



Cultivating a Culture of Self-Care





It all started here...

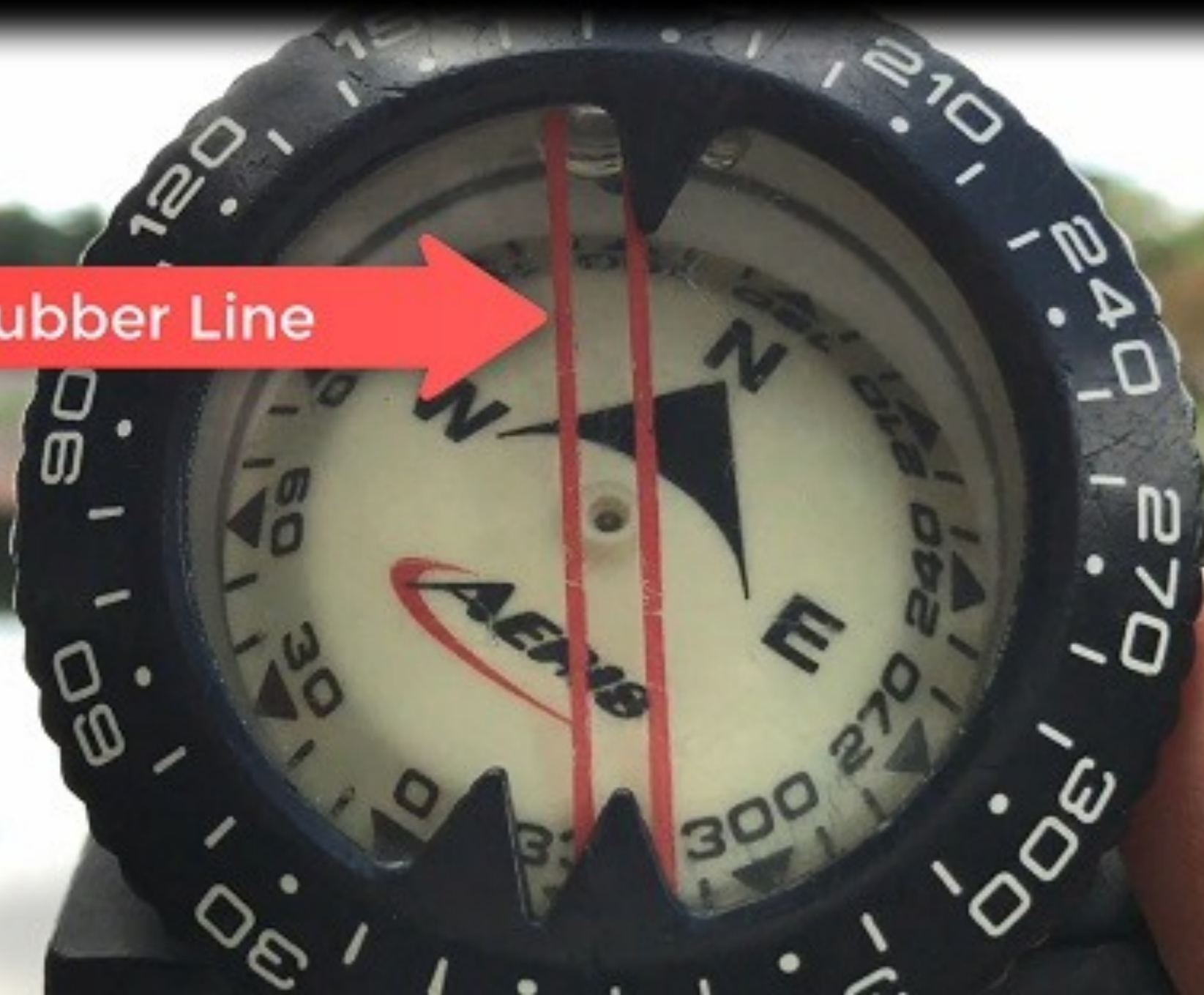
Campsuitsmee



WE'RE
BALLOON
BOYS
ON THIS
BUS



Lubber Line



Self-care and mental
health are the priorities for



72%

Of Americans.





