



## “What About Me? Nurturing Our Mental Wellness During Uncertain Times” Webinar Q & A

**Question:** My staff could really use this as this has been a hard year for them. As a principal, how can I integrate some of these strategies to improve their overall well-being?

**Answer:** When we provide professional development to our staff, we can provide quick grounding activities to help them be regulated. When we think about our students, they may come into a classroom needing to be grounded and regulated to receive and learn. Our staff comes in the same way. They have had a full day of teaching, they may be stressed, etc., and they need time to intentionally PAUSE and ground themselves to tap into themselves. It could be a one-minute meditation, gratitude, bee breathing, etc. Grounding allows the brain to slowly get back online where staff can effectively process with the prefrontal cortex in the brain.

**Question:** I know my staff needs this. However, I think using the word like meditation isn't going to land with all of them. Any advice with this?

**Answer:** Sometimes buzz words like “mindfulness” and “self-care” can carry some weight where people think of certain things and have negative connotations to the words. So you can use a more casual approach such as saying, “Let’s take a moment to relax,” “Let’s take a moment to ground ourselves,” “Let’s take a moment to connect,” etc. to engage your staff in an open and approachable way.

**Question:** I would like to share this during our staff training, but how?

**Answer:** Bit by bit is the way to approach this work! Sometimes when we are rolling out info to staff, we put it ALL out there and then ask people to remember to do it on their own. Instead, take it slow and take it in chunks. This allows you to weave it into your school climate and culture. When you are all meeting together before you go into content, take a moment to incorporate some of these practices, and it will only take 1-5 minutes of your time to connect to yourself. When we connect to ourselves, we can connect to others!

**Question:** Meditation makes me sleepy. Do you have any strategies to help address sleepiness while I meditate?



**Answer:** If meditation makes you sleepy, it definitely could be a great way to help you get to sleep at night. Regarding doing mediation during the day to help with stress and your mental health, you definitely don't want to fall asleep! Make your mediations shorter and sit up during them. Try to mediate by a window or somewhere where you can feel the sun so you don't get into that really deep Delta brain wave so you don't fall asleep.