



CT-CTE Wellness Gathering

Julie Sochacki, JD
Nicole J. Martone, PhD

November 2020



Objectives:

- Share what you are experiencing during this challenging time of teaching in a pandemic
- Leave with some wellness strategies that will reignite you, as the holiday season approaches

Teaching During a Pandemic

What is a challenge that you are experiencing while teaching during Covid-19?

What matters most to you and your practice?

What brings you joy and happiness in teaching?

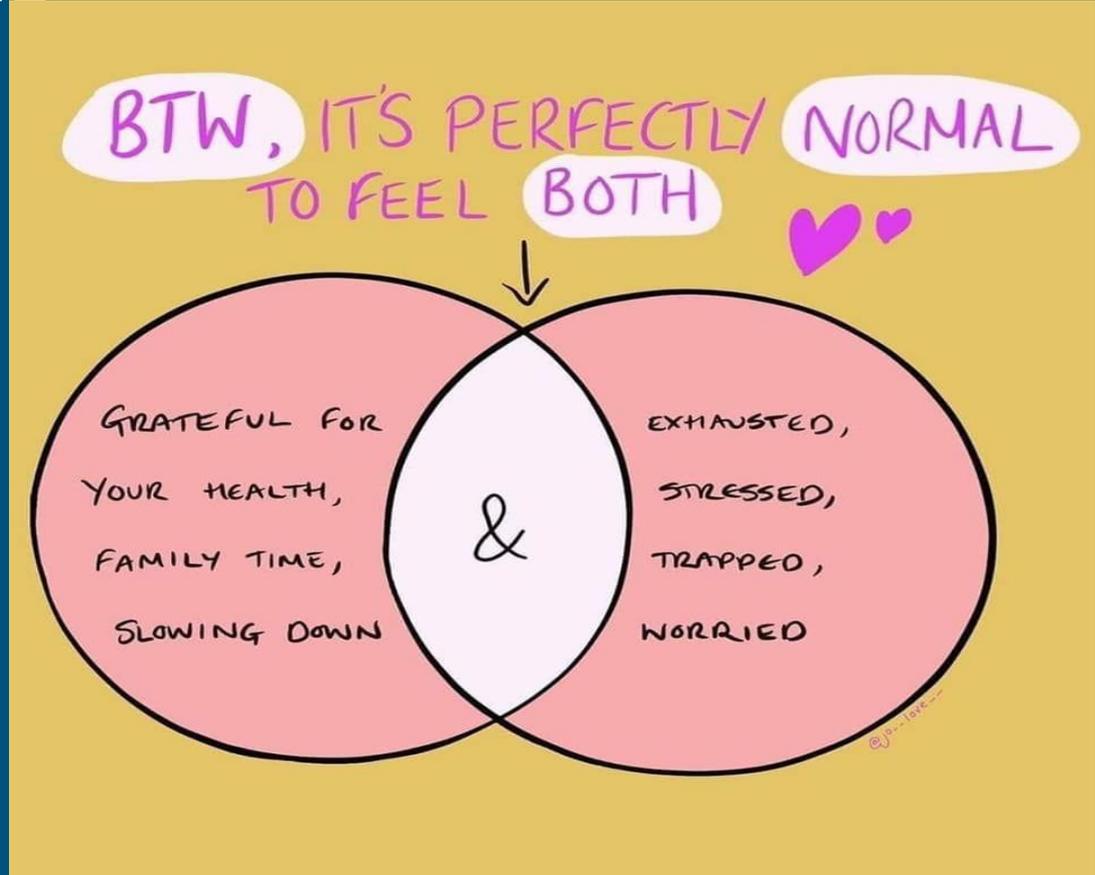
Responses

Building in the AND

I am overwhelmed with grading

AND

grateful for my students,
friends, and family



Wellness

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're **thriving**.

--Helpguide.org

What is Resilience?

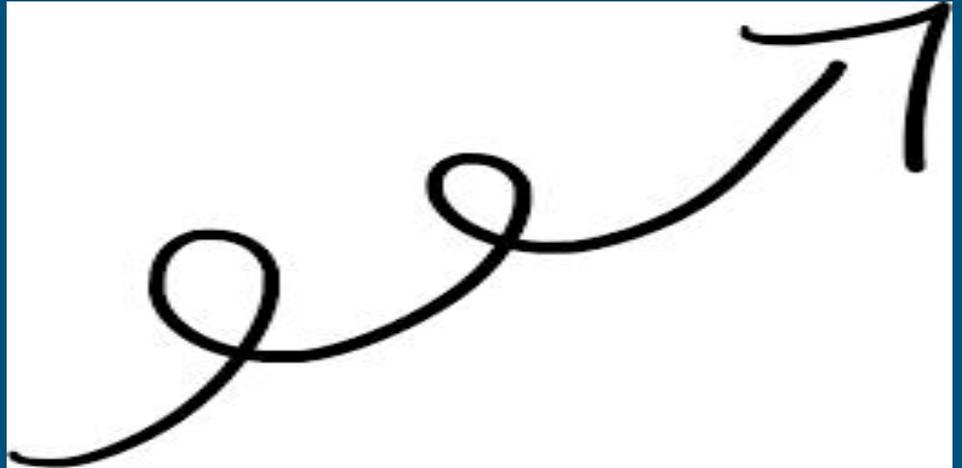


- Resilience is an inside job (a state of being).
- Resilience is about how to ride the waves of life.
- Resilience is a process to harness resources to sustain well-being

(Panter-Brick & Leckman, 2013).

