easy to do push-ups or

jumping jacks to get your heart racing and producing a sweat that will help you get out some of that extra energy from screen fatigue you may be experiencing.

## **7. Remember who you are and what you love.**

Put aside taking care of everyone else and *reacquaint yourself with who you are and what makes you happy*. Take care of yourself and it will extend into the world around you. Check out our free printable [self-care calendar](#) for ideas.

## **8. Connect with your people.**

During this remote school year, it's hard to connect with friends and family as often as we'd like. Use time to connect with your favorite people by reaching out and encouraging conversations. I know it sounds crazy, but give your friend a call and "talk" to them. It will make you feel better.

## **9. Crack yourself up.**

Nothing resets your nervous system like a good laugh. Watch a [funny video](#), call that hilarious friend, or goof around with your Snapchat filters. Have a good belly laugh and see how much better you feel. It is important to laugh and don't take things so seriously all the time.

## **10. Spend time in nature.**

*There is no overstating the power of the outdoors.* Take a hike in the woods, spend a day at the beach or just lay in the grass and look up at the clouds. Soak up the fresh air, walk in the rain, notice the vibrant colors and smells of the earth around you. *Get lost in the majesty of nature to find your authentic self.*

### **Sources:**

<https://www.weareteachers.com/connecting-authentic-self-teachers/>