

Powerful Habits for Teacher Resilience

ACTIVITIES	Week 1							Week 2							Week 3							Week 4						
	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S
1. MEDITATE																												
2. SLEEP HYGEINE																												
3. EXERCISE																												
4. FOOD																												
5. STATE CHANGE																												
6. 3+1 GOALS																												

1. **MEDITATE** – For 11 minutes (11 minutes gives you 90% of the benefits of longer sessions) meditate, focusing on your breathe. Scientifically verified benefits of meditation include: increased happiness, decreased anxiety and stress, increased ability to regulate emotions, improved grey matter, increased focus and memory, and improved ability to multitask.¹
2. **SLEEP HYGEINE** – 1) Track your sleep with a sleep app (like Sleep Cycle); 2) Go to bed at the same time (+/- 20 minutes)²; 3) Turn off electronics 30 minutes before bedtime; 4) think of 10 things you are grateful for;³ 5) follow prescribed amount of sleep: Younger adults (18-25): Sleep range is 7-9 hours; Adults (26-64): Sleep range 7-9 hours. Older adults (65+): Sleep range is 7-8 hours.”⁴
3. **EXERCISE** – The Mayo Clinic recommends 30 minutes of moderate exercise a day: elliptical, walking, swimming, mowing.⁵ Benefits include reduction of anxiety, enhanced mood, improved sleep, and increased energy and stamina.
4. **FOOD** – Use My Fitness Pal⁶ (free app) to plan healthy meals. Benefits includes as much as 66% more productivity, increased focus, and stress reduction.⁷
5. **STATE CHANGE** – Hack your brain to stop thinking negatively 2x a day by 1) saying “Stop” and standing up; 2) taking a big breath and shaking your arms; 3) focusing on an extremely successful moment in your life; 4) praising yourself with a closed fist and saying “yes.”⁸
6. **3+1 GOALS** – Before you go to bed, **write down** at least 3 *specific, measurable, attainable, relevant, and timely goals* (SMART GOALS) for the next day and include 1 emotional goal. Benefits: motivation, creativity, enhanced self-regulation and self-efficacy.⁹

¹ Emma Seppala, PhD for *Psychology Today*. <https://www.psychologytoday.com/blog/feeling-it/201309/20-scientific-reasons-start-meditating-today>

² Sleep Association: <https://www.sleepassociation.org/patients-general-public/insomnia/sleep-hygiene-tips/>

³ Arianna Huffington, Author of *The Sleep Revolution*. <http://www.mindbodygreen.com/0-24490/arianna-huffingtons-12-secrets-to-your-best-sleep-ever.html>

⁴ *Here's How Much Experts Think You Should Sleep Every Night | TIME*

⁵ Mayo Clinic. (2008, January 4). Moderate Exercise Yields Big Benefits. *ScienceDaily*. Retrieved August 21, 2016 from www.sciencedaily.com/releases/2008/01/080104123421.htm

⁶ www.myfitnesspal.com

⁷ 6 Reasons for Eating Healthy. <https://www.nerdwallet.com/blog/health/benefits-of-eating-healthy/>

⁸ Joseph McClendon: <https://www.tonyrobbins.com/podcast/ultimate-success-formula/>

⁹ Turkey, S. (2014). *Setting Goals: Who, Why, How?*. Manuscript.