

# Wellness Wishes

**Our wish-** May educators approach this year with a new sense of gratitude that keeps us motivated & healthy. Embracing gratitude increases moments of joy and weakens the force of negativity, frustration, and fatigue. Here are some ideas to embrace gratitude in our daily lives:

**Good News** Keep a file of cards, a drawer of notes, or an email folder of the good stuff. Already have one? Now is the time to revisit those notes of appreciation. Take time to reflect on the successes of our students and expressions of appreciation. You are making a difference!



**Enjoy the Simple Things** Appreciate a lightbulb moment in our students' eyes. Play music to release positive neurotransmitters in the brain. Head outside during the school day to enjoy the sun or a cool breeze. Savor 10 minutes of quiet with a cup of coffee/tea before starting or ending your day.

**Take Time for Yourself** Turn off classroom lights & play soothing music during lunch. Escape reality for one chapter of a novel on the best seller's list. Meet a friend for a walk & talk- reach 10,000 steps while decompressing together. Enjoy the positive energy created during meditation or a workout.



**Acknowledge the Strengths & Successes of Others.** Provide a genuine compliment to a co-worker & watch them smile. Send an email home to parents after their child shows an act of kindness. Write an unexpected note of acknowledgment, support, or positivity to a student.

**Say "Thank You"** A quick thank you email to a friend or co-worker is always appreciated. Consider copying their Supervisor on the message or take time to stop by in person with a card or token of gratitude.



**Lean into Your Smile** Some believe there is a mind-body connection when we smile. Smiling can boost our mood while warming the hearts of others.

**Gratitude Journal** Ask students to list 3 things they're grateful for in life. They may just surprise you. Consider doing the same before you fall asleep. Taking time to focus on the positives helps to re-frame the day.



**Educators, we are grateful for YOU!**



Thrive Alliance Group