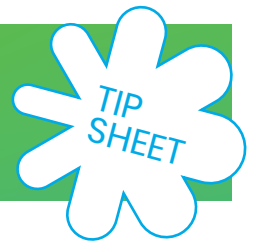


# Personal Resiliency Tips for Helpers Who Support Students



It's essential to take care of yourself, not just for your well-being, but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience. And you're modelling wellness strategies for the children and youth you serve.

## Nourish yourself

So often it's the little things, like taking time to eat and hydrate adequately, that get missed when we are busy caring for others. Be mindful of the foods you choose and how much water you drink. Food and water fuel us for the day. Pack healthy snacks. Use a reusable water bottle. Limit caffeine intake. Notice and enjoy your meals and snacks.

## Sleep well

Aim to get at least seven to nine hours of sleep each night. Research has shown that getting five hours or less of sleep a night can lead to health problems. Getting enough sleep also helps you cope with the stresses of everyday life.

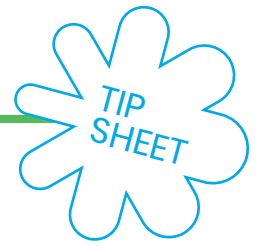
## Stay active

Physical activity increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an antidepressant. You can achieve these benefits with as little as a 30-minute walk. Plus, the endorphin production following physical activity is nature's gift to you for stress management.

## Stay connected

Supportive relationships are one of the most powerful influences on our sense of wellness. People who regularly spend time with friends and family show the highest levels of happiness. If you can't see your loved ones every day, you can still send an email or make a phone call.





### Pause

Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal, do a few stretches, take a brisk walk or do some other activity that helps you feel restored.

### Reflect

Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Take time to reflect on what is important to you both personally and professionally. Your values and a sense of purpose help you focus on what is meaningful for you.

### Be gentle

Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness, as you would a dear friend. We all make mistakes. We all have tough things happen to us. Be gentle with yourself. You are doing your best.

### Be committed

Commit to your self-care. Persist with this, even when life gets busy. Especially when life gets busy. Trying a new skill or habit for 21 days in a row seems to increase the likelihood of maintaining a new practice. Having an accountability partner during those first few weeks can help!



### Ideas to build your happiness

External factors, like promotions, praise about your work, or new relationships, only have a partial influence on your level of happiness. And, like the negative things that happen in life, their impact is usually temporary. Eventually, you'll return to your baseline of happiness.

Sustained happiness takes work. One proven way to build more joy and contentment is by practicing gratitude. By implementing one or two of the following practices regularly, you can create a happiness habit that will have a positive impact on your well-being over the long term.

#### **Journal about gratitude**

Every night, write down three good things about your day. They don't have to be major. They might be as simple as a good meal, talking to a friend, or getting through something difficult.

#### **Write a letter**

Think about someone who has had a significant impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter or email with specific details about what it is you appreciate about them, and send it.

#### **Visit someone you appreciate**

Take the idea of a gratitude letter a step further and visit the person you'd like to thank. You can choose to deliver and read a gratitude letter, or visit and tell them why you appreciate them.

#### **Say, "Thank you"**

Keep your eyes open throughout the day for reasons to say "thanks." Try to notice and recognize the actions that people do, such as a coworker who works hard or a friend who seems willing to listen.

#### **Take a gratitude walk**

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