Underlying Groundrules, Assumptions, Values

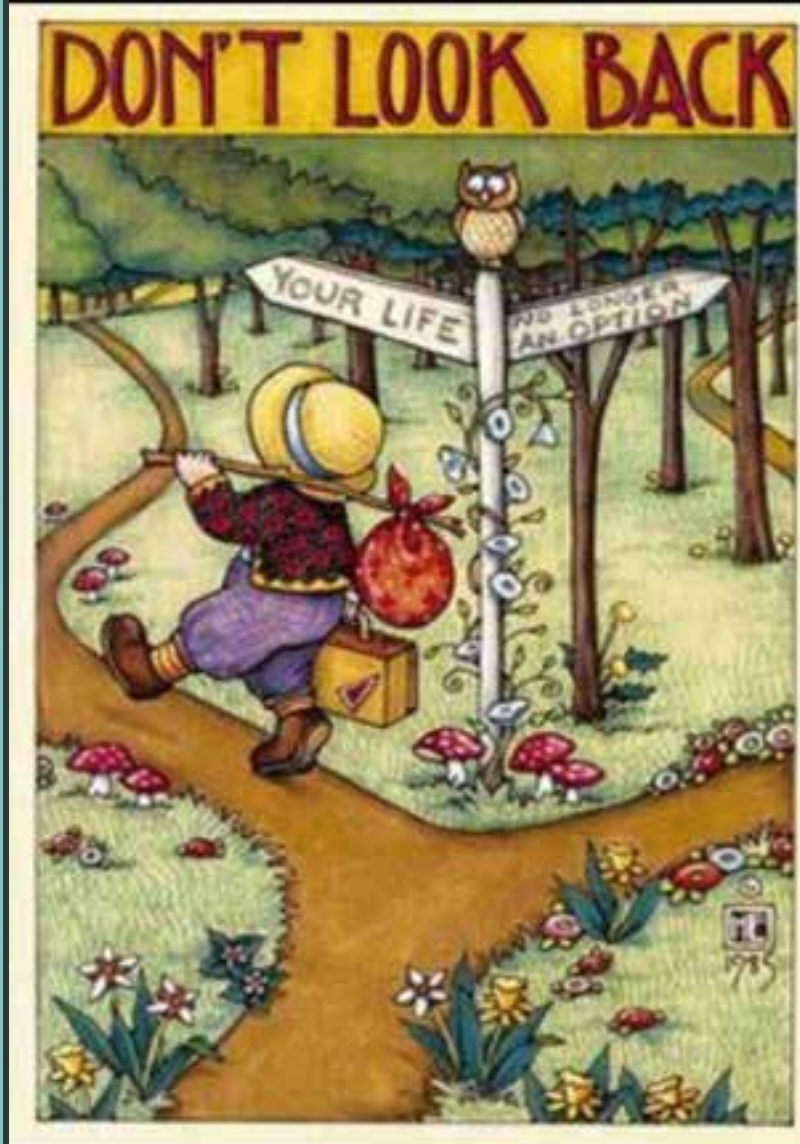
From Self Care to Well Being

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?

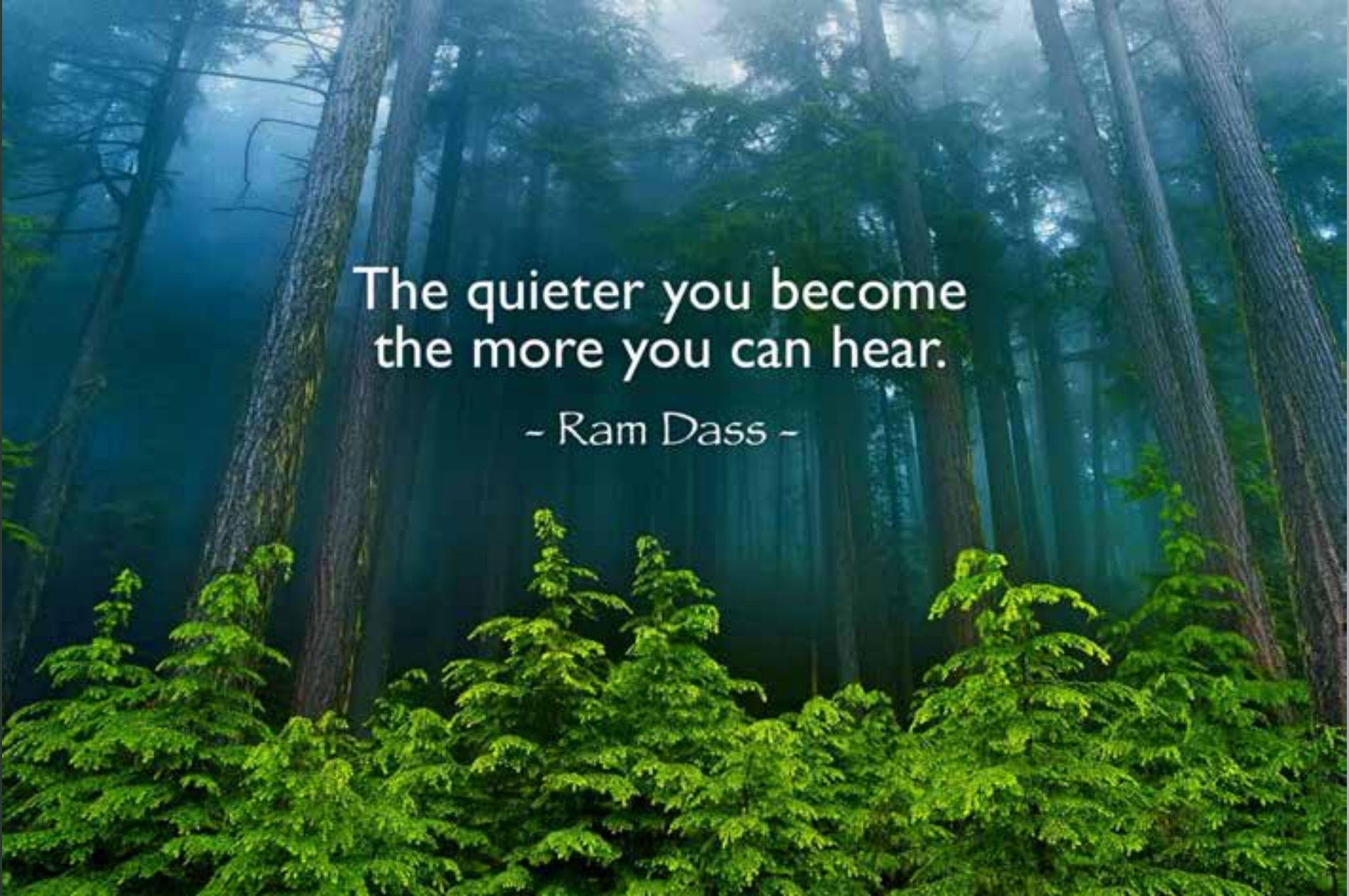
A scenic landscape featuring a calm body of water in the foreground, reflecting a dramatic sky filled with large, white, fluffy clouds. In the background, there are dark, rugged mountains under a blue sky. A small wooden building is visible on the left side of the shore. The text is overlaid on the upper portion of the image.

