

# EMPOWER

Embracing the power of educator resilience, emotional stability, and mental health

## WINTER WELLNESS 2022

Join us on a wellness journey this winter to build your skills and improve your resilience and mental well-being!



**Mindfulness**  
Dan Kidd



**Self Reflections & Affirmations**  
Ashley Mariano



**Balance and Boundaries**  
Marla Peachock



**Cultivating Compassionate Curiosity**  
Corrie Nelson

After you've explored these tools and resources, please take a moment to provide feedback to our team!

Welcome to our EMPOWER Winter Wellness Calendar. Here you will find daily actions for embracing resilience and mental health as an educator. Resilience isn't about just bouncing back from a difficult situation, but learning from the process to face our next challenges even better than before. Resilience is also cultivated through intentionally engaging in specific habits or practices. It is what enables us to thrive and not just survive.

In this calendar, we have curated a variety of resources to be explored or experienced in 10 minutes or less each day throughout the month. Listen to a brief recording or Ted Talk, access a strategy, or experience a practice. We value your time and the relevance of this topic around educator wellness so this unique and supportive tool serves as an alternative to traditional professional development as it is served in bite-sized pieces you can easily incorporate into your daily routine. Many of these resources can be leveraged personally, professionally, and with your students.

The first day of every week includes a brief recorded introduction to the theme for that week. For each day of the remainder of the week, you will have the opportunity to explore the topic more deeply through reflections, experiences, articles, videos, etc.. The themes explored in this calendar include Mindfulness, Self Affirmations, Balance and Boundaries and Cultivating Compassionate Curiosity.



It is our hope that you embrace the power of resilience, emotional stability and mental health by engaging with this resource.

From the ESCEO Winter Wellness Team,,  
Dan, Ashley, Marla, and Corrie

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Mindfulness</b>	January 31 <a href="#">Intro to Mindfulness</a>	February 1 <a href="#">Breathing Exercise</a>	2 <a href="#">Guided Visualization Script</a>	3 <a href="#">How to Practice Mindfulness at Work</a>	4 <a href="#">Social Emotional Learning Starts with Adults</a>
	<b>Self Reflection and Affirmation</b>	7 <a href="#">A Strong Support System</a>	8 <a href="#">I am Valuable</a>	9 <a href="#">Positive Decisions</a>	10 <a href="#">Connection and Encouragement</a>	11 <a href="#">Things I Can Control</a>
	<b>Balance &amp; Boundaries</b>	14 <a href="#">Introduction To Self Care</a>	15 <a href="#">Set Boundaries and Practice Self-Care Without Feeling Guilty</a>	16 <a href="#">Balancing Work and Life</a>	17 <a href="#">Podcast: Building Resilience</a>	18 <a href="#">Practicing</a>
	<b>Cultivating Compassionate Curiosity</b>	21 <a href="#">Intro to Compassionate Curiosity</a>	22 <a href="#">Focus on Bright Spots</a>	23 <a href="#">Empathy with Brene Brown</a>	24 <a href="#">Expansive Ways of Listening Tool</a>	25 <a href="#">Finding Confidence in Conflict Ted Talk</a>

Click here to complete our feedback survey!