

Wellness Wednesday

Memo 5

February 5, 2020

I hope this Wellness Wednesday memo finds you and your family healthy or at least quickly recovering!

Before we jump in, I'm sharing below a link to a document called "Going home checklist". It was originally developed by a hospital system in the UK to help staff deal with the stressors of such a high pressure work environment. It's a nice way to implement a little self kindness at the end of each day. Print one out and put it where you can see it each afternoon. Middle School is a pretty high stress work environment too 😊

https://docs.google.com/document/d/12QMT6impy1mhtY_q0NPhskt2EAULzKRvStzWz7DA2aU/edit?usp=sharing

This week, we're going to start looking at ways to share the concepts of self-compassion with kids. Our middle school students are at a crucial time in their cognitive and psychological development. It is a time when they are highly susceptible to peer pressure, bullying and a low sense of self-worth. It's also a time that they are forming their own values, their identity and their worldview. Our students are at an awkward time in their physical development and at the same time are becoming more sensitive to the opinions of others. This leads many students to feel very self-conscious, to lack confidence, and even to withdraw socially from family and peers. No matter how they cope, it is certain that middle school students are dealing with challenging situations and strong emotions. Now is an excellent time to help them develop skills that allow them to see themselves and the world in a more positive light.

Let's start with a listen to this TED Talk from Kristen Neff for a review of the components of self-compassion and for an explanation of how self-compassion is very different from self-esteem.

<https://youtu.be/lvtZBUSplr4>



The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDxCentennialParkWomen

In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TED...

youtu.be

In the classroom:

I would bet that each of us encounters a student in the midst of negative self talk on a daily basis. When you can, take a moment to help them reframe the situation and approach it with self-kindness.

If time allows, implement a quick pep talk before students do class presentations or take a test or any stressful activity. Model self compassion and positive self talk for them.

If you'd like to implement a lesson on self-compassion, there are some fun videos on YouTube to teach the concepts or to simply practice it:

<https://youtu.be/Sga5YLpKup8>



**How to Be Self
Compassionate! (Mental
Health Monday #1)**

Thanks for watching, this was fun to make :)
Kristen Neff:
<https://www.youtube.com/watch?v=lvTZBUSplr4>
How to Be Self Compassionate!
(Mental Health Monday #1...

youtu.be

<https://youtu.be/CEk9KvPXKEQ>



**Be Kind To Yourself -
Empower Tools | GoNoodle**

Sometimes it's easier to be kind to others than it is to be kind to yourself. Learn how to give yourself some loving kindness with this exercise. Create a fr...

youtu.be

I can connect you with other resources or I would be happy to do a classroom guidance lesson on this or any topic if you would like for me to visit your classroom sometime.

Next week we'll look deeper at common humanity and how it can help students develop compassion for self and others.

Have a great day and be kind to yourself!