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 -

TRANSITIONING FROM SELFCARE TO WELLBEING

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

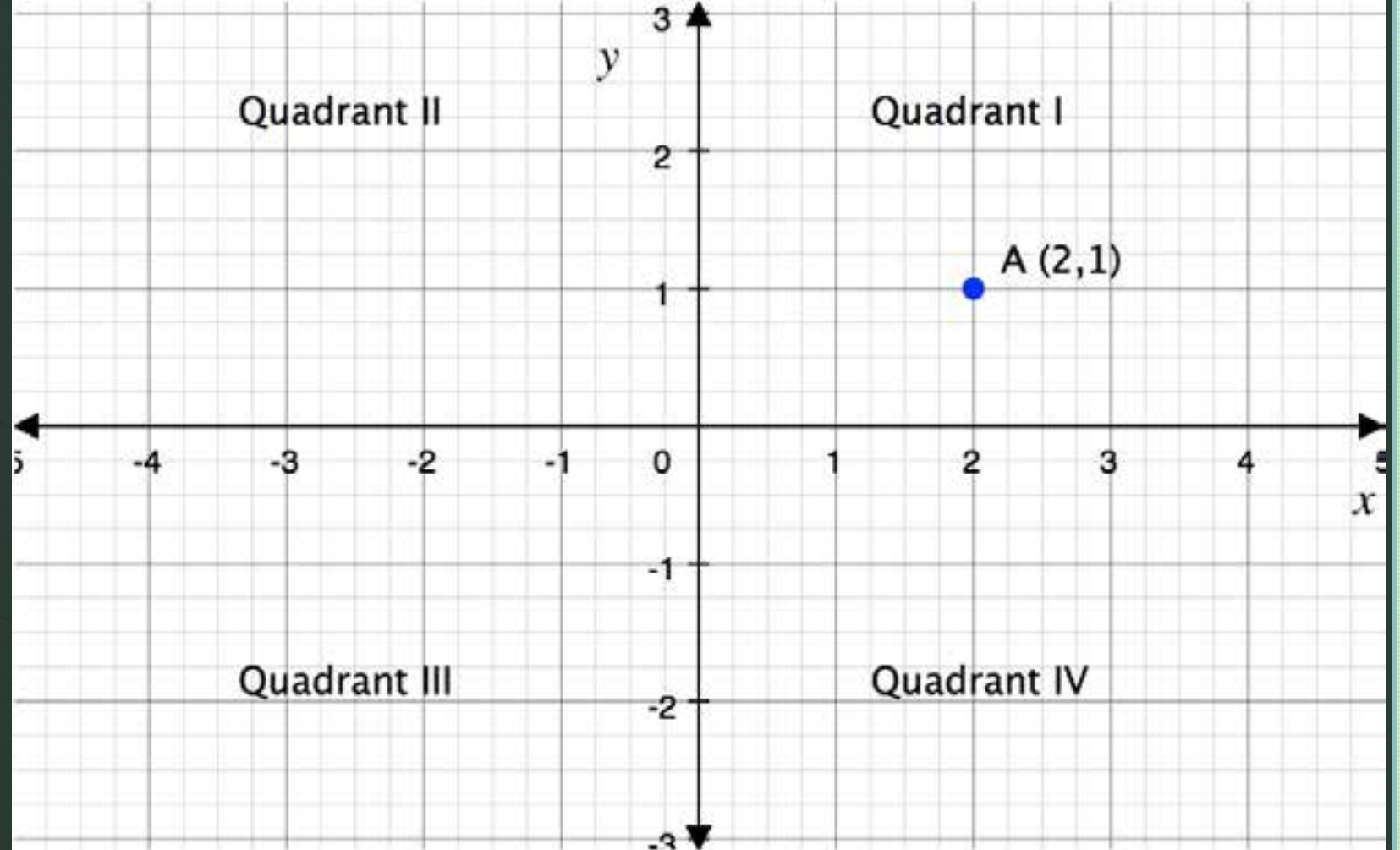
First known use: 1561



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

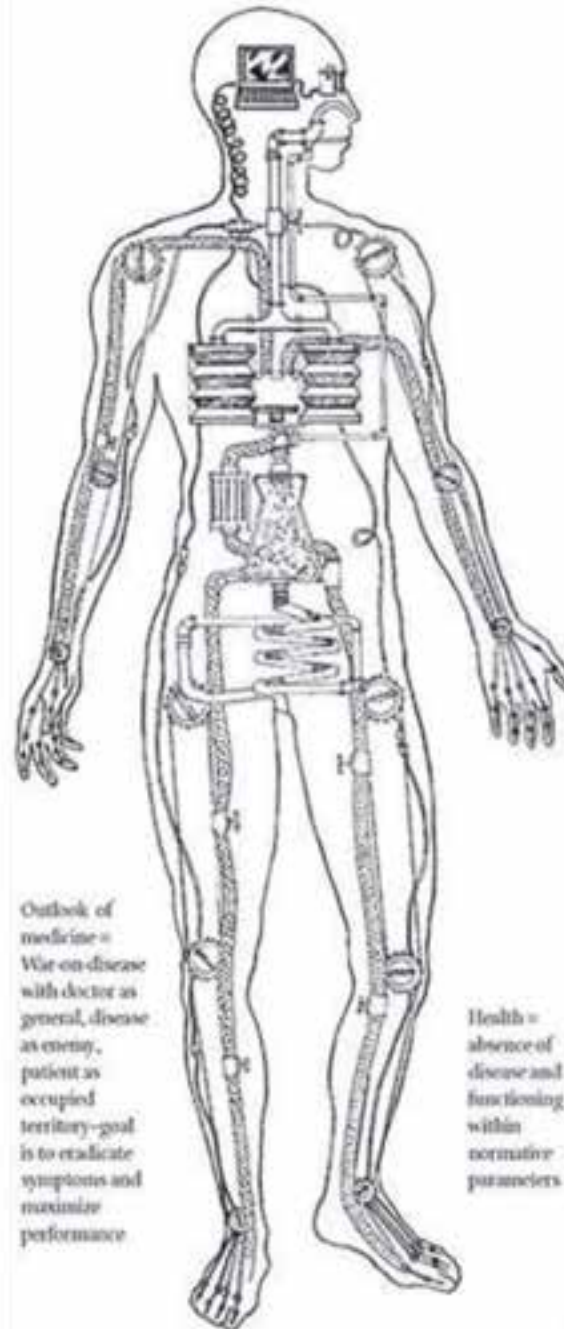
Schools = Academia, Science

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

The journey of
Selfcare and Wellbeing
is courageous.

WEST

Body As Machine

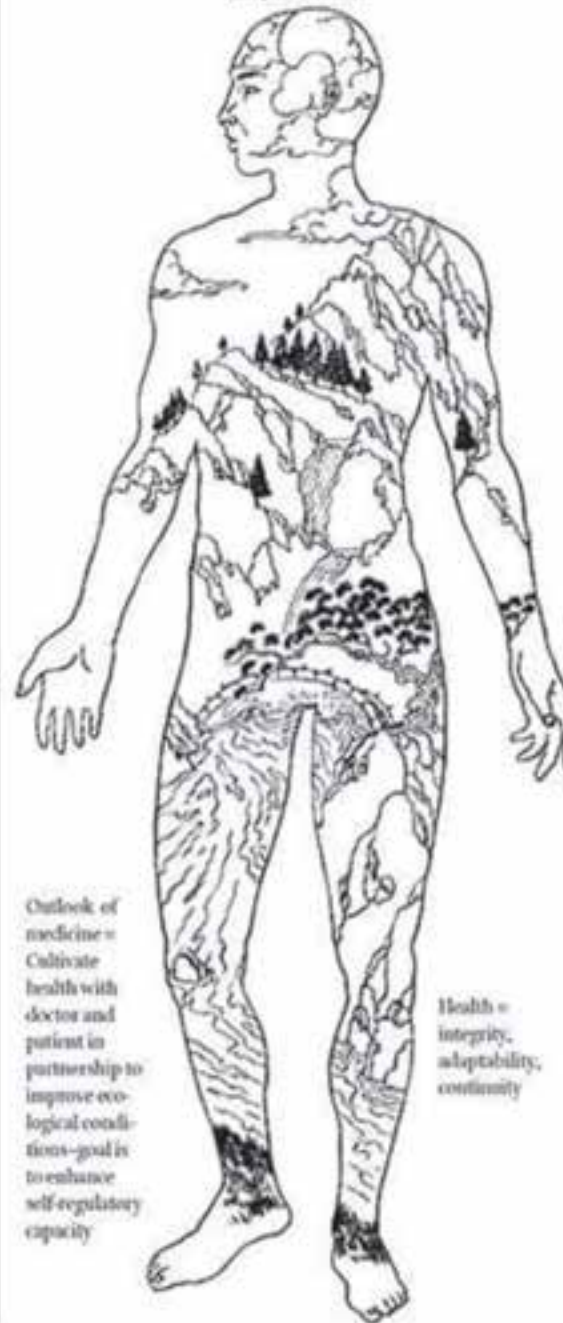


Outlook of medicine =
War on disease
with doctor as
general, disease
as enemy,
patient as
occupied
territory-goal
is to eradicate
symptoms and
maximize
performance

Health =
absence of
disease and
functioning
within
normative
parameters

EAST

Body As Garden



Outlook of
medicine =
Cultivate
health with
doctor and
patient in
partnership to
improve eco-
logical condi-
tions-goal is
to enhance
self-regulatory
capacity

Health =
integrity,
adaptability,
continuity



“The Stigma of Choosing Trade School Over College”

The Atlantic, March 6, 2019.

Well-being: the state of being happy, healthy or prosperous. 1561.

Self-care: care for oneself, health care provided by oneself often without the consultation of a medical professional. 1841.

