



WELLNESS AT PIKE NEWSLETTER



Your health and wellness are important and your mental health is just as important as your physical health. When you are well, you are better able to manage daily tasks more effectively and perform at your best level. The following resources can help you on your wellness journey please remember that you do not have to manage it on your own!

March reminds us that growth is happening, even when progress feels slow. In this demanding stretch of the year, when energy is tested and the days feel long, remember this: your consistency is someone else's stability. Every lesson you teach, every moment of patience you extend, and every word of encouragement you offer is planting seeds that will bloom far beyond what you can see.

WELLNESS TIPS

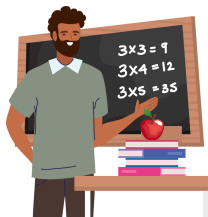
1. ENERGY BUDGETING (NOT TIME MANAGEMENT) TO REDUCE COGNITIVE OVERLOAD AND DECISION FATIGUE.



- Identify your 2 highest-drain tasks each week and schedule recovery time afterward.
- Protect one "low-decision" block daily (repeat lunch, preset lesson template, standard outfit rotation).
- Batch email responses into 2 windows per day.

2. NERVOUS SYSTEM REGULATION/PHYSIOLOGICAL RESETS ACTIVATE PARASYMPATHETIC RECOVERY QUICKLY.

- 60-second cold water on wrists
- 5-minute brisk hallway walk between classes
- Chewing gum during high-stress meetings
- Slow exhale breathing (longer exhale than inhale)



3. PROFESSIONAL IDENTITY RECONNECTION TO BE PROTECTIVE AGAINST BURNOUT.



- Take 15 minutes this month to:
- Re-read a thank-you note from a student.
- Reflect on why you entered education.
- Identify one instructional moment you are proud of this year.

QUICK ACCESS MENTAL HEALTH SUPPORT

Mental Health Support
Anthem Blue Cross Blue Shield
(Insurance Holders ONLY)



Mental Health Support
Tuesdays at Transportation
(Provided by The Well Counseling Group)

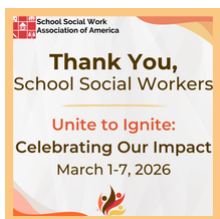


Immediate Support
Employee Assistance Program/EAP
(Variety of Support)



HAPPY SCHOOL SOCIAL WORK WEEK MARCH 1-7, 2026

They advocate. They assess. They intervene. But above all, they believe in strengthening systems, empowering families, and sustaining hope within our community.



For more resources, please visit [The Resources for Staff Page](#)
From The Office of: Isang Jacob, MSW, Director of Health and Wellness
Email: IJacob@pike.k12.in.us or Phone: 317.387.2228