

# Mindful Memo

Week 28 – March 7<sup>th</sup> 2022 RCMA Wimauma Community Academy

## Spring into Wellness

For most, next week brings a much needed break. Even if you are part of the dedicated staff on campus next week, Spring Break provides an opportunity for a slower pace and an opportunity to reset. Follow the below tips to ensure the days ahead allow a rest and recharge.

**Unplug...no seriously...**Most of us will have some work to do over the break, but it's important to find time to truly unplug. Schedule time when you press pause on everything work related. It's okay to be unavailable for a bit.

**Set yourself up for success...**If you're the type who will spend the break feeling anxious about all that needs to be done, take time this week to set yourself up for a smooth transition back to school. Organize your desk, clean your teacher bag, and make copies ahead of time. Taking a few extra hours this week will ensure mental energy is not spent in stressful anticipation or the anxiety of procrastination.

**Spend time in nature...**So much of our time is spent indoors staring at screens. Take some time next week to get outdoors. If you're working with scholars next week, use that time to take learning outdoors or work in the garden.

**Be mindful of your conversations...**Many of us have teacher friends far and wide. If planning to spend time with them over Spring Break, set boundaries on the amount of "work talk." Especially anything negative.

**Read a book...**that's not in the children or young adult section. So much of our time as teachers is spent reading for school. Take a book to the beach, or sit in the shade at the park with a book that YOU chose.

**Spring cleaning...**There's something wonderful about opening the windows, playing some music, and taking time to clean the far reaches of the fridge or garage that's been on the back burner since August. Cleaning and organizing brings a sense of control. Your space is a reflection of other areas of your life. It can be chaotic or calm.