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 Tippett



**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





From the Top Down



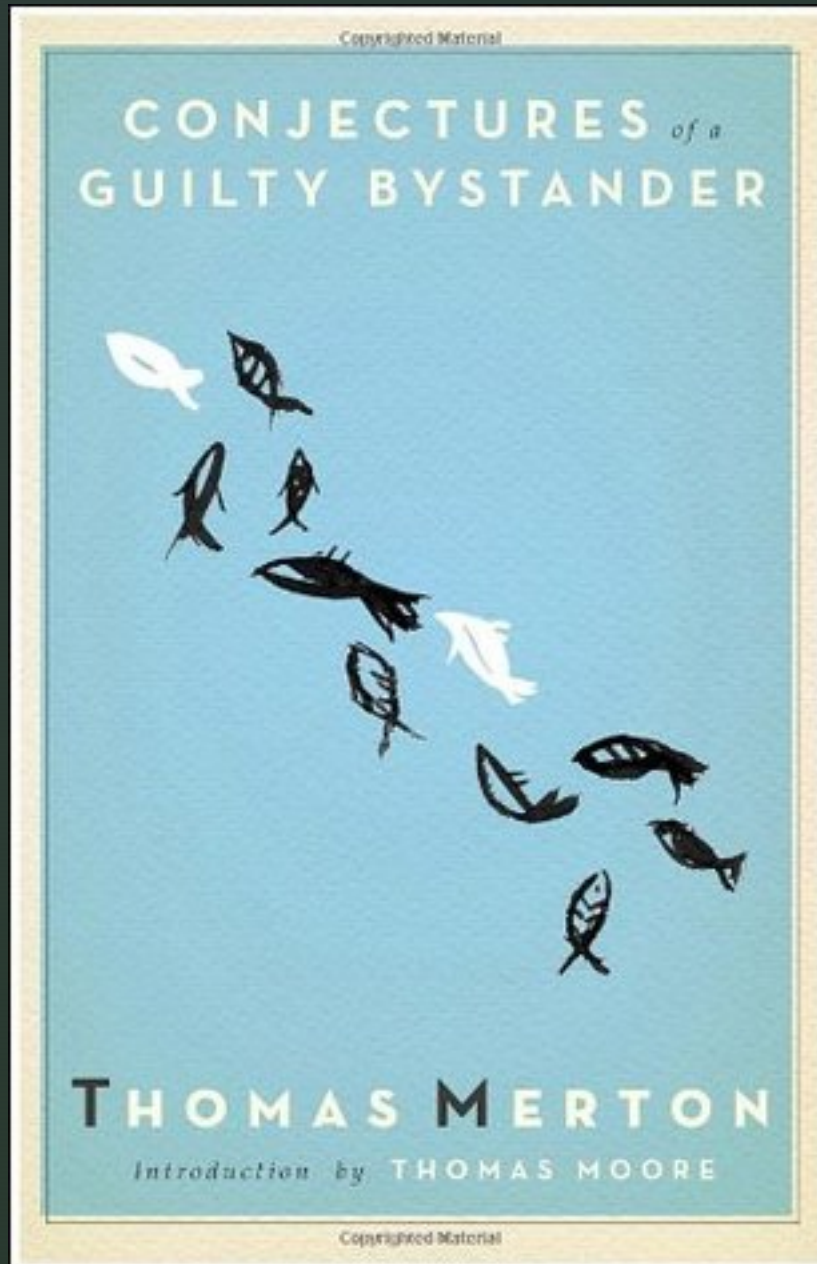
What are the values that motivate your culture?

*“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.”

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.

A photograph of a person's legs and feet sitting on dark, moist soil in a natural setting. The person's feet are visible on the right side of the frame. The background is a mix of dark earth and some dry, light-colored straw or grass. The text is overlaid in a white, hand-drawn style font.

