Cultivating a Culture of Self-Care

It all started here…

At Campsuitsmee
Self-care and mental health are the priorities for 72% of Americans.
Underlying Groundrules, Assumptions, Values

From Self Care to Well Being
From the Top Down
The Scarcity trap
Pastry Bag

Changing Habits
Change of Reference Points
Think about...

What are the values underlying your selfcare?
What are the values underlying the protocols for selfcare in your school?

1. Take care of yourself so you can take care of others (if you choose).

1. Don’t hurt yourself and don’t hurt others.

1. Use everything for your learning, advancement and growth.
“If you burnout your body, where will you live?”

The quieter you become the more you can hear.
- Ram Dass -
Self-care: care for oneself: health care provided by oneself often without the consultation of a medical professional.

First known use: 1841

Well-being: the state of being happy, healthy, or prosperous: WELFARE

First known use: 1561
So, what happened between the popular use of these two terms?

Enter Descartes, 1596-1650
The dude liked to separate things…
Think Cartesian Coordinates.

Body = Science
Nonphysical = Church
Schools = Academia, Science

And, we’re the SCHOOLS educating the Body
and the Mind (Nonphysical)

The journey of
Selfcare and Wellbeing
is courageous.
“The Stigma of Choosing Trade School Over College”

The Atlantic, March 6, 2019
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Why Does This Matter
In My School?
In My Classroom?
In My Life?

Thanks for asking.

FROM SELF-CARE TO WELL-BEING
Move away from the checklist to the wholistic consciousness
From a formula to the transmission of a vision

“There is no formula… It’s the transmission of the vision.”

— Jean Vanier with Krista Tippet
Consider No Formula. Find It. Embrace It.

What works for you?
Take a moment to jot down…
Self Care – what does that mean to you?
Well-Being – what does that mean to you?

What do you currently do to bring that forward…
In your life?
In your classroom?
In your school?

...NOW, share with the peeps at your table.
Share from each table
What are the values that motivate your culture?
“The greatest gift a leader can give his people is his health.”
— Lao Tzu (604-531 BC)

This concept has been around for a while, eh?

Thomas Merton
1915-1968
“There is a pervasive form of modern violence to which the idealist…most easily succumbs: activism and over-work.

The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.

The frenzy of the activist neutralizes his (or her) work… It destroys the fruitfulness of his (or her)…work, because it kills the root of inner wisdom which makes work fruitful.”

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**Parker Palmer (1939-present)**

**Memo to Self:**
Nurture the inner roots of wisdom by stepping aside from the fray several times a day—so you can stay engaged in a life-giving way.

Read poetry, walk in the woods, and sit in silence.

Hang out with people who know the difference between true and false, right and wrong, and use what they know to contribute to the common good.
Where do I find the time?

“YOU SHOULD SIT IN NATURE FOR 20 MINUTES A DAY... UNLESS YOU'RE BUSY, THEN YOU SHOULD SIT FOR AN HOUR.”

Where do I find the time?

Working more than 50 hours in a given week produces zero productivity gain

>50 = 0
By Sendhil Mullainatham & Eldar Shafir
“Hidden Brain” with Shanker Vedantem

Applies to low resources:
Money AND Time

The Scarcity Cycle

Scarcity => Worry =>
Reduced bandwidth =>
Tunneling =>
Poor choices =>
Reduced flexibility, juggling =>
Lack of Resources =>
Worry & Scarcity
worrying won’t stop the bad stuff from happening, it just stops you from enjoying the good.
The Pastry Bag
We want enough frosting left to be creative.

We talk about what to put in. What about where you’re leaking?
“Boundaries afford containment.”

"A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time."

- Mark Twain
Improving Well Being => Changing Habits

This is NOT a gimme…

Personally, in the classroom, in the business/administration

Changing Habits

Intention & Values =>
Vision & Planning =>
Execution =>
Assessment =>
Accountability =>
REWARDS =>
Recommit to Intention & Values
Next Steps

Keep in mind that each one needs to be A step.

Where do you want to go?
What do you want to do?

What’s the NEXT STEP?

Rewards
Take a moment to jot down…

What would you like to add or change in your life and/or in your school to enhance Wellbeing?

What’s the NEXT STEP to do this?

…NOW, share with the peeps at your table.
Share from each table

REFERENCE POINTS

CHANGE…

So does well-being…

As well as your needs.
Sometimes self-care is exercise and eating right. Sometimes it’s spending time with loved ones or taking a nap. And sometimes it’s watching an entire season of television in one weekend while you lounge around in your pajamas.

*Whatever soothes your soul.*

~ Nanea Hoffman

Be Gentle.

Be Curious.
Be Courageous.

Follow Your Passion.
Enjoy Yourself.

DON'T FORGET

DRINK WATER.

GET SUNLIGHT.

YOU'RE BASICALLY A HOUSE PLANT WITH MORE COMPLICATED EMOTIONS.

REMEMBER
Thanks for your attention & participation

And

Keep On Swimming
The Violence of Modern Life

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