

SWIFTT RESOURCES

Resources for Physical Education and Health Education Teachers
Resources in Resilience, Self-care, Trauma-informed Practices,
Mindfulness, and Meaningfulness

Spring 2023

WHERE DID THIS INFORMATION COME FROM?



MILWAUKEE
PUBLIC SCHOOLS

STRATEGY 2 = SELF-CARE

- **Top-drawer idea** = Emotional self-care — setting boundaries
- **Why is this important?** It allows you and others to know your limits and what you are and are not willing to take on. It also helps you not become overwhelmed with tasks or commitments that cause you to feel uncomfortable or resentful.
- **How can you implement this strategy?** 1) Say “no” without guilt, 2) ask for what you need and want, 3) take care of yourself (pamper yourself), 4) take responsibility for your own thoughts and feelings and not feel responsible for others’ thoughts and feelings, 5) let it go.

www.SharonMartinCounseling.com

Area: Self-care Strategy

How: Physical self-care — exercise/sleep

Why: Physical self-care involves your fitness and sleep habits. This is important because research shows that exercise and sleep increase your serotonin, which helps increase your mood and energy levels. Getting 6–8 hours of sleep per night is recommended. Sleep is crucial because it helps to reset your mind and body, along with increasing an individual's level of concentration.

Resource: <https://www.perimeterhealthcare.com/news/posts/the-importance-of-self-care>

Area: Self-care Strategy— Making Space for You

Why: In professions in which you have to care for others all day, it can be easy to accidentally de-prioritize yourself. This exercise helps you avoid that by considering your needs to improve your wellness.

Resource:

https://greatergood.berkeley.edu/podcasts/item/making_space_for_you_best

How:

Take a few deep breaths and fill up your belly on each inhalation. Drop your shoulders and soften your body on each exhalation.

Say these eight phrases, or variations of them, to yourself and consider which resonates with you the most:

1. “In the presence of fear, I will make space for courage.”
2. “In the presence of self-doubt, I will make space for self-belief.”
3. “In the presence of hurriedness, I will make space for slowing down.”
4. “In the presence of overwhelm, I will make space for rest.”
5. “In the presence of overthinking, I will make space for letting go.”
6. “In the presence of chaos, I will make space for inner peace.”
7. “In the presence of confusion, I will make space for clarity.”
8. “In the presence of pain, I will make space for self-compassion.”

Bring your attention to the meditation line that resonates with you the most. Think about all the ways you wish to make space so that you can become the best version of yourself. Write it down on a sticky note and keep it where you can see it.

Area: Self-care Strategy— Self-care/Setting Boundaries

Why: It allows you and others to know your limits and what you are and are not willing to take on. It also helps you not become overwhelmed with tasks or commitments that cause you to feel uncomfortable or resentful.

Resource: www.SharonMartinCounseling.com

How:

- Say “no” without guilt.
- Ask for what you need and want.
- Take care of yourself (pamper yourself).
- Take responsibility for your own thoughts and feelings and do not feel responsible for others’ thoughts and feelings.
- Let it go.

Area: Self-care Strategy— Affirmation Practice

Why: Seeing ourselves as we are helps us make better decisions, communicate more effectively, obtain our goals, and be less anxious.

Resource: [Affirmation Practice](#)

How:

- Take a moment to sit, take a few deep breaths, and notice how you are feeling right now.
- Open your eyes, and on a sheet of paper, write “I am _____, and fill in that blank with whatever comes to mind.
- Set a timer for one minute and continue to write “I am _____” phrases until the time is up.
- Take a moment to reflect on what you have written. Where did you begin? Where did you end? What knowledge can you gain about how you’re showing up today from what you’ve written? Take a few more mindful breaths and consider how what you have just written might influence your actions and the rest of your day.

Area: Self-care Strategy— Who Takes Care of You

Why: This practice helps us home in on who helps support us to help drop cortisol levels so that we can handle stress better.

How:

- Find a comfortable position to be in and focus on taking deep breaths.
- Shift your attention to your body and relax your jaw, shoulders, and face.
- Think about a friend who has supported you or a friend you are grateful for.
- Reflect on how they support you and how that makes you feel. Notice how these feelings manifest in your body.
- Shift your attention to family members and/or mentors who have supported you in various ways.
- Complete the practice by acknowledging the ways that these individuals have contributed to your life.

Resource: [Who Takes Care of You](#)

Area: Self-care Strategy— Self-Reflection on Self-care Plan to Improve Self-care

Why: You can improve your well-being by creating a plan to improve wellness by targeting dimensions of wellness.

Resource: [MPS Self-Care Resources](#)

How:

- Take the [MPS My Self-Care Assessment](#) and rate your satisfaction with your self-care as it relates to physical, emotional, psychological, spiritual, and social self-care.
- Create an [MPS My Self-Care Plan](#) to address a dimension of wellness that you identified as needing improvement. Share this with others to help hold you accountable to accomplish this goal.
- Look through MPS Self-Care resources and take advantage of these resources as needed.