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

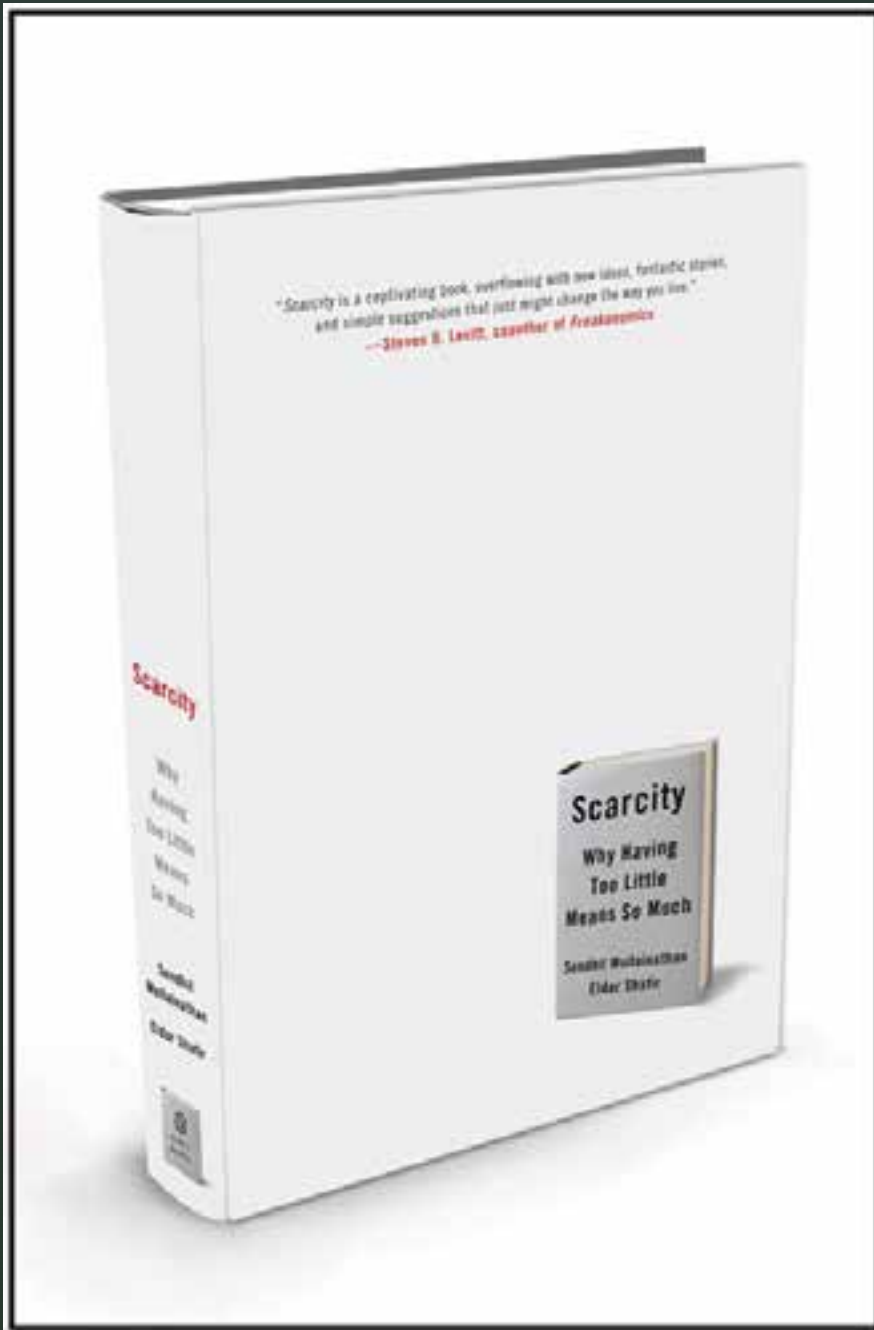
- zen saying

Where do I find the time?

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

>50 = 0





By Sendhil Mullainathan &
Eldar Shafir
“Hidden Brain” with Shankir 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



“Scarcity fills the mind with intrusive thoughts about what you do not have. It doesn’t leave room for anything else.”

— Shankar Vedantam

Host, Hidden Brain

HIDDEN BRAIN

worrying won't stop
the bad stuff from happening
it just stops you
from enjoying the good.





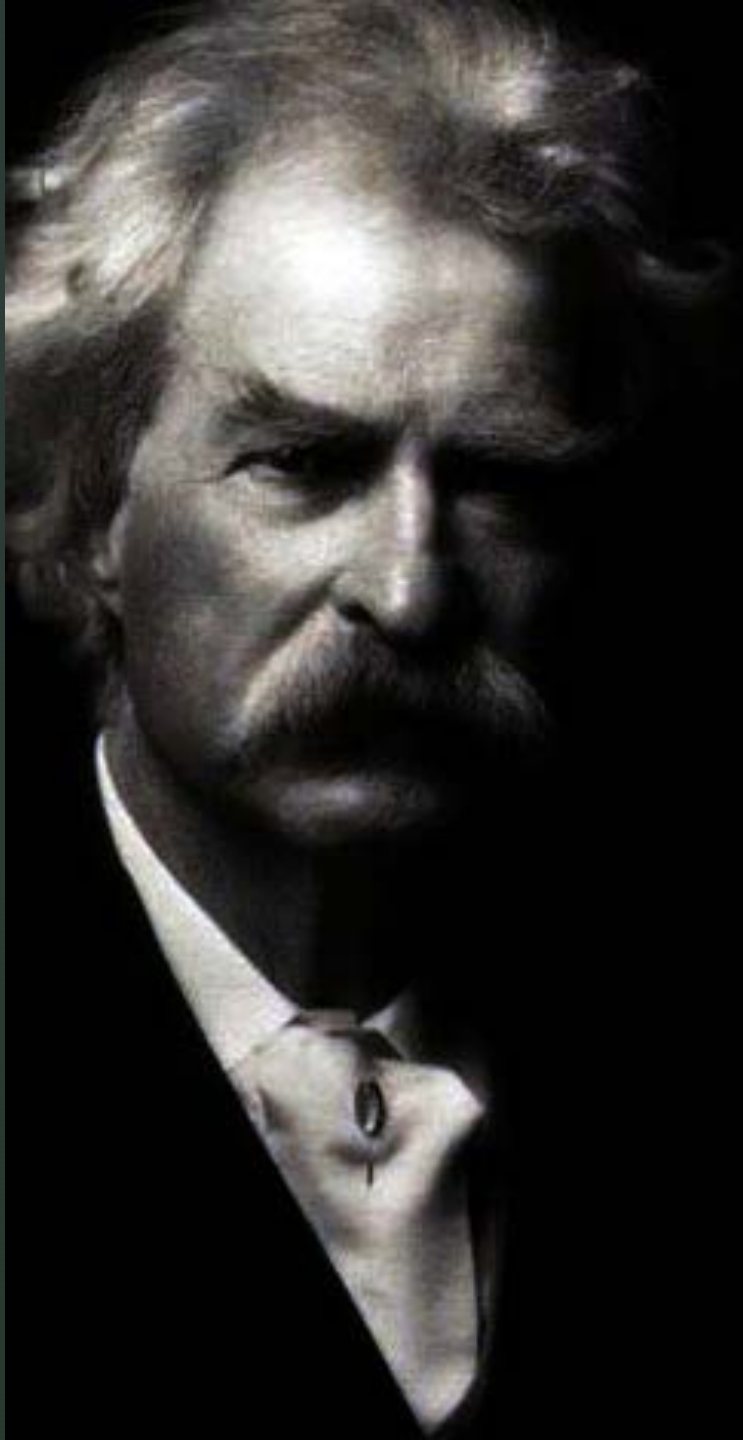
The Pastry Bag
We want enough frosting left to be creative.