Do We Really “Bounce Back?”

We do not bounce back to baseline.
Instead we spiral up and over time we
become better than we were.



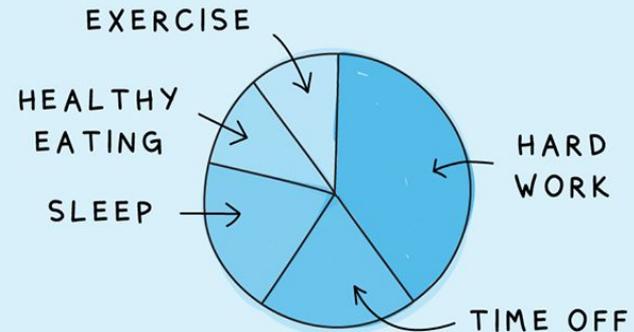
Integrate Self-care

- Are you being kind to yourself?
- Self-care is not a luxury in these times, but a necessity.
- Self-care is a choice we have in each moment.
- Self-care is about frequency more than duration.

WHAT I THOUGHT WOULD
MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES



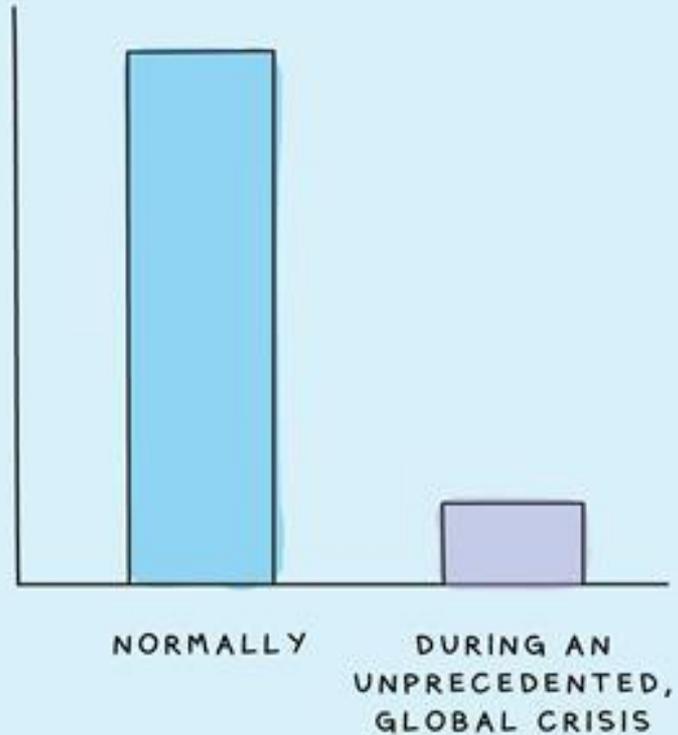
How Many Resources/Tools Do You Have in Your Toolbox?

We need the tools to succeed, including resilience skills--would we not give a surgeon a scalpel or a gardener a shovel?



Permission to
be human
during a global
pandemic....

HOW MUCH I'M ABLE
TO GET DONE



Cultivating Self-Compassion

- Living moment by moment
- Showing up and doing your best
- Taking two steps forward and one step back
- Having realistic expectations and giving yourself a break
- Giving yourself permission to be human

Embracing Self-Compassion

"We (all of us) are currently going through a collective traumatic experience.

Trauma is often thought of as 'too much, too fast'...which is exactly what's happening. Of course you're exhausted. Of course you're afraid. Of course you're overwhelmed. Of course you're clinging to certainty in the midst of so much unknown. Of course you aren't as productive, feeling foggy, or wondering how you can possibly go through so many waves of emotions all in the same day. This all makes so much sense in the context of our circumstances. **Be gentle with yourself.**

Have compassion for your process. Give yourself grace. You are good, no matter how you are managing this completely new experience." - Lisa Olivera

Our Foundational Self-care Practices

From *What is Fueling You?*

Nicole

- I have relationships that stimulate me intellectually.
- I have people I can turn to in times of need.
- I exercise regularly.
- I eat healthy and nutritious foods.
- I listen to my favorite music regularly.
- I hydrate and take care of myself while working.
- I enjoy my work.

Julie

- I hydrate and take care of myself while working.
- I eat healthy and nutritious foods (e.g., reduce sugar, take supplements- vitamins C, D and Zinc).
- I exercise regularly.
- I've let go of all the "stuff" I no longer need.
- My bedroom is the perfect place to get a good night's sleep.
- I set aside regular time for solitude and silence.

What fills you up, fuels you?

Take five minutes to identify your existing fuel sources--the areas of your life that bring you energy.

[What is Fuels You?](#)

Create Connections & Join Communities

Thank you for being here!

