

# Teaching “Well”

## Finding Your Path During Challenging Times

### Part 1



# About Me





# Teaching Well



**My path during challenging times...**



**Why did you choose to participate in this webinar on teacher wellness?**

# Webinar Goals

- 1. Recognize the impact of stress**
- 2. Understand the dimensions of wellness**
- 3. Understand the relationship between wellness and self-efficacy**
- 4. Implement tools, strategies, and ideas**



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A red pencil is shown in the lower-left corner, drawing a large, chaotic scribble of multi-colored lines (red, orange, yellow, green, blue, purple) on a white surface. The scribble is dense and fills most of the upper and middle portions of the frame. The pencil is positioned diagonally, pointing towards the center of the scribble.

# **The Impact of Stress**

**Stress Bucket**

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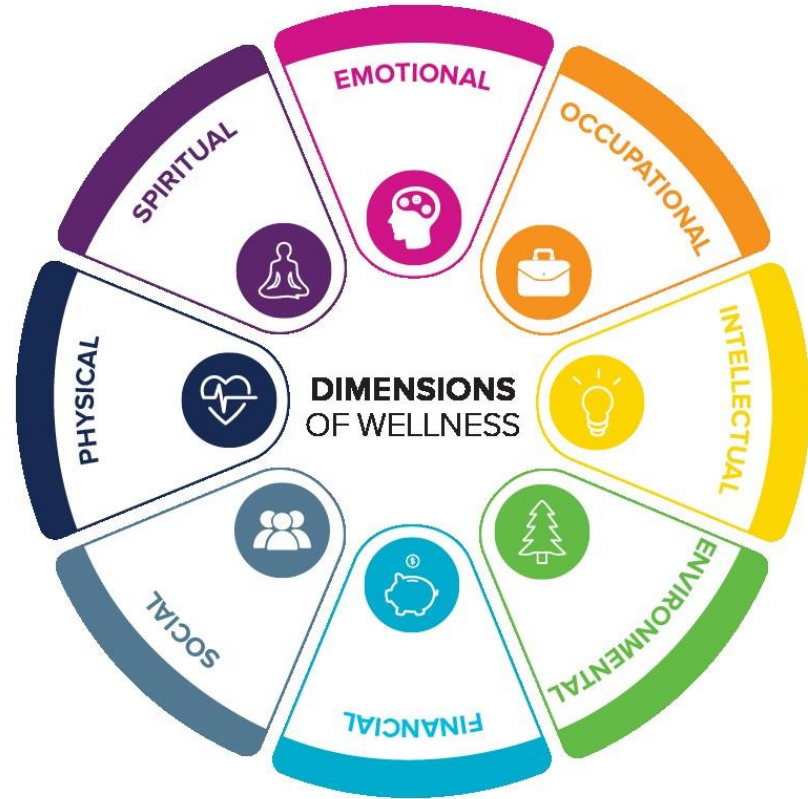




# Wellness is...



# The Dimensions of Wellness



- ✓ Emotional
- ✓ Environmental
- ✓ Intellectual
- ✓ Physical
- ✓ Social
- ✓ Spiritual
- ✓ Occupational
- ✓ Financial

8 Dimensions of Wellness for Educators  
*The Learning Professional, February 2021*



# The Dimensions of Wellness

## DIMENSION

## DEFINITION

## FUNCTIONS

**Emotional**

**Awareness, acceptance, expression, and management of emotions.**

**Adjustment, coping communication, maintaining relationships.**

**Environmental**

**Perceptions of working environment: temperature, lighting, safety, cleanliness, and comfort.**

**Reduces stress, promotes individual health & happiness, leading to productivity.**





# The Dimensions of Wellness

## DIMENSION

## DEFINITION

## FUNCTIONS

**Intellectual**

**Engaging the mind, continually learning, developing and applying knowledge.**

**Feeds creativity and inspiration.**

**Physical**

**Functional operation of the body, achieved through conventional aspects of healthy living.**

**Establishes balance, improves productivity.**



# The Dimensions of Wellness

## DIMENSION

## DEFINITION

## FUNCTIONS

**Social**

The degree to which individuals interact within their communities, improves social environments.

Makes a productive environment, and a healthier working community.

**Spiritual**

Ability to find purpose in life and profession and to practice one's value system.

Influences an individual's sense of belonging, relationships and drive.



# The Dimensions of Wellness

## DIMENSION

## DEFINITION

## FUNCTIONS

**Occupational**

**The ability to contribute unique skills and formal education to personally meaningful work.**

**Self-efficacy to perform job responsibilities effectively & contribute to school community.**

**Financial**

**Economic stability and ability to make informed financial decisions.**

**Concerns can influence one's interactions in the work environment and in one's personal life.**





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**Meditation**



**Journaling**



**Exercise**



**Laughter**



**Set Intentions**



**Creativity**



**Fun**



**Time in Nature**



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Teaching Well

**Finding your path...**