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.



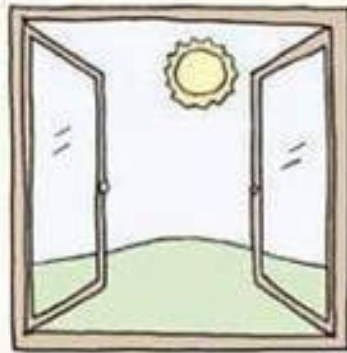
Enjoy Yourself.

DON'T FORGET

DRINK WATER.



GET SUNLIGHT.

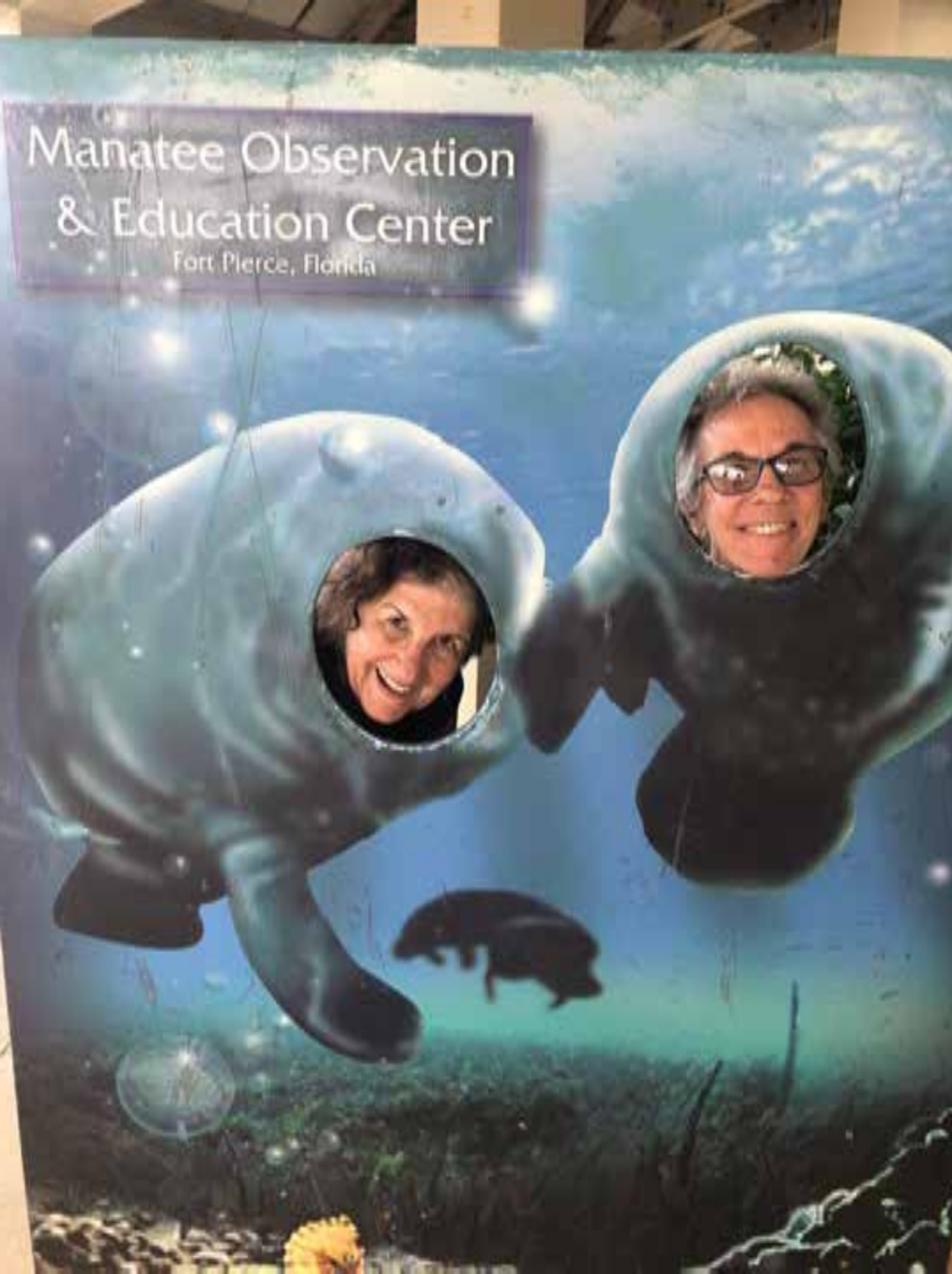


YOU'RE
BASICALLY A
HOUSE PLANT
WITH MORE
COMPLICATED
EMOTIONS.



