



BECKER'S



Staff Wellness: Less Stress, More Joy

Build resilience and find joy through communities of care

Introductions

- Alliterative best self. Choose a word that describes you when you are your 'best self' AND that starts with the same sound as your first name. Ex. "When I am my best self, I am Empathetic Erin." (and my kids are Kind Kiera, Marvelous Mikaela, Charming Chance.)

Brain Smart Start (from [Conscious Discipline](#))

- Unite - Follow the Leader Dance to "[Good Days](#)" by Kena
- Release Stress - [Balloon Breaths](#)
- Connect - [Double, Double, This, That](#) partner hand clap & secret handshake
- Commit - Personal intentions and learning community commitments

Small Group Discussion

- Why is it important to take responsibility for your own well-being and have strategies to manage the physical, emotional, and mental stress inherent in today's world? For yourself? For your family? For your organization/community?

Strategies for Wellness

- **EFT TAPPING**
 - The Tapping Solution. [Releasing Anxiety Tapping Meditation](#) by Jessica Ortner.
- **PRACTICE GRATITUDE**
 - Write 3 sticky [notes of gratitude](#) or appreciation to 3 people in this room
- **ENGAGE YOUR SENSES**
 - [5-4-3-2-1 Grounding Technique](#)
- **PLAY**
 - [Engage your play circuits](#) with open-ended, object play & exploration
- **SILENCE (MEDITATION)**
 - [Loving-Kindness Meditation](#): *May I/you/we be filled with loving-kindness. May I/you/we be safe from inner and outer dangers. May I/you/we be well in body and mind. May I/you/we be at ease and happy.*
- **AFFIRMATIONS**
 - Create a [Pick-Me-Up Packet](#)
- **VISUALIZATIONS**
 - [Rehearse your "best self" response](#) to common every day stressors.
- **EXERCISE**
 - 5-pose [standing yoga sequence](#) - Chair --> Warrior I --> Warrior II --> Reverse Warrior --> Mountain
- **READ**
 - [When Things Aren't Going Right, Go Left](#), written by Marc Colagiovanni and illustrated by Peter Reynolds
- **SCRIBE (JOURNAL)**
 - The Science of Happiness Podcast. Happiness Break: [Where Did You Come From? Guided Writing with Lyla June](#).
- **SING**
 - In unison, with body percussion, sing, "[Every Little Cell](#)"





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Plan of Action

- How might we create a community of care in our organization where our collective actions support each other's wellness?
 - Think of the daily flow of life in your organization. Individually, or as a group, create a plan for how you might incorporate at least five practices for resourcing your mind, body and spirit and strengthen your personal and collective well-being.

References

- *Your Brain on Tapping: How Tapping Rewires the Brain* by Nick Ortner
 - <https://www.thetappingsolution.com/blog/your-brain-on-tapping-how-tapping-rewires-the-brain/>
- *These Two Minute Daily Habits Will Make You Happier Immediately, Researchers Say* by Brigid Schulte
 - <https://www.shawnachor.com/project/independent-these-two-minute-daily-habits-will-make-you-happier-immediately/>
- *Grounded: Animated Resources to Support Mindfulness, Relationships, Movement and Relaxation* by Kazzum Arts
 - <https://www.kazzum.org/news/grounded>
- *The Playful Mind is a Creative Mind* by Peter Gray
 - <https://petergray.substack.com/p/33-the-playful-mind-is-a-creative>
- *The Miracle Morning for Teachers Guide* by Hal Elrod and Honorée Corder
 - <https://bit.ly/48Lr0cM>
- *Nurtured by Nature* by Kirsten Weir
 - <https://www.apa.org/monitor/2020/04/nurtured-nature>

Supporting Resources from Becker's

- [Becker's Cozy Corner Solution for Preschool-Primary](#) #B331916
- [Becker's Cozy Corner Solution for Toddlers](#) #B331992
- [Becker's Cozy Corner Solution for Educators](#) #B331910
- [Becker's Yoga and Mindfulness Starter Pack](#) #BSS242513
- [Becker's Mindfulness Pebbles](#) #YBE1126
- [Becker's My Self-Care & Wellness Cards](#) #BSS219233
- [Becker's Self-Care & Wellness Poster Set](#) #BSS219236
- [Becker's My Self-Care & Wellness Cards & Poster Set](#) #BSS219236K

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Comments or questions?
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