

Hacks for Physical Well-Being and Self-Care



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**Who We Are; and WHY are
you here?**

What does self-care even mean?

It means...



You cant give your best, when you aren't at your best...

Take care of yourself, so that you can take care of others!

Our needs are often last...WE ARE:
Teachers, Mothers, Fathers, Coaches,
Custodians, Nurses, Babysitters, Nannies,
Counselors, Disciplinarians, capri-sun
openers, shoe-tiers, jacket hunters, etc...and
then we get to be ourselves.

What we hope to deliver...

Small...Deliberate...Purposeful
Drops...



**What a "Normal Day" looks
like...**

Life of a Teacher

Early Morning Routine:

Morning School Routine:

1st $\frac{1}{3}$ of the day:

2nd $\frac{1}{3}$ of the day

3rd $\frac{1}{3}$ of the day:

After School:

Bedtime Routines:

Let's Talk Hacks...

Nutrition Bucket

Water Jugs!

Substitute a fruit for a slide

Get rid of candy as rewards

Eat breakfast!

Meal prep

Eat things that expire quickly



Stress Management Bucket

Dim the lights in class/use natural light

Use walks for pro-d. Podcast, collaborations, Zoom!

Isometrics! Push against walls, your own self

Journaling, puzzles, and coloring!

Breathing

Do class outside or in a different place on campus

Write goals down



Physical Activity Bucket

Sleep in your workout Clothes

Do a “steam workout” before a shower

Park far away from your building

Never take an elevator

Build a playlist as long as your time allowed to workout

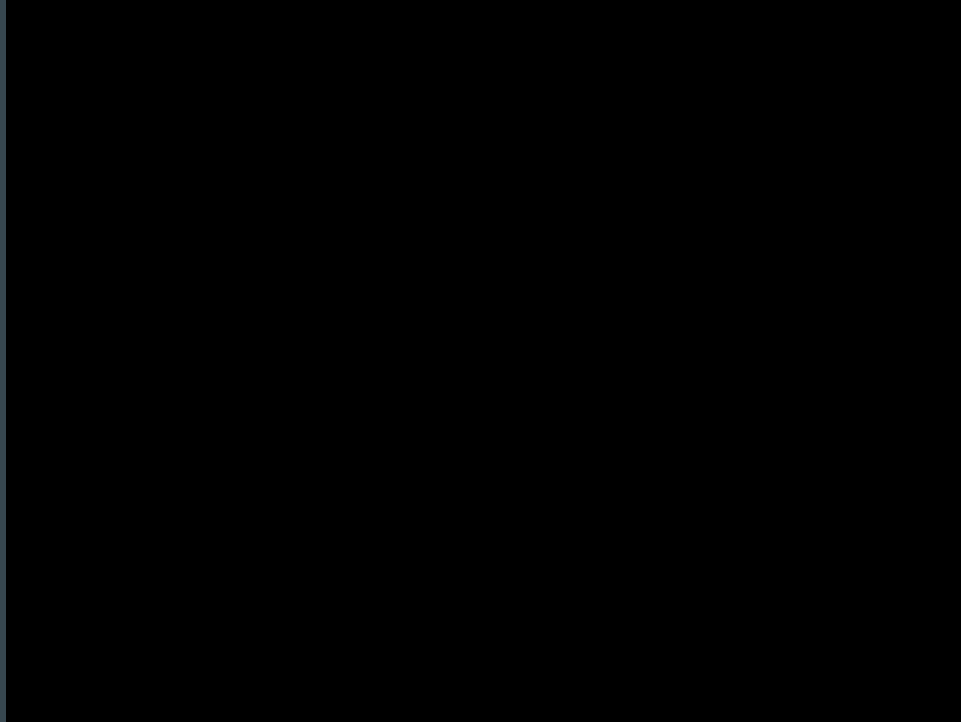
Pay yourself when you workout

Keep an extra pair of shoes at school

Exercise in place! (carpool, duty)



Here's are Some Examples from ASES



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