poorlydrawnlines.com

REMEMBER



Thanks for
your attention
& participation

And

Keep On
Swimming



BE KIND to YOURSELF

by KRISTIN NEFF

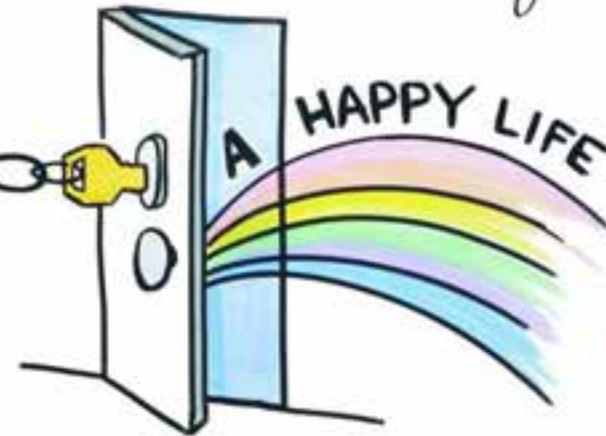


SELF-COMPASSION
A SOURCE OF STRENGTH
and RESILIENCE

RESEARCH
AND MORE
RESEARCH



self-compassion



1 SELF KINDNESS



WE ARE AS CARING
TOWARD OURSELVES
AS WE ARE TOWARD
OTHERS

2 RECOGNIZING OUR COMMON HUMANITY



SHARED HUMAN
EXPERIENCE

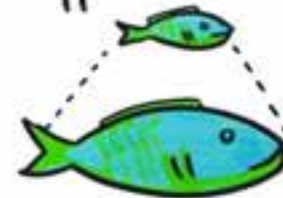
3 MINDFULNESS

BEING OPEN TO THE
REALITY OF THE
PRESENT MOMENT



YOU ARE
HERE

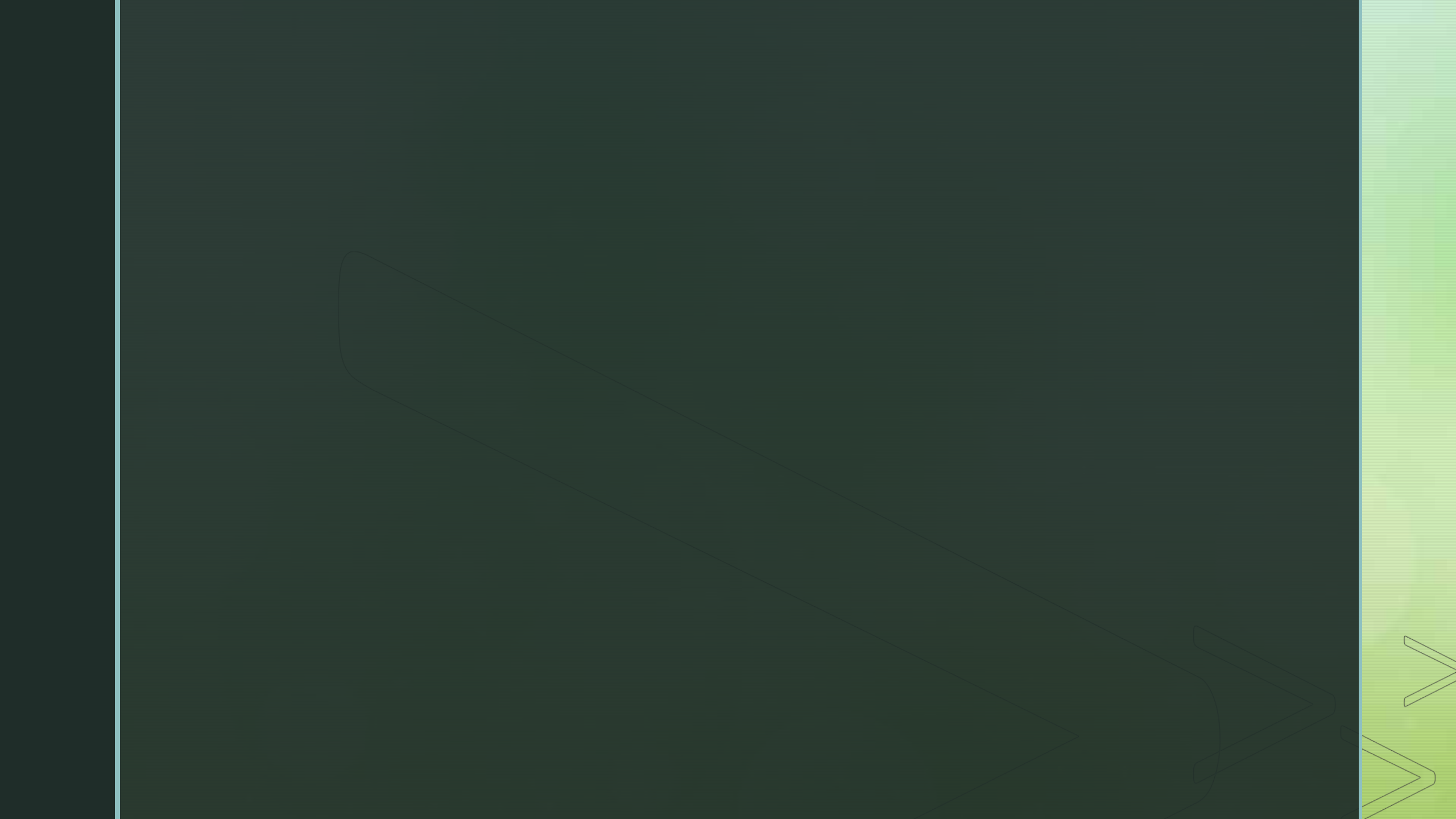
ACKNOWLEDGE
OUR SUFFERING
WITHOUT
EXAGGERATING
IT



MOMENT
of CONNECTION
WITH OTHERS



seeyourwords.com





The Violence of Modern Life

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.

—Thomas